

Syllabus for HWM 405

Survey of Information Technology in Wellness

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

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NOTE: Prefer email communication. Will respond within 24 hours.

Course Description

This course is designed to provide students with:

- An overview of various information technology products and mediums impacting the wellness industry, such as (but not limited to) web portals, online health risk assessments, interactive health tools, trackers, videos/podcasts, telephone and digital health coaching, online challenges, social networking, electronic medical records, personal health records, electronic health (eHealth), mobile health (mHealth), mobile applications, and portable tracking devices (e.g., pedometers, glucose monitors, etc.)
- The information and resources needed to assess, create, and/or select appropriate technologies and vendors.

Prerequisite(s):

- HWM 325 Health Literacy
- HWM 335 Worksite Health Environment
- HWM 385 Marketing and Communications for Wellness Managers

Course Learning Outcomes

By the end of this course, you will be able to:

- Understand the major I.T. products and initiatives available to wellness professionals
- Assess the quality and effectiveness of products
- Gain experience using the products
- Apply appropriate criteria to assess vendors
- Be skilled to prepare/present/deliver a budget proposal for I.T.-related product purchases

Course Requirements

Readings/Viewings:

There are no textbooks for this class, but there are equivalent required readings in each lesson. These

readings will build up your knowledge base on each topic, explore different viewpoints, and explore things to consider about using I.T. tools in worksite wellness settings.

In some lessons, there are also optional readings that provide more in-depth information for further investigation of a topic.

Lectures:

These are narrated by Debra Lafler and Rex Wilcox, the original developers of this course. You can expect to learn about different I.T. tools and also about things to consider when implementing them in a worksite wellness setting.

NOTE: Jason Horay is teaching the course this semester with Debra Lafler. (Rex Wilcox is not teaching.)

Videos:

Some lessons have videos from outside sources linked or embedded for you to view the topic.

Wellness Tools and Resources:

Some lessons may also have other resources and interactive tools that you are required to interact with, along with the readings. Tools that are marked "required" are essential to get experience with, and the optional ones are recommended if you have time and interest.

As you explore, browse, and use the tools and resources for each lesson, make sure to save or bookmark the ones you find useful for your own future professional use.

Assignments:

You will have required tasks to complete in every lesson. The tasks are designed for you to get hands-on experience with the many I.T. tools you will be learning about in this course. Tasks are a chance to try out more tools to put in your toolbox as a future wellness professional.

Facebook Discussions:

Beginning in Lesson 3, there are required Facebook Discussions. This will continue weekly for the rest of the course and **you are required to participate**. For guidelines on what's expected, refer to the Facebook Discussions section of the Grading page in the Course Information section in Content. There is also an explanation of expectations in the Lesson 1 Presentation.

Quizzes:

You will have a quiz in each lesson. The quizzes will cover the material in the lectures and readings, videos, and resources marked as "required." You have one attempt at each quiz, and they are not timed.

Extra Credit Project:

This is an optional project that any student can do that can greatly enhance your grade. This project involves creating a social media account related to wellness. Depending on how much you post, you can earn up to 50 points. More instructions are available at the end of Lesson 2, and you must start this project by the end of Lesson 3.

Final Project:

The final project explanation and instructions are provided on the final project instructions page. Even though the project is due at the end of the semester, it is a good idea to read the instructions early on, as you will use what you learn throughout the course to complete to project. Lesson 14 is dedicated to

this project. There is no lesson lecture, readings or discussion during this project time. You will have two weeks to complete it.

Final Exam:

The final exam will be a cumulative exam based on all lessons of the course content. You will have the final two weeks left open to complete the exam.

Grading Policy

Course Points:

There are 570 possible points in this course. These come mainly from tasks, Facebook discussions, quizzes, the final exam, and the final project.

- **Facebook Discussions:**
There are 11 Facebook discussions @ 10 points each for a total possible 110 points.
- **Quizzes:**
There are 13 quizzes @ 10 points each for a total possible 130 points.
- **Tasks:**
There are 13 tasks @ 10 points each for a total possible 130 points.
- **Final Exam:**
There is one final exam @ 100 points for a total possible 100 points.
- **Final Project:**
There is one final project @ 100 points for a total possible 100 points.

Grading Scale:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59% and lower