

HTH 100 – PERSONAL WELLNESS (3 credit hours)
Spring 2018 Section 0005 Course #13618
TuTh 9:30 – 10:45 HBS G040

Instructor: Dr. Debra L. Sutton
Office: HBS Building Room 3057
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Office Hours: MW 11:00 – 12:00 and 1:00 – 2:00 TuTh 2:00 – 3:00PM

Note: I would like for you to communicate with me **through e-mail account only. Please do not use the messaging function in Canvas to communicate with me.** Also, please keep the length of your e-mails to no more than 3 or 4 sentences. Longer e-mails may receive a response requesting that you meet with me in person to discuss your issue. If your schedule conflicts with my office hours, contact me and we will work out a suitable plan. **I do not differentiate between excused and unexcused absences (see attendance policy).** Therefore, **PLEASE DO NOT** e-mail me about a class absence **UNLESS** it relates to an exam day, an assignment due date, or unexpected prolonged absence.

COURSE DESCRIPTION: This course is designed to introduce students to the lifestyle behaviors that contribute to health promotion and disease prevention. Factors affecting health status will be identified and suggestions will be made as to how health-related behaviors, self-care, and individual decisions contribute to health and wellness.

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 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:

Rebecca J. Donatelle & Patricia Ketcham. (2018) Access to Health. **15th edition.** Pearson Publishing.



The JMU Bookstore and University Outpost have our required textbook in stock. **New textbooks are available at both locations. YOU ONLY NEED THE TEXTBOOK – No Access Code. However, you may want to check online for a used copy, rent a text or e-book.** It is totally up to you how you acquire this textbook. **Warning** – If you are planning on using an older edition of this textbook, you may not have access to all of the information necessary to fully prepare for each exam. **The HTH 100 faculty selected this textbook to be used through the summer of 2019.**

COURSE REQUIREMENTS:

- **Examinations:**

There will be **four exams** given over the course of the semester, specific dates of which are provided on the tentative course schedule. Exam questions will cover material in your textbook, lecture notes, and Canvas resources. Each exam will consist of 100 questions, mostly multiple choice, some true-false, and matching items. **The final exam will not be comprehensive!** Students must be present for all exams unless **prior arrangements** have been made with the instructor. You must contact the instructor **and provide a phone number where you can be reached**. Without prior notification and approval, **no make-up exams** will be given. Exam grades are generally posted on Canvas by the following class period. **All students may review their exam scores with the instructor during office hours for up to five class days after the grade has been posted to Canvas.** I'm sorry but I **CANNOT** discuss any grades through e-mail. However, you are always welcome to visit during my office hours.

- **Assignments:**

Health Assessment and Behavior Change Assignment (Pre and Post)

This assignment will be completed during the third week and then again during week twelve of the semester. After the Course Adjustment period ends, you will need to go to our class Canvas site and click on the assignment. The complete instructions and explanation for how this assignment will be graded will appear in the text box. Please read them carefully before submitting your assignment. For specific due dates for both the pre and post assignment, refer to the course schedule.

Wellness Passport Assignment

This assignment provides HTH 100 students in all sections with the opportunity to learn about and experience health enhancing activities, programs, and services outside of the classroom.

A list of pre-selected and **approved** events will be posted on the HTH 100 website and updated often throughout the semester. This calendar can be found at <http://wellness.healthsci.jmu.edu> In order to receive full credit; each student must attend **four** Wellness Passport events (refer to the course schedule for due dates). You will need to attend an intellectual, emotional, and social wellness event. For a fourth event, **you may choose either a spiritual or environmental or occupational wellness** program. **Only** the official, stamped verification pages will be accepted for credit. **These verification pages must be printed on white cardstock paper. They are available for purchase (.15 each) in the HHS Building Copy Center – room 1002.**

Physical Wellness Assignment

This assignment (**which includes submitting a mid-term and final log**) will allow you to construct and implement your own physical wellness plan. Please submit to canvas a mid-term log with all of the hours that you have completed by the mid-term due date. You will need to have correctly recorded 5 hours in order to earn the 5 points. Specific instructions and the official physical wellness log can be found at <http://wellness.healthsci.jmu.edu/>. All HTH 100 students will participate in and document 25 hours of physical activity. Students may complete all 25 hours at one of the JMU recreation facilities; however, a **MINIMUM** of at least 15 hours of physical activity must be completed at the University Recreation Center (UREC) and/or U-Park and/or specific intramurals at Godwin. Verification of these hours will require students to scan in and out of the UREC facilities using their JAC cards. In addition, all students may complete a **MAXIMUM** of 10 hours documenting physical activity on your own. Final log will need to be submitted to Canvas and a hard copy brought to class on the final due date (refer to the course schedule below).

