

HTH 100 Personal Wellness Spring 2018

Instructor: Dr. Terri Prodoehl (Dr. Pro-dell) prodoert@jmu.edu It is best to contact me through email, provide your name and section.

Office Phone: 568-8704

Office Location: HBS 3052

Office Hours: Mon. 5:30-6:00, Tues. 12-1, Wed. 10-11, Thurs. 5-6, Fri. by appt

Class Information:

Credit hours: 3

Meeting time & place: Section 0003 Monday-Wednesday 2:30-3:45, HBS G040

Section 0004 Monday-Wednesday 4:00-5:15 HBS G040

Communication with the professor:

- a. **Office hour visit** (best for communicating personal problems that interfere with class or to review tests.
- b. **Brief** question or discussion before or after class.
- c. **Email** is the best way to communicate with the professor outside of class. **Provide your name and section when communicating through email.**

Periodically, the professor will communicate with students through email or announcements in Canvas. It is the **student's responsibility to arrange to receive and read emails or Canvas announcements through the JMU system** in a timely fashion.

Required Course Text and Materials:

1. Donatelle, R. (2016). Access to Health, 15th edition. Pearson Publishing.
2. Canvas: Course documents and information. Many assignments will be submitted through Canvas.
3. Passport Assignment Website <http://wellness.healthsci.jmu.edu/>
4. **Full size** paper and pen or pencil for class activities
5. **Number 2** pencil and good eraser for tests
6. **Stapler** for assignments
7. Four Passport Verification pages

Course Description:

Personal Wellness HTH 100 is a course offered in Cluster Five: Individual's in the Human Community of the General Education Program. In the Cluster Five package, students learn about themselves as individuals and as members of different communities. Through studying the many variables that influence human behavior in contemporary society, students gain an understanding of the relationship between the individual and a diverse community and develop a sense of responsibility for self and community. Students explore how individuals develop and function in the social, psychological, emotional, physical and spiritual dimensions.

Specifically, Personal Wellness is one of the selections in the Wellness dimension of Cluster Five. Courses in this area examine the dimensions of health and wellness. An emphasis is placed on the factors that influence health and wellness, particularly individual behaviors. Students will participate in self-assessments that provide information about their health and wellness behaviors and their overall health status. In addition, students will learn strategies that improve lifetime health and wellness. This course includes a physical wellness component as a part of course requirements.

For more information about the General Education program, see their web site or read the catalog.

Course Objectives: This course is designed to enable each student to:

- Understand the dimensions of wellness, the various factors affecting each dimension, and how 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

Specific Course Objectives:

- Describe the dimensions of wellness.
- Identify major health problems in the United States today.
- Describe the influences of gender, ethnicity, income, disability, family history, and environment on health.
- Explain the importance of personal decision making and behavior change in achieving wellness.
- List some available sources of health information and explain how to think critically about them.
- Describe the steps in creating a behavior management plan to change a health-related behavior.
- Explain the self-care decision-making process and discuss options for self-treatment.
- Describe the basic premises, practices, and providers of conventional medicine.
- Describe the basic premises, practices, and providers of complementary and alternative medicine.
- Explain how to communicate effectively with health care providers and to use their input when evaluating different types of treatment.
- Discuss different types of health insurance plans.
- Explain what stress is and how people react to it—physically, emotionally, and behaviorally.
- Describe the relationship between stress and disease.
- List common sources of stress.
- Describe techniques for preventing and managing stress.
- Put together a plan for successfully managing the stress in your life.
- Describe what it means to be psychologically healthy.

