

HTH 100 - PERSONAL WELLNESS (3 credit hours)

Spring 2018 Section 1 Course #13614

MWF 9:05-9:55 a.m. HBS #G040

Instructor: Dr. Margi Stickney

Office: HBS Building Room 3070

Phone: 568-2979

E-mail: [sticknma@jmu.edu](mailto:sticknma@jmu.edu) *(Please always note your class time or section when emailing me!)*

Office Hours: Monday and Wednesday = 1:00-3:00; Friday by appointment only

Teaching Assistant: Regen Zimmerman - [zimmerre@dukes.jmu.edu](mailto:zimmerre@dukes.jmu.edu)

**COURSE DESCRIPTION:** The goal of this course is to provide students with current health and wellness-related information that increases their base of knowledge, promotes favorable attitudes, encourages them to become more effective decision-makers, and promotes lifestyle behaviors that facilitate good health, disease prevention, and overall high-level functioning.

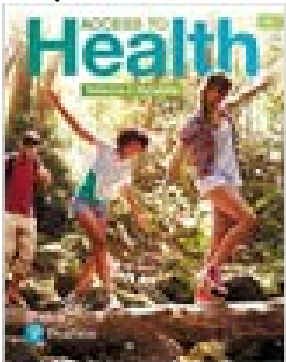
**CLUSTER FIVE GOALS:** At the completion of the course, students will be able to demonstrate through testing, discussion, and personal experience, the following:

- Understand the dimensions of wellness, the various factors affecting each dimension, and how the dimensions are interrelated
- Understand the relationship between personal behaviors and lifelong health and wellness
- Assess their own levels of health and wellness and understand how these levels impact their quality of life
- Identify and implement strategies to improve their wellness

**COURSE OBJECTIVES:** At the completion of the course, students will be able to demonstrate through testing, lecture, discussion, and personal experience, the following:

- Identify the dimensions of wellness as well as the impact of heredity, lifestyle, and environment on well-being
- Gain knowledge about health and its utilization in making meaningful decisions throughout life
- Examine personal behaviors related to health and wellness
- Assess and interpret one's state of overall wellness as well as the development and implementation of a personal wellness plan
- Develop the ability to use reputable resources to learn about and evaluate current societal trends in health and social behavior
- Recognize solutions for common health problems

**REQUIRED TEXT:**



**JMU Bookstore – Text:** Access to Health; Author: Donatelle; Edition: 15<sup>th</sup>;  
ISBN: 9780134516257; New - \$164.75; Rental - \$131.80

**University Outpost**

<http://www.universityoutpost.com/TextBookDetail.aspx?BookPriceID=7514756&MBSNumber=1912728&SecID=9121035&trm=FALL%202017#.WW4Af4TvvIU>

**Text:** ACCESS TO HEALTH; **Author:** Donatelle; **ISBN:** 9780134516257  
\$158.50 New; \$118.90 Used

**Pearson – Textbook publisher** [www.vitalsource.com](http://www.vitalsource.com) (Search by ISBN number)

Access to Health (Subscription), 15th Edition (Digital Version);  
\$65.99 | ISBN-13: 978-0-13-460778-8

Purchase of this product will grant access to an eTextBook on VitalSource.com.

After you have completed your purchase, instructions on how to redeem your access code will be available on your account page.

## COURSE REQUIREMENTS:

### Examinations:

There will be **four exams** given over the course of the semester, with scheduled dates listed on the course schedule. Exam questions will cover text, lecture, and Canvas resources. Each exam will consist of objective questions such as multiple choice and matching. **The final exam will NOT be comprehensive, and will be held on the date specified by JMU.** If you have a potential scheduling conflict for the first three exams, you must contact the instructor BEFORE exam time! Without prior notification and approval, no make-up exams will be given. Exam grades will be posted on Canvas as soon as possible. *Students may review exams in my office up to 5 class days after grades are posted on Canvas.*

### Health Assessment and Behavior Change Assignment (Pre and Post)

This two-part assignment will be turned in twice during the semester. Instructions for completion will be posted on Canvas. (Specific due dates are listed on the course schedule).