IMPORTANT! Once **any** assignment grade is posted on Canvas, students should look at the grading procedures in the instructions first followed by possible comments in the feedback box. This should clarify any questions about potential deductions. **If questions remain, students have no more than 5 class days after the grade was posted to discuss the issue with the instructor.**

METHOD OF EVALUATION:

Course Requirements	Point Distribution
Health Assessment and Behavior Change Assignment (pre and post) Pre = 15pts Post = 15pts	30 points
Examinations (4 exams consisting of MC, T/F, and matching) 100 points each	400 points
Physical Wellness Mid-term Assignment - must submit to complete a final log	05 points
Physical Wellness Assignment Final Assignment (must include all recorded hours for semester)	25 points
Wellness Passport Assignment (Total of 4 events @ 15 points each)	60 points
Total	520 points

A = 100 – 90 percent B = 89.4 – 80 percent C = 79.4 – 70 percent D = 69.4 – 60 percent F = 59.4 percent or below

The plus (+/-) system will be used at the discretion of the instructor. Students must earn .5 or better before rounding to the next full percentage point. **However, if the rounding principle elevates scores to the next letter grade, students will receive a minus. There will be one planned opportunity for bonus points and this will be announced in class and on Canvas.**

CLASS POLICIES

- **Attendance**

Attendance is required and will be taken during the majority of classes throughout the semester. Please be on time!! Once you arrive for class, you are expected to remain until the class is over, unless prior arrangements have been made with the instructor. Arriving to class late or leaving prior to dismissal is not acceptable. Should you attempt to leave during class, your instructor may verbally ask you for your name and request that you remove your signature from the attendance sheet. **Signing the attendance sheet when you have not attended the entire class or signing for another student(s) is considered an honor code violation. Any student missing FIVE or more classes will not receive better than a “C” in the course, even if they have earned enough points for an A or B.** All students are responsible for keeping track of their attendance. Any questions about attendance will require a meeting with the instructor during office hours. Please do not e-mail the instructor to explain why you are going to be or were absent. This is **only** necessary if your absence occurs on an exam day, an **in class** assignment due date, **or if you are going to be absent for an extended period of time. Please note that there are no excused or unexcused absences in this class.**

- **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. **Without prior notification and approval, no late assignments will be accepted.** Exams are to be taken the day they are scheduled. In rare instances, and subject to prior instructor’s approval, a make-up exam may be arranged. **However, you must contact your instructor prior to class, specify what section you are in, and leave a telephone number where you can be reached the same day. Without prior notification and approval, no make-up exam will be given.**

- **Class Conduct**

This is a very large learning environment. In order for all students to benefit, everyone must conduct themselves in a mature, professional manner. If students have personal problems or conflicts, please visit the instructor during office hours as soon as possible. Most issues can be worked out ahead of time. Please do not assume that issues can be corrected after the fact.

- 1) All cell phone ringers must be turned off during class time. Cell phones may not be placed on the desktop anytime during **all class. On exam days, any electronic devices visible to the instructor will be considered an honor code violation and the student will receive a 0 on the exam.**
- 2) Laptops, IPADS, tablets, and cell phones are not permitted to be used during in this class unless student has an accommodation from the JMU Office of Disabilities Services (see ODS policy below).
- 3) All pre-class activities must end (reading the Breeze, checking e-mails, etc.) once class begins.
- 4) Coming to class without materials to take notes, unnecessary talking, and not paying attention during class exemplified by sleeping, texting, etc. are considered as nonprofessional student behaviors. A student exhibiting these behaviors may receive an official reprimand in class from the instructor.
- 5) Please take care of any personal needs prior to class. Do not leave the classroom while class is in session unless it is an absolute emergency. In the case of an emergency, please check in with the class TA.
- 6) If you are ill, injured, or have other business such as registering for spring classes, please take an absence. Remember, there is no penalty unless you have reached a **fifth absence** (see course attendance policy).
- 7) 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/osarp/handbook/index.shtml>

- **Additional Information**

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 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/osarp/handbook/index.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.

Go to this site for information on the registrar's important dates: <http://www.jmu.edu/registrar/index.shtml>

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 have not already done so, you will need to register with the Office of Disability Services, the designated office on campus to provide services for students with office is located in Wilson Hall, Room 107 and you may call (540) 568-6705 for more information. <http://www.jmu.edu/ods>
If you have a disability and may require some type of instructional and/or examination accommodations, **please visit office hours or contact me to schedule an office appointment by the end of the first 2 weeks of classes so that we can develop a plan. You will need to bring your documentation from the Office of Disability Services with you to our meeting.**

Religious Accommodations

All faculty 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 faculty by no later than the end of the Drop-Add period the first week of the semester of potential scheduled absences and determine with the instructor 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 student and employees, the university may close or limit its services based on inclement weather or other emergencies.