- Explain how to develop and maintain a positive self-concept and healthy self-esteem.
- Discuss the importance of an optimistic outlook, good communication skills, and constructive approaches to dealing with loneliness and anger.
- Describe common psychological disorders.
- List the warning signs of suicide.
- Describe the different types of help available for psychological problems.
- Explain the qualities that help people develop intimate relationships.
- Describe different types of love relationships and the stages common to them.
- Identify common challenges of forming and maintaining intimate relationships.
- List some characteristics of successful families.
- Label and describe the structure and function of the female and male sex organs.
- Describe the various ways human sexuality can be expressed.
- Describe guidelines for safe, responsible sexual behavior.
- Explain how contraceptives work and how to interpret information about a contraceptive method's effectiveness, risks, and benefits.
- List the most popular contraceptives and discuss their advantages, disadvantages, and effectiveness.
- Choose a method of contraception based on the needs of the user and the safety and effectiveness of the method.
- Define and discuss the concepts of addictive behavior, substance abuse, and substance dependence.
- Explain factors contributing to drug use and dependence.
- List the major categories of psychoactive drugs and describe their effects, methods of use, and potential for abuse and addiction.
- Discuss social issues related to psychoactive drug use and its prevention and treatment.
- Evaluate the role of drugs and other addictive behaviors in your life and identify your risk factors for abuse or addiction
- Explain how alcohol is absorbed and metabolized in the body.
- Describe the immediate and long-term effects of drinking alcohol.
- Describe the different forms of alcohol abuse and their consequences.
- Explain the short- and long-term health risks associated with tobacco use.
- Describe strategies for using alcohol responsibly, and prepare plans to stop using tobacco and to avoid environmental tobacco smoke.
- List the essential nutrients, and describe the functions they perform in the body.

- Describe the guidelines that have been developed to help people choose a healthy diet, avoid nutritional deficiencies, and reduce their risk of diet-related chronic diseases.
- Discuss nutritional guidelines for vegetarians and for special population groups.
- Explain how to use food labels and other consumer tools to make informed choices about foods.
- Put together a personal nutrition plan based on affordable foods that you enjoy and that will promote wellness, today as well as in the future.
- Define physical fitness, and list the health-related components of fitness.
- Explain the wellness benefits of physical activity and exercise.
- Describe how to develop each of the health-related components of fitness.
- Discuss how to choose appropriate exercise equipment, how to eat and drink for exercise, and how to prevent and manage injuries.
- Put together a personalized exercise program that you enjoy and that will enable you to achieve your fitness goals.
- Discuss different methods for assessing body weight and body composition.
- Explain the health risks associated with overweight and obesity.
- Explain factors that may contribute to a weight problem, including genetic, physiological, lifestyle, and psychosocial factors.
- Describe lifestyle factors that contribute to weight gain and loss, including the roles of diet, exercise, and emotions.
- Identify and describe the symptoms of eating disorders and the health risks associated with them.
- Design a personal plan for successfully managing body weight.
- List the major components of the cardiovascular system and describe how blood is circulated throughout the body.
- Describe the controllable and uncontrollable risk factors associated with cardiovascular disease.
- Discuss the major forms of cardiovascular disease and how they develop.
- Explain what cancer is and how it spreads.
- List and describe common cancers—their risk factors, signs and symptoms, treatments, and approaches to prevention.
- List the steps you can take to lower your personal risk of cardiovascular disease and cancer.
- Identify the body's physical and chemical barriers to infection, and explain how the immune system responds to an invading microorganism
- Describe the step-by-step process by which infectious diseases are transmitted.

- Identify the major types of pathogens and describe the common diseases they cause.
- Explain how HIV infection affects the body and how it is transmitted, diagnosed, and treated.
- Discuss the symptoms, risks, and treatments for the other major STDs.
- Discuss steps you can take to prevent infections, including STDs, and strengthen your immune system.

Course Contents:

- 1 Wellness and Lifestyle Management
- 2 Psychological Health
- 3 Stress Management
- 4 Improving sleep
- 5 **Test 1**, Chapters 1-4
- 6 Nutrition Basics
- 7 Exercise for Health and Fitness
- 8 Weight Management
- 9 **Test 2** Chapters 5-7
- 10 Connecting and Communicating
- 11 Understanding Sexuality
- 12 Reproductive Choices
- 13 **Test 3**, Chapters 8-10
- 14 Addictions page 299
- 15 Alcohol
- 16 Tobacco
- 17 Drugs
- 18 Making Smart Health Care Choices
- 19 **Test 4**, Addictions page 299, Chapters 11-13 & 19
- 20 Immunity and Infection
- 21 Sexually Transmitted Infections
- 22 Cardiovascular Disease
- 23 Diabetes page 446
- 24 Cancer
- 25 **Test 5**, Diabetes page 446 & Chapters 14-17

Performance Standards and Evaluation:

- A. Attendance and participation in class activities.
- B. Reading of the text and other assigned materials.
- C. Completion of five examinations.
- D. Completion of written assignments; Pre and Post Health Assessment
- E. Completion of out of class activities; Wellness Passport, Physical Wellness Assignment

Point Values:	Written Exams 5 tests@ 80 pts	400 points
	Pre Health Assessment & Beh Plan	15 points
	Post Health Assessment	10 points
	Physical Wellness Activity + log	25 points
	Mid-term log	5 points
	Wellness Passport 4@15 pts.	60 points
	Online & Class activities (Tentative) ~	<u>35 points</u>

Total ~550 points

Grade system: Total points earned divided by 550 gives you the percentage you earned of the possible points and that percentage determines your grade. See chart below.