### Wellness Passport Assignment

This assignment provides HTH 100 students the opportunity to learn about and experience health-enhancing activities, programs, and services outside of our classroom that encompass several dimensions of wellness. **HTH 100 has its own website!** <http://wellness.cisat.jmu.edu> A calendar listing the approved wellness passport events is posted on this site and updated regularly throughout the semester. In order to receive full credit, each student must turn in **at least 2** Passports at the first due date and **up to 2** at the second (see due dates on course schedule) for a **total of 4** Wellness Passports. You must attend one event that is appropriate for **each** of these three wellness dimensions = intellectual, emotional, and social. For your fourth event, you may choose a spiritual OR environmental OR occupational wellness program. Only the official, stamped verification pages will be accepted for credit. **These verification pages are printed on white cardstock paper and are available for purchase (.15 each + tax) in the EnGeo Building Copy Center (Room 1002) OR you may print your own verification page on the cardstock provided to you, using the template provided on the HTH 100 website.**

### Physical Wellness Assignment

This assignment (which includes both a midterm and final workout log) allows you to construct and implement your own physical wellness plan utilizing UREC, UPark and Godwin intramural facilities plus other outside facilities or activities. Specific instructions are located on Canvas and/or the HTH 100 website.

### Individual, Group, In-class Assignments or Quizzes

These may occur throughout the semester at the instructor's discretion.

## METHOD OF EVALUATION:

Course Requirements	Point Distribution
Examinations (4 exams = 100 points each)	400 points
Health Assessment and Behavior Change Assignment (pre and post)	15 + 15 = 30 points
Physical Wellness Assignment <b>(Must turn in Midterm Log to be eligible to turn in Final Log)</b> Mid-term log = up to 5 pts @ 1 pt per hour; Final log = up to 25 points	30 points
Wellness Passport Assignment (Total of 4 events @ 15 points each)	60 points
Individual, Group, or In-class Assignments	40 points
<b>Total</b>	<b>560 points</b>

A = 560-504    B = 503-448    C = 447-392    D = 391-336    F = below 336 points

(Note: The plus (+/-) system may be used at the discretion of the instructor.)

**\*\*EACH STUDENT is responsible for monitoring points received throughout the semester; any questions on assignment or test grades must be addressed within 5 class days after notification that assignment grades have been posted on Canvas.**

## CLASS POLICIES:

- **Attendance**

Regular attendance is required and is highly encouraged for successful completion of this course. **I DO NOT distinguish between excused or unexcused absences.** Each student has **5 allowable absences** to use for any reason (illness, meetings, interviews, jobs, appointments, etc). **AFTER 5 absences** there will be a 10-point penalty for *each* additional absence that will be subtracted from the student's total course points. In the event that a student has extended absences due to hospitalization or severe illness, a lesser penalty may be applied *with documentation* to the satisfaction of the professor. **You do not need to e-mail the instructor to explain an absence UNLESS your absence falls on an exam day or an assignment due date.** Attendance will be taken during each class period. Punctual arrival is expected and you are to remain until the class is over unless prior arrangements have been made with the instructor. Arriving late to class or leaving prior to dismissal is disruptive and is highly discouraged. Signing the attendance sheet indicates that you were present for the entire class. **Signing for another classmate or having someone sign the attendance sheet for you is a violation of the JMU Honor Code and will be treated as such!**

- **Late Assignments and Missed Exams**

An assignment is considered late if it is not submitted **in class** or **online** the day and time it is due. Assignments that are late may be accepted in rare instances with a possible penalty, but only with prior notification and approval from your instructor. Do not email to tell me you forgot the assignment! Exams are to be taken the day they are scheduled. Make-up exams will be arranged only for reasons approved by the instructor. **If circumstances dictate you will miss an exam, you must contact your instructor prior to class, specifying your class section.** Without prior notification and approval, no make-up exam will be given. **We will follow the JMU Final Exam scheduling; note the date for your class's exam and plan to BE THERE!!**

- **Class Conduct**

Especially in large classes such as this I expect you to conduct yourselves as mature, responsible adults with respect for fellow students and your instructor. You will be expected to be familiar with the assigned text material for each class. Assignments will be announced in class and/or posted on Canvas. If any student has a personal issue or conflict that will prevent optimal participation, please discuss this with me as soon as possible.

