

Syllabus for HWM 496

Health And Wellness Capstone

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

Liz Wiebe

E-mail: eawiebe@yahoo.com

Course Description

Using a case study, students will create the essential components of a strategic plan for a comprehensive corporate wellness program. Students will present their strategic plan and also engage in fieldwork placement (minimum 100 hours) in their communities to gain experience in health and wellness management.

Prerequisite(s): Senior status, completion of HWM 460 Leadership and Change Management in Health, HWM 470 Assessment and Evaluation for Wellness Managers, HWM 475 Employee Health and Well Being and HWM 480 Employee Benefits for Wellness Managers, and consent of the instructor.

Course Learning Outcomes

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

- Write a needs assessment survey.
- Interpret needs assessment data.
- Provide sustainable programming recommendations to the corporation to address identified needs.
- Create a one year budget.
- Develop a comprehensive marketing and communication plan.
- Evaluate the pros and cons of incentive use.
- Create a program evaluation plan.
- Describe the importance of establishing a culture of wellness across diverse constituencies at the workplace.
- Develop, organize and present all components of a comprehensive strategic plan for a workplace wellness program.
- Engage in professional networking.
- Through the fieldwork experience, apply health and wellness management skills and knowledge at the workplace.

Writing Resources

College level writing skills and proper formatting and citation are required in this course. The following resources are helpful for APA format and technical writing skills.

- [WISC Online Writing Lab](#)-You can use the online writing lab to submit a draft of your work for review by a writing coach. The coach will provide suggestions, point out ways to improve mechanics and clarity, and will usually respond within 24 to 48 hours. (Highly Recommended)
- [APA Style Website](#)
- [Online Writing Lab \(OWL\) at Purdue University](#)-This site is very extensive and reliable. Note that this is more of a reference website. The WISC Online Writing Lab (above) is where you can submit a draft of your writing to a writing coach.

Course Activities

Readings:

There is no textbook required for this course. Resources, review information, the case study, and videos are provided for each unit in the Content section of D2L.

Discussion:

For optimal learning to occur in this course, you need to participate in each Discussion as described in the corresponding lessons in D2L. Please be prepared to submit thoughtful, insightful responses to the Discussion questions/items and reply to your classmate's posts. Participate with an open mind and challenge yourself to really engage in the Discussion. Refer to the document Guidelines for Discussion Assignments in D2L for details on active participation in Discussion and grading of Discussion items.

Discussion Due Dates: See the course calendar for due dates for each Discussion posting. Recognizing that work schedules and family obligations vary, and that some may be able to get online sooner and more often than others, your initial post must be submitted by Wednesday of each week so an engaging discussion can follow by the designated due date.

Late Policy for Discussion Postings: Late work will not be accepted unless extenuating circumstances prevent you from being able to participate in the discussion and you communicate this with the instructor on or prior to the due date.

Assignments:

Each lesson in the Content section of D2L has a correlating assignment that is submitted to the Dropbox. Assignment descriptions and requirements are posted in the Content module in D2L for this course.

Assignment Due Dates: See the course calendar for assignment due dates.

Late Policy for Assignments - 3 points will be deducted for each day that an assignment is turned in past the due date.

Fieldwork:

You will secure fieldwork placement the semester before taking HWM 496. The site supervisor will sign an agreement with you indicating the agreed upon expectations of this experience. You will submit weekly log sheets to the instructor that include weekly and cumulative hours worked as well as tasks, responsibilities, and activities in progress and completed. Mid-term and final evaluations will be completed by both the you and your site supervisor. You must submit a final reflection paper and include a summary of their fieldwork experience in their PowerPoint presentation.

Final Presentation:

The final project is a PowerPoint presentation of a comprehensive strategic plan that students will present live (virtually) to a defined target audience. Along with the strategic plan, you must include a summary of your fieldwork experience in your PowerPoint presentation.

Grading

Grading Items	Points
Discussion Postings @ 5pts each	45
Assignment: Cover Letter and Resume	15
Assignment: Mock Interview for GHI Position	10
Assignment: Intro to GHI Case Study	5
Assignment: Needs Assessment Survey	15
Assignment: Programming Mix Report	15
Assignment: GHI Year One Budget	15
Assignment: Communication Strategy	15
Assignment: Marketing Plan	15
Assignment: Incentive Use	10
Assignment: Strategies for Cultural Change	15
Assignment: Evaluation Plan	15
Assignment: Wellness Team Member Job Description	10
Assignment: Mock Interview	10
Assignment: LinkedIn Connections	10
PowerPoint Presentation	100
Fieldwork Experience	270
Reflection Paper on Fieldwork Experience	10

NOTE: 5 points will be deducted for each missing log sheet. Submit a log sheet even if you did zero hours of work that week. 10 points will be deducted for each missing midterm and final evaluation (self and supervisor).

Total: 600 Points

Grading Scale:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	below 60%