You would need to get 511.5 for an A+ ($590 \times .93$) = 511.5 If you earn 448.4 points during the semester ($448.4/550$) = .81 or 81% which is a B- in this class.

Letter Grade	Percentage Points
A	93%+
A-	90%
B+	87%
B	83%
B-	80%
C+	77%
C	73%
C-	70%
D+	67%
D	63%
D-	60%
F	Below 60%

- 1. Exams:** There will be **five** tests. Each test requires a #2 pencil and your JAC number. Missed tests may be made up without a penalty when prior notice for missing the test has been provided. If prior notice is not given for missing the test, documentation must be provided as to why you could not give prior notice concerning the absence or you make up the exam with a letter grade penalty.
- 2. Pre and Post Health Assessment & Behavior Change.** These assignments require you to complete personal health **assessments and analysis**. Specific instructions for these assignments will be provided in class and in Canvas.
You must submit a complete Pre Health Inventory on time or you may **NOT do a Post Health Inventory.**
- 3. Wellness Passport:** This assignment provides you with a unique opportunity to experience health enhancing activities, programs, and services offered to all JMU students. More information and specific instructions will be provided in class and at the following website: <http://wellness.healthsci.jmu.edu/>. You need to have verification pages to complete this assignment. You need to complete at least 2 Passport events by the first due date to get full credit for this assignment.
- 4. Physical Wellness Assignment:** This assignment will provide you with the opportunity to participate in a variety of health enhancing physical activity on a regular basis. Instructions will be given in class and at the following website: <http://wellness.healthsci.jmu.edu/>
You must submit a mid-term log and a final log to get credit for this assignment.
- 5. Class Activities:** Periodically throughout the semester there will be inventories, worksheets, or response writings that will be completed during class for credit. **These activities cannot be made up if missed.**

Class Policies: Due to the large size of class these policies help with organization and management of issues for the student and the professor and help promote a good learning atmosphere. The policies are also intended to instill *professional* behavior the students need to be successful in the future. They are based upon the principles of: *responsibility, respect and rights.*

RESPONSIBILITY

Attendance

Attendance is expected for all classes. Attendance will be taken daily using the **class seating chart**. You should be in your assigned seat to be counted as present. Students will have up to 5 absences without a penalty for absences. After the **5th absence** there will be a **10 point deduction** for each absence. There are no exceptions except in instances of prolonged illness or hospitalization. If participation in activities in which you represent the university total more than five, an exception will be made. Verification will be required.

Students are expected to keep track of their absences. Use your absences wisely. Any reason for absences such as those listed below count in the five allowed absences.

- Death in immediate family (verified with funeral program and/or copy of obituary).
- Disaster services or armed services activation for duty (verified by copy of official notification).
- Inclement weather postponement of the event or postponement and rescheduling of the event by external parties, e.g., illness of featured speaker (verified by event coordinator).
- Jury duty or court-ordered appearance (verified by clerk of the court).
- Student illness or injury.
- Job/Graduate school interviews
- Mental health day
- Over sleeping
- Other activities that require you to miss class.

There are times that a student may use an absence for an illness that does not require care from a medical professional, or may use an absence to catch up on work or sleep. **These absences count in the five allowed absences.**

Being well rested increases potential for learning, if you are so tired that you will not be able to stay awake during class you should use one of the allowed absences to catch up on your sleep.

Sleeping or doing work for other classes in class will be considered as an absence.