- 1) **All cell phone ringers must be turned off and phones put away**, with NO TEXTING during class time. Cell phones may not be placed on your desktop. If I see you using your phone, I will call you out on it.
- 2) **NO LAPTOPS** or other electronic device (iPads, smartphones, iPods, etc.) are permitted in this class unless the student has an accommodation from the JMU Office of Disabilities Services (see policy below) OR has secured permission from the instructor **IN PERSON** during office hours. Chapter worksheets will be posted on Canvas for each chapter; you may print off a copy prior to class and take notes on that if desired.
- 3) No food is allowed in class, and only drinks with covered or capped containers are permitted.
- 4) Your respectful and considerate attention is expected once class begins! Unnecessary chatting and inattentive activities such as sleeping or doing unrelated reading or work may result in dismissal from that class period. Any disruptive behavior may lead to official reprimand and/or deletion from the class roster.
- 5) Please do not leave the classroom while class is in session unless it is an emergency. **You MAY NOT leave the classroom at all during an exam unless you have already turned in your test!**
- 6) Rules and regulations associated with student conduct are detailed in the Student Handbook. Failure to abide by these rules and regulations may lead to a variety of disciplinary actions including but not limited to: a failing grade, removal from this class, a summons to appear before the Judiciary Council, being placed on probation, and/or expulsion from the university. <http://www.jmu.edu/judicial/handbook/>

- **Honor Code**

Please consult the James Madison University Student Handbook for information related to the JMU Honor Code. Any student who is found guilty of an honor violation will be penalized and may receive a grade of "F" in the course in which the violation occurred, and will not be permitted to re-take that course on a repeat/forgiveness basis. Any questions concerning academic dishonesty should be directed to your instructor.

<https://www.jmu.edu/gened/JMU%20Honor%20Code.shtml>

- **Registration Dates and Deadlines**

The Office of the Registrar maintains a list of important dates and deadlines for each semester. Students are responsible for knowing about the last day to drop/add a class, the last day to withdraw from a class (Course Adjustment deadline) as well as the date and time of the final exam.

- **Disability Accommodations**

JMU abides by Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act, which mandate reasonable accommodations be provided for students with documented disabilities. If you require accommodations and have not already done so, you will need to register with the Office of Disability Services. This designated office provides services for students with disabilities and is located in the Student Success Center (Suite 1202), or you may call (540) 568-6705 for more information. <http://www.jmu.edu/ods> After registering with the ODS, **you will need to bring your ODS documentation paperwork to my office** by the end of the first two weeks of classes so that we can develop a plan for any specific type of instructional and/or examination accommodations you may require.

- **Religious Accommodations**

All faculty members are required to give reasonable and appropriate accommodations to students requesting them on grounds of religious observation. The faculty member determines what accommodations are appropriate for his/her course. Students should notify the instructor *no later than the end of the Drop-Add period of the semester* of potential scheduled absences and determine if mutually acceptable alternative methods exist for completing the missed classroom time. Contact the Office of Equal Opportunity at <http://www.jmu.edu/oeo/> or (540) 568-6991 if you have additional questions.

- **Inclement Weather**

James Madison University is primarily a self-contained campus with a large number of residential students requiring a variety of support services, regardless of inclement weather conditions or emergency situations. For the safety and well-being of its students and employees, the university may close or limit its services based on inclement weather or other emergencies. If our class is cancelled, please realize that whatever is scheduled for that day - such as an exam - will be made up during the next class period. Classes will NOT be rescheduled!

Refer to the following sources for additional information on JMU closings or delays:

- JMU's home page at [www.jmu.edu](http://www.jmu.edu)
- iArea radio and television stations
- JMU Office of Public Safety, who is responsible for announcements on Emergency Notification System

**Helpful Campus Services:**

Service	Website
University Recreation	<a href="http://www.jmu.edu/recreation/">http://www.jmu.edu/recreation/</a>
University Health Center	<a href="http://www.jmu.edu/healthcenter/">http://www.jmu.edu/healthcenter/</a>
JMU Counseling Center	<a href="https://www.jmu.edu/counselingctr/">https://www.jmu.edu/counselingctr/</a>
Career and Academic Planning	<a href="https://www.jmu.edu/cap/">https://www.jmu.edu/cap/</a>
Student Academic Services	<a href="http://www.jmu.edu/acstudserv/">http://www.jmu.edu/acstudserv/</a>

