

Spring 2018  
Section 006 Course # 13619  
Tuesdays and Thursdays 11:00 – 12:15pm HBS G040

**Instructor:** Dr. Erika Collazo-Vargas  
**Office:** HBS, Room 3064  
**Office Hours:** Mondays 12:00-1:00pm - Tuesdays 12:45-1:45pm – Thursdays 3:30 -4:30pm (Fridays by arranged appointment only)  
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**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

Donatelle, R (2018). Access to Health. (15<sup>th</sup> Ed.) Pearson Publishing

The HTH 100 faculty has adopted this textbook for all sections of HTH 100 – Personal Wellness. This textbook will be used from fall 2017 – summer 2019. Students are free to obtain this book from any source; however, as a courtesy, we have identified the costs for the book at the JMU Bookstore and the University Outpost. Please note that this is the 15th edition of this textbook so if you choose to use an earlier edition, you risk not having the most current information available for answering potential test questions.

#### Attendance

Attendance is required and will be taken randomly in the form of graded in-class activities and attendance checks 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. Signing the attendance sheets for someone else not in attendance is not acceptable. Students who are absent for more than 3 attendance checks or in-class activities will receive a point penalty on their final grade at the discretion of the instructor. 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.**

#### 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 the 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 behave in a mature, professional manner. If students have personal problems or conflicts, please let the instructor know as soon as possible. Most issues can be worked out ahead of time. Do not assume that issues can be corrected after the fact.

**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 are not permitted in this class unless student has an accommodation from the JMU Office of Disabilities Services (see policy below). **Students must notify the instructor within the first 2 weeks to permit the use in class.**
- 3) All pre-class activities must cease (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 (sleeping, 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 give your name to the person sitting next to you.
- 6) If you are ill, injured, or have other business such as registering for summer or fall classes, please take an absence.
- 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/judicial/handbook/>

### **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.

<http://www.jmu.edu/honor/>

#### **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 website for information on these dates: <https://www.jmu.edu/events/registrar/timeline.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 contact me to schedule an in 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:**

**JMU Weather Line** (540) 433-5300

**JMU radio station** 1610 AM

**JMU's home page:** <http://www.jmu.edu>

## 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>
Counseling and Student Development Center	<a href="https://www.jmu.edu/counselingctr/">https://www.jmu.edu/counselingctr/</a>
Career and Academic Planning	<a href="http://www.jmu.edu/cap/students/index.shtml">http://www.jmu.edu/cap/students/index.shtml</a>
Student Academic Services	<a href="http://www.jmu.edu/acstudserv/">http://www.jmu.edu/acstudserv/</a>
JMU Public Safety	<a href="http://www.jmu.edu/pubsafety/">http://www.jmu.edu/pubsafety/</a>

### 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 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 within one week. All students **may review their exam scores in the instructor's office for up 2 weeks after the grade has been posted to Canvas**. I'm sorry but I CANNOT discuss your grade 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 GHTH 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 GHTH 100 website and updated often throughout the semester. This calendar can be found under events calendar at <http://wellness.cisat.jmu.edu> In order to receive full credit, each student must attend **four** Wellness Passport events (refer to the course schedule). **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 pre-printed (.15 each) in the 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 a mid-term log with all of the hours that you have completed by the due date. **In order to submit the final physical wellness assignment a mid-term log must be submitted by the due date.** Specific instructions and the official physical wellness log can be found at <http://wellness.cisat.jmu.edu> Your final log will need to be submitted to Canvas by the due date (refer to the course schedule).