Additional miscellaneous class attendance policies:

- After the drop-add period is over students will sit in assigned seats for the remainder of the semester.
- **Arrive on time for class. If you arrive after class has started sit in the back of the room** and at the end of class **notify the professor** that you arrived to class late. To get attendance credit you must have arrived within *15 minutes* of class start.
- If you need to leave early for an emergency you must attend 80% of a class (60 minutes, missing no more than *15 minutes*) to receive credit for attendance. **A student must notify the professor if he/she must leave early and is expected to sit in the back of class.**

- Students are **expected to remain in class for the duration** unless there is a medical emergency or dire and unexpected biological functions. It is distracting to the professor and other students when students leave and return during class.

If you have a medical reason for frequent exits and re-entry, please notify the professor and obtain a seat near the back of the class.

- If you leave class for illness or emergency after attendance is taken and leave earlier than the 15 minutes allowed, contact the professor as soon as possible or you will be in violation of the Honor Code!

If you should miss class you should do the following:

- Review class lecture notes that are posted in Canvas.
- Read the chapter that was covered in class.
- Check for any new assignments that are posted in Canvas. Read the instructions carefully.
- Check Canvas for course changes or changes in test or assignment due dates.
- Check with another student in class for additional information concerning what was missed in class.
- Check with the professor for clarification on what you don't understand.

Submitting Assignments: An assignment is considered late if it is not submitted by midnight of the day of the due date. It is your **responsibility** to make sure the assignment has arrived and is in a readable format.

- **If** an assignment is accepted late it is subject to a letter grade penalty per day (includes weekends and non-class days) that it is late.
- Being absent on the due date is **not** considered an excuse to hand in the assignment at the next class.
- **Do not e-mail assignments** unless you have been given approval from the professor to do so.
- **You will NOT have additional opportunities to resend your assignment correctly if it is an electronic submission. You must learn to send it in pdf format correctly on the first submission to obtain credit for the assignment.**
- There are **NO DO OVERS** for incomplete or incorrect assignments, you must complete the assignment according to instructions the first time, no second chance.

Assignment Concerns: It is your **responsibility** to make sure the assignment was submitted correctly in a readable format. **Questions about your assignment and grades need to be addressed within two weeks of the grade posting date.**

Exams

Test Taking Procedures: You will need a *number 2 pencil* and a good eraser for every test. Check your mechanical pencils, some of them are not number 2. You will not be permitted to exit the room during the test (unless it is an emergency). You are permitted to leave class when you have submitted your test. Hats are permitted if they do not have a visor or have the visor turned to the back during the testing period. You will also need your JAC number.

All student belongings including jackets, backpacks, and cell phones (make sure they are off) must be put around the room away from seats to be picked up after the student has submitted a completed exam.

Missed/Make-up Exams: Any exams missed **with prior notification and approval** may be made up on a day and time determined by the professor and the student.

- Any exams missed **without prior notification may be made up but will be subject to a letter grade penalty.**
- If a student is indisposed in such a way that he or she cannot provide prior notification, documentation must be provided as evidence for why notification was impossible, to the satisfaction of the professor before an exam can be made up without a penalty.

Reviewing Exams: Students **may review a test** during office hours or by appointment but must do so **within 2 weeks** of the posting of the exam grade.

Grades

Students are expected to keep track of their grades and attendance throughout the semester and address any concerns in a timely fashion (**within 2 weeks of posting**) rather than at the end of the semester.

RESPECT for other's RIGHT to have a distraction free environment for learning.

Class Behavior Expectations

In order to provide a classroom atmosphere that is optimal for learning, behaviors that create distractions for students and the professor will not be permitted and will be subject to a **5-10 point** penalty and students who lose points for class behavior **may not** participate in any bonus point activities. **There will be no warnings. Students may be asked to move to a different seat or asked to leave class. Being asked to leave class will count as an absence for class in addition to the loss of points.**

The following **behaviors** are considered **distracting** to students and the professor: **Distracting behaviors** subject to a 5-10 point penalty include:

Eating/Drinking in Class

You may have snacks before class begins **but as soon as class starts food should be put away.** Please take any trash with you after class. Drinks are allowed in covered or non spill containers, there is very little desk room and drinks could be spilled easily.

Electronic devices

Laptop, cell phones, or head phones will **NOT** be allowed in class. **Devices are to be off, out of view and inaccessible. If your phone or other electronic device is out in view, you are subject to a penalty even if you are not using it.**

In the event you are awaiting an emergency call or message, check with the professor for permission to sit in the back of class so you may leave class to take the call or get the message.

Other distracting behaviors include:

- ❖ Exiting and returning to class while class is in session-exit (for **dire** emergency only)
- ❖ Talking when the professor is conducting class
- ❖ Reading the newspaper or books other than the textbook
- ❖ Doing work for other classes (*If you are behind in work in other classes or need to study for a test use one of your absences*).
- ❖ Playing games or writing notes to each other.
- ❖ Creating noise.
- ❖ Any other behavior that the professor finds distracting.

Honor Code: The Honor Code is followed in this class. (See Student Handbook)

Any student who is found guilty of an honor violation will 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 the professor.

<http://www.jmu.edu/judicial/handbook/ProcedureUniversityHonorCode.html>

RIGHTS

Americans with Disabilities Act (ADA):

Office of Disability Services

Student Success Center 1202

540/568-6705

JMU’s designated ADA compliance center. Any student who, because of a disabling condition, may require some special arrangements in order to meet course requirements, should contact the Office of Disability Services (ODS) in order to secure accommodations. An initial prerequisite to receiving any necessary accommodations is completed documentation on file with the ODS.

Religious Accommodations

Students should notify the professor by no later than the end of the Drop-Add period the first week of the semester of potential scheduled absences due to religious observances. Any absences for religious reasons count in the five allowed absences.

Sexual Harassment and Title IX

“Title IX” addresses not only gender discrimination, but also sexual harassment and sexual violence, because they create a hostile educational environment and contribute negatively to the overall safety and security of our university community. We are committed to creating a safe haven and an open atmosphere in this learning community. The personal information you share in your written assignments, class discussions, and experiential activities enriches the learning experience for everyone. We want to let you know that, as educators, we are mandated by Title IX to report any suspected sexual harassment or sexual assaults of students to our Title IX Administrator. We are dedicated to addressing these concerns with sensitivity and consideration for your privacy and wellbeing. If you do want to report any event personally, contact the Title IX Officer for all JMU students at <http://www.jmu.edu/oeo/>. For more information about your rights under Title IX, go to <http://knowyourix.org/title-ix/title-ix-in-detail/>

Miscellaneous

University Closings, Class Cancellations and Exam Postponements Due to Inclement Weather or Emergencies

When it is necessary to cancel classes due to weather or other emergency, faculty members have several options for making up missed instructional time.

- Hold class on the official university make up day, which will be designated as part of the closing announcement.
- Hold class at another time acceptable to class members. The department will arrange time and location.
- Hold class electronically, using a web-based source such as Canvas.
- Accommodate for the missed instructional time within remaining class meeting time.

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

- JMU Weather Line: (540) 433-5300
- JMU radio station 1610AM
- [JMU's home page](#)
- Area radio and television stations
- JMU Office of Public Safety, who in turn is responsible for announcements on Emergency Notification System For additional information, refer to:
<http://www.jmu.edu/JMUpolicy/1309.shtml>.

[Final Examinations Missed or Rescheduled Due to Inclement Weather or Emergency Closing](#)

In response to inclement weather and other emergencies, the university may be forced to cancel or reschedule final examinations. Decisions to close university operations will be made by the President, or a designee. If the decision to close the university and reschedule final examinations is made, announcements will be made as noted above.

When the university is closed due to weather or other type of emergency, faculty will administer regularly scheduled examinations at a time designated by the university unless otherwise announced in the course syllabus. The official make up time will be designated as part of the closing announcement. Unless otherwise notified, examination locations will be the same as the location for the regularly scheduled exam.

If it is determined that exams cannot be given because of inclement weather or other emergency, faculty will assign final grades to students based on the exams, tests and projects completed prior to the regularly scheduled exam date.

Last Day To:

1. **Add or Drop a class (Second Tuesday of classes)**

Withdrawing from a class after the drop deadline results in a "W"

2. **Add with Departmental Permission** A permission or override saves a seat for a student.

The student must register for the course on MyMadison.

Withdraw with "W" grade or change a course credit option (including repeats) 3/16/18

Students are responsible for registering for classes and for verifying their class schedules on [MyMadison](#).

[Additional Information Concerning Course Syllabus](#)

Class Schedule:

Follow **Canvas calendar** or the **course summary** in the section for the syllabus for the class schedule. Any changes to the schedule will be made in Canvas.