## TENTATIVE COURSE SCHEDULE \*

Date	Course Daily Topic	Chapters	Assignments and Exam Due Dates
Monday, January 8	Course introduction / Syllabus	Syllabus	Review course syllabus posted on Canvas
Wednesday, January 10	Assessing Your Health	Chapter 1	Read chapter before class
Friday, January 12	Assessing Your Health		
<b>Monday, January 15</b>	<b>NO CLASS! Martin Luther King, Jr. Day</b>		
Wednesday, January 17	<i>HTH 100/UREC Partnership for Health</i>		<b>Meet at UREC Club Room for class!!</b>
Friday, January 19	Managing Stress	Chapter 3	Read chapter before class
Monday, January 22	Managing Stress / Sleep	Chps 3 & 4	Read chapter 4 before class
Wednesday, January 24	Sleep	Chapter 4	<b>Pre Health Assessment and Behavior Change Due (Online to Canvas)</b>
Friday, January 26	Psychological Health	Chapter 2	Read chapter before class
Monday, January 29	Psychological Health		
Wednesday, January 31	Psychological Health		
Friday, February 2	Spiritual Health	Chapter 2A	Read chapter before class
<b>Monday, February 5</b>	<b>Exam #1</b>		<b>Chapters 1, 3, 4, 2/2A; class notes &amp; Canvas resources</b>
Wednesday, February 7	Cardiovascular Disease	Chapter 16	Read chapter before class
Friday, February 9	Cardiovascular Disease		
Monday, February 12	Cardiovascular Disease / Diabetes	Chapter 16A	Read chapter before class
Wednesday, February 14	Cancer	Chapter 17	Read chapter before class
Friday, February 16	Cancer		
Monday, February 19	Infectious Disease	Chapter 14	Read chapter before class
Wednesday, February 21	Infectious Disease		
Friday, February 23	Infectious Disease; Complementary and Alternative Medicine	Chapter 19	Read chapter before class plus CAM resources posted on Canvas
Monday, February 26	Complementary and Alternative Medicine		<b>2 (or more!) Wellness Passports Due (In class)</b>
<b>Wednesday, February 28</b>	<b>Exam #2</b>		<b>Chapters 16/16A, 17, 14, 19; class notes and Canvas resources</b>
Friday, March 2	Physical Fitness	Chapter 7	Read chapter before class <b>Physical Wellness Midterm Log Due (Online)</b>
<b>March 5 – 9</b>	<b>NO CLASSES</b>		<b>Enjoy a safe Spring Break!</b>
Monday, March 12	Physical Fitness		
Wednesday, March 14	Nutrition Basics	Chapter 5	Read chapter before class
Friday, March 16	Nutrition		
Monday, March 19	Nutrition		
Wednesday, March 21	Nutrition		
Friday, March 23	Weight Management	Chapter 6	Read chapter before class
Monday, March 26	Weight Management		
Wednesday, March 28	Body Image / Eating Disorders	Chapter 6A	Read chapter before class <b>Post Health Assessment Due (Online)</b>
Friday, March 30	Body Image / Eating Disorders		

Monday, April 2	Alcohol	Chapter 11	Read chapter before class
<b>Wednesday, April 4</b>	<b>Exam #3</b>		<b>Chapters 7, 5, 6/6A; class notes &amp; Canvas resources</b>
Friday, April 6	Alcohol & Tobacco	Chps 11 / 12	Read chapter 12 before class
Monday, April 9	Tobacco		
Wednesday, April 11	Drug Misuse & Abuse	Chapter 13	Read chapter before class
Friday, April 13	Drug Misuse & Abuse		
Monday, April 16	Drug Misuse & Abuse		<b>Maximum of 2 Wellness Passports Due (In class)</b>
Wednesday, April 18	Sexuality	Chapter 9	Read chapter before class
Friday, April 20	Sexuality & STDs	Chps 9 & 15	Read chp 15 before class <b>Physical Wellness Final Log Due (Online)</b>
Monday, April 23	STDs and Contraception	Chps 15 / 10	Read chapter 10 before class
Wednesday, April 25	Contraception	Chapter 10	
<b>Monday, 4/30, 8-10 am HBS G040</b>	<b>Exam #4 NOT Comprehensive!!</b>		<b>Covers chapters 11, 12, 13, 9, 15, 10; class notes and Canvas resources</b>
<b><i>* This syllabus will be followed as closely as possible, but if changes are required for any reason, an announcement will be made through email and/or a Canvas posting. Please check your email and Canvas regularly so you do not miss any such announcements or other pertinent course information!</i></b>			