

Syllabus for HWM 345

Physical Activity and Nutrition 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

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Course Description

This course presents professional recommendations and guidelines for physical activity and nutrition. Students will design workplace strategies that will meet recommendations and guidelines to support employees.

Prerequisite(s): HWM 300 Introduction to Human Health

Course Learning Outcomes

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

- Identify public health recommendations for physical activity and nutrition
- Describe the impact of the work environment on physical activity and nutrition
- Identify different strategies for physical activity (yoga, pilates, etc) and nutritional recommendations (Atkins, Mediterranean, etc.)

Course Requirements

Readings/Viewings:

Readings come from the required textbook, Fitness & Health, 7th edition, by Brian Sharkey and Steven Gaskill. Check the readings page in Content for each lesson's chapter reading.

Lectures:

Some lessons have the PowerPoint Lecture videos and some lessons have other open educational video resources to help you understand the concepts. Take notes on the PowerPoint lecture-video lessons and other materials to highlight key concepts. There is a transcript available for each lecture; just click on the "Transcript" button to download a PDF.

Assignments:

Every lesson has one assignment to help you reinforce the key concepts. Refer to the assignment instruction pages for instruction, resources, and rubrics. Use rubrics as a guideline to help you review the course materials in order to complete the assignments in line with clear expectations.

Quizzes:

Most lessons include a brief quiz will correspond with the PowerPoint lecture videos and learning resources. 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 PowerPoint lecture-videos and readings. You have one attempt.

Discussions:

A few lessons have a discussion. Please share your opinions with the support concepts from the reading, other resources, or personal experiences.

Final Presentation and Discussion

In the final project scenario, you are hired as a wellness manager. You need to develop a formal wellness program for this company. Complete a PowerPoint Presentation and then post your presentation on the discussion board and respond to at least two classmates' final presentation. Please provide meaningful and critical feedback to help each other grow professionally.

Grading Policy

- **Assignments**
There are 13 lesson assignments @ 20 points each for a total of 260 points.
- **Quizzes**
There are 9 quizzes @ 5 points each for a total of 45 points.
- **Discussions**
There are 4 discussions @ 5 points each for a total of 20 points.
- **Final Presentation**
Final presentation is 50 points (include final project discussion points0).
- **Total Possible Points for this Course: 375 points.**

Grading Scale:

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