**IMPORTANT! Once any assignment grade is posted on Canvas, students should look at the grading procedures and the feedback box. This should clarify any questions about potential deductions. If questions remain, students have no more than 2 weeks after the grade was posted to discuss the issue with the instructor.**

### METHOD OF EVALUATION

#### Grade Scale

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 have at least 5 recoded hours)	05 points
Physical Wellness Assignment Final Assignment (should include all recorded 25 hours)	25 points
Wellness Passport Assignment (Total of 4 events @ 15 points each)	60 points
In Class Activities (Total of 5 @ 4 points each)	20 points
At home Assignments (Total of 2 @ 30 points each)	60 points
<b>Total</b>	<b>600 points</b>

A	100 - 93%
A-	< 93% - 90%
B+	< 90% - 87%
B	< 87% - 83%
B-	< 83% - 80%
C+	< 80% - 77%
C	< 77% - 73%
C-	< 73% - 70%
D+	< 70% - 67%
D	< 67% - 63%
D-	< 63% - 60%
F	<60% - 0%

**Tentative Course Schedule – Spring 2018 \***

Date	Course Daily Topic	Chapters	Readings, Assignments and Examination Due Dates
1/9	Introduction to the course		Review course syllabus on Canvas
1/11	Accessing Your Health	Chapter 1	Read content prior to class
1/16	Meet At UREC – Club Room		<a href="#">UREC Orientation</a>
1/18	Managing Stress & Coping with Life's Challenges	Chapter 3	Read content prior to class
1/23	Improving your Sleep	Chapter 4	Read content prior to class
1/25	Promoting and Preserving your Psychological Health	Chapter 2	<b>Pre-Health Assessment and Behavior Change Due – Submit as PDF on Canvas</b>
1/30	Promoting and Preserving your Psychological Health	Chapter 2	Read content prior to class
2/1	<b>Exam 1</b> - Includes Chapters 1-4 / Class notes & Canvas Resources		
2/6	<i>Assessment Day – No Class</i>		
2/8	Drinking Alcohol Responsibly	Chapter 11	Read content prior to class
2/13	Ending Tobacco Use	Chapter 12	Read content prior to class
2/15	Avoiding Drug Misuse and Abuse	Chapter 13	<b>At Home Assignment #1- Due on Canvas</b>
2/20	Nutrition: Eating for a Healthier You	Chapter 5	Read content prior to class
2/22	Nutrition: Eating for a Healthier You	Chapter 5	Read content prior to class
2/27	Reaching and Maintaining a Healthy Weight	Chapter 6	<b>2 Wellness Passports Due – In Class</b>
3/1	Improving your Physical Fitness	Chapter 7	<b>Midterm Physical Wellness Log Due – Submit as PDF on Canvas</b>
3/6-3/8	SPRING BREAK		
3/13	<b>Exam 2</b> - Includes Chapters 5-7 & 11-13 / Class notes & Canvas Resources		
3/15	Protecting Against Infectious Diseases	Chapter 14	Read content prior to class
3/20	Preventing Cardiovascular Disease	Chapter 16	Read content prior to class
3/22	Preventing Cardiovascular Disease	Chapter 16	Read content prior to class
3/27	Reducing your Cancer Risk	Chapter 17	<b>Post-Health Assessment and Behavior Change Due – Submit as PDF on Canvas</b>
3/29	Making Smart Health Care Choices	Chapter 19	Read content prior to class
4/3	<b>Exam 3</b> Includes Chapters 14, 16-17 & 19/ Class notes & Canvas Resources		
4/5	Understanding Your Sexuality	Chapter 9	<b>At Home Assignment #2 - Due on Canvas</b>
4/10	Understanding Your Sexuality	Chapter 9	Read content prior to class
4/12	Communicating in a Modern World	Chapter 8	Read content prior to class
4/17	Preventing Violence and Abuse	Chapter 20	<b>2 Wellness Passports Due – In Class</b>
4/19	Pregnancy and Childbirth	Chapter 10	<b>Physical Wellness Final Log Due – Turn in Hard Copy in Class and PDF online</b>
4/24	Considering your Reproductive Choices	Chapter 10	Read content prior to class
4/26	Protecting against Sexually Transmitted Infections	Chapter 15	Read content prior to class
05/03	<b>Exam #4 (