If our class is cancelled please know that whatever is scheduled for that day will be made up during the next class period. **I will not hold Saturday classes unless we miss two classes in the same week due to university closure.**

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

Notification on your cell phone or JMU's home page: <http://www.jmu.edu>

JMU Weather Line (540) 433-5300

JMU radio station 1610 AM

Helpful Campus Services

Service	Website
University Recreation	http://www.jmu.edu/recreation/
University Health Center Substance Abuse Prevention	http://www.jmu.edu/healthcenter/ http://www.jmu.edu/toolbox/
JMU Counseling Center	https://www.jmu.edu/counselingctr/
Career and Academic Planning	http://www.jmu.edu/cap/students/index.shtml
Academic Student Services	http://www.jmu.edu/acstudserv/
JMU Public Safety	http://www.jmu.edu/pubsafety/

Healthy Campus 2020 Objectives <https://www.acha.org/HealthyCampus>

Healthy Campus 2020 provides 10-year national objectives for improving the health of all students, staff, and faculty on campuses nationwide. To determine the success of Healthy Campus on your campus and nationally, it is important to measure and track progress over time.

The objectives in Healthy Campus 2020 are derived from Healthy People 2020 and were selected based on their relevance to college health and the existence, with rare exception, of a national data source to measure and benchmark. Paralleling Healthy People 2020, national Healthy Campus 2020 targets were established based on 10% improvements.

Tentative Course Schedule*

Tuesday, January 9	Introduction to HTH 100		Read the course syllabus and schedule
Thursday, January 11	Accessing Your Health	Chapter 1	Read content prior to class
Tuesday, January 16	HTH 100/UREC Partnership for Health Class will meet in UREC Club Room 220		Dr. Julie Wallace Carr – HTH 100 Liaison - Take your JAC card!!
Thursday, January 18	Accessing Your Health	Chapter 1	Read content prior to class
Tuesday, January 23	Promoting and Preserving Your Psychological Health	Chapter 2	Pre Health Assessment and Behavior Change Due to Canvas
Thursday, January 25	Promoting and Preserving Your Psychological Health	Chapter 2	Read content prior to class
Tuesday, January 30	Improving Your Sleep	Chapter 4	Read content prior to class
Thursday, February 1	Drinking Alcohol Responsibly	Chapter 11	Read content prior to class
Tuesday, February 6	Assessment Day - No Class		
Thursday, February 8	Drinking Alcohol Responsibly	Chapter 11	Read content prior to class
Tuesday, February 13	Examination One – 100 questions		Chapters 1, 2, 4, 11, class notes and Canvas resources
Thursday, February 15	Avoiding Drug Misuse and Abuse	Chapter 13	Read content prior to class
Tuesday, February 20	Avoiding Drug Misuse and Abuse	Chapter 13	Read content prior to class
Thursday, February 22	Ending Tobacco Use	Chapter 12	Read content prior to class
Tuesday, February 27	Preventing Cardiovascular Disease	Chapter 16	At least 2 Wellness Passports are Due in Class
Thursday, March 01	Preventing Cardiovascular Disease	Chapter 16	Mid-term Physical Wellness Log due to Canvas
Have a Happy and Safe Spring Break!!			
Tuesday, March 13	Reducing Your Cancer Risk	Chapter 17	Read content prior to class
Thursday, March 15	Examination Two – 100 questions		Chapters 12, 13, 16, 17, class notes and Canvas resources
Tuesday, March 20	Nutrition: Eating for a Healthier You	Chapter 5	Read content prior to class
Thursday, March 22	Nutrition: Eating for a Healthier You	Chapter 5	Read content prior to class
Tuesday, March 27	Reaching and Maintaining a Healthy Weight	Chapter 6	Read content prior to class
Thursday, March 29	Improving Your Physical Fitness	Chapter 7	Post Health Assessment and Behavior Change Due to Canvas
Tuesday, April 03	Improving Your Physical Fitness	Chapter 7	Read content prior to class
Thursday, April 05	Examination Three – 100 questions		Chapters 5, 6, 7, class notes and Canvas resources
Tuesday, April 10	Understanding Your Sexuality	Chapter 9	Read content prior to class
Thursday, April 12	Understanding Your Sexuality	Chapter 9	Read content prior to class
Tuesday, April 17	Considering Your Reproductive Choices	Chapter 10	No more than 2 Wellness Passports are Due in Class
Thursday, April 19	Considering Your Reproductive Choices	Chapter 10	Physical Wellness Final Log (Due to Canvas and In-Class – no need to print in color)
Tuesday, April 24	Protecting against Sexually Transmitted Infections	Chapter 15	Read content prior to class
Thursday, April 26	Protecting against Sexually Transmitted Infections	Chapter 15	Read content prior to class
Tuesday, May 01 10:30 am – 11:45 am	Examination Four – 100 Questions NOT COMPREHENSIVE!!!!		Chapters 9, 10, 15, class notes and Canvas resources

** While the contents of this course syllabus and schedule are as accurate and complete as possible, circumstances may arise that will necessitate modifications (ex. weather). Should an unforeseen circumstance occur, any changes will be announced through an e-mail and posted on the announcement page on Canvas. Please note that it is the student's responsibility to check our class Canvas site and e-mail for any announcements or correspondence from your instructor.*