

# Syllabus for HWM 350

## Research and Statistics for Wellness Managers

### **IMPORTANT:**

This course syllabus document contains basic information of each course. **Please refer to the content pages under the Course Information module on each course site for detailed guidelines, project information, rubrics, course/university policies, and other course-related information for each course.**

### **Instructor Information**

Dr. Dave Sprague, Adjunct Professor at UW-River Falls

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### **Course Description**

This course is designed to familiarize students with research nomenclature, procedures for the design and evaluation of research, and interpretation of statistical analysis in the health field. This course will also provide the tools for critically evaluating the validity of health research.

**Prerequisite(s):** HWM 305 The Wellness Profession

### **Course Learning Outcomes**

Upon completion of this course, students will be able to:

1. identify proper health research design.
2. identify proper statistical analysis.
3. be able to interpret results of research in health.

### **Course Requirements**

#### **IMPORTANT:**

This is a summary of different types of activities that you'll find in the course. For due dates of assignments, check the Course Calendar.

#### **Readings/Viewings:**

Readings for each unit are from Research Methods in Physical Activity. In some lessons, there are links to other outside readings. Check the Readings page in each lesson for your reading assignment.

#### **Videos:**

Each of the 12 lessons is supported by one or more videos on that topic area. These are intended to bring clarity and other ways of introducing research and statistical concepts. They should all align with the material covered in your textbook. If you find a conflict, please let me know. In the case of quiz accuracy, the textbook trumps the video.

#### **Discussions:**

Each of the 12 lessons has a discussion and post to another student requirement. For most of these, I will be looking for 2- to 3- paragraph responses in each category. If you take a contrary (opposite or

different) position to the classmate you choose to respond to that's fine. Just respond in a respectful way with your rationale included.

**Quizzes:**

There are 7 quizzes sprinkled throughout the course (mostly at two-week intervals). The first quiz is a Course Content quiz and is designed to get you familiar with the layout and functionality of the course. Each quiz (beyond the first one) will cover material from the prior 2 lessons. The format will be multiple-choice and true-false (10 questions per quiz) with a two-hour timeframe for completion (one attempt only).

**Final Exam: Survey Evaluation**

The final exam will be similar in form to the quizzes (multiple-choice; true-false) but will have 20 questions total. This exam will be based on the [Soda Study](#) you will have access to all semester. It will be helpful to you as we go through each lesson to refer to this study to see what types of research and statistics are represented. Depending upon your computer capabilities and your comfort in toggling back and forth from the study to the questions, you may find it easier to print off a copy of the Soda Study so it is readily available as you progress through the final exam. You will have a three-hour (one attempt only) timeframe for completion of this test.

**Grading Policy**

- **Discussions**  
There are 12 discussions @ 25 points each for a possible total of 300 points.
- **Quizzes**  
There are 7 quizzes @ 20 points each for a total of 140 points.
- **Final Exam: Survey Evaluation**  
The final exam is worth 100 points.
- **Extra Credit Opportunities**  
*(optional and will only be counted if all other required assignments are completed)*
  - Ask a classmate (correct responses to a classmate's question)= 3 points each (max 15 points).
  - Find a Web Link: 12 Discussion Topics@ 3 points each for a possible total of 36 points.
  - Choice of Term Paper or Interview a Professional for a possible total of 50 points.

**Grading Scale:**

- **Total Possible Points (without extra credit)=540 points**
- **Total extra credit point= up to 101 points**

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A	490-540 pts
B	439-489 pts
C	389-438 pts
D	338-388 pts
F	337 and under