

Syllabus for HWM 305 The Wellness Profession

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. Betsy Barrett

E-mail: barrettjournell@yahoo.com

Course Description

This course explores the definition of wellness, health promotion, and the seven dimensions model of wellness. Students will learn the professional role and personal commitment required to implement lifestyle wellness programs. The course includes an overview of the history and philosophy contributing to the success of wellness and health promotion professionals. Students learn through assigned experiential learning the basic wellness principles. Activities explore personal wellness and whole systems healing in the seven dimensions of spiritual, physical, emotional, career, intellectual, environmental, and social.

Prerequisite(s): UW Colleges PSY 202 Introduction to Psychology or equivalent.

Course Learning Outcomes

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

- Identify current professional standards and practices in worksite health promotion and wellness.
- Identify common lifestyle practices (e.g., physical activity), including those that cross traditional boundaries (e.g., meditation) and operate on multiple levels, to enhance wellness.
- Describe the complexity inherent in supporting employees as they modify personal behaviors and infuse healthy behaviors into their daily living.

Course Requirement

****You need to sign up for the NWI Student Membership.**

About the NWI Student Membership

Staying current and abreast of new information in the field is an ongoing responsibility of the wellness professional, and as a wellness professional and future Health and Wellness Manager, it is important to be involved in a professional organization. To that end and in lieu of a textbook, it is an expectation of all HWM students to become a student member of the National Wellness Institute. Student memberships are \$25 (compared to the professional membership fee of \$135). You will need to be a member to complete an upcoming assignment in this course.

Course Activities

Lectures:

A video lesson corresponds with the content focus of each week. Most lecture-videos are about 20 slides in length and are in the range of 7-20 minutes time-wise. You are encouraged to take notes highlighting key concepts. There is a transcript available for each lecture; just click on the "Transcript" button to download a PDF.

Assignments:

Assignments are intended to parallel and apply material covered in the lesson. Specific instructions and a rubric used in the evaluation will accompany each assignment. If you have any questions at all about an individual assignment, please connect with me. Due dates are Sunday at 11:59 p.m. of their respective week.

Quizzes:

A 10-point multiple-choice quiz will correspond with each lecture-video lesson and readings. The purpose of these quizzes is to reinforce key concepts and give me (as the instructor) feedback regarding student comprehension of concepts covered in the lecture-videos and readings. You may have two attempts at each quiz and the best score will be recorded. Quizzes will be posted Monday through Sunday at 11:59 p.m. CST of their respective weeks.

Suggested Weekly Sequence:

As a general guideline, an effective sequence for accomplishing weekly assignments is the following:

1. Check your UW email daily.
2. At least every couple of days, check our D2L course homepage under **News** to read any posted announcements regarding content updates, weekly instructions, etc.
3. Review the online lecture videos and take notes.
4. Complete assigned readings.
5. Complete the assignment and submit by the due date (typically Sunday at 11:59 p.m. CST although the discussion post is due on the Friday of respective week).
6. Prepare for and complete the weekly quiz(zes) by Sunday at 11:59 p.m. CST. Remember you have two attempts for each quiz, so take the first one early enough to allow yourself enough time to take the second one in case you decide you want to.
7. Check your assignment submission for **instructor feedback/comments** on Tuesday or Wednesday of the next week.

Grading Policy

Assignments

There are 7 assignments (6 @ 20 points each and 1 @ 40 for a total of 160 points).

Quizzes

There are 7 Quizzes @ 10 points each for a total of 70 points.

Discussions

There are 7 discussions @ 20 points each for a total of 140 points.

TOTAL Possible Points = 370 points

Grading Scale:

A 90%-100%

B 80%-89%

C 70%-79%

D 60-69%

F Below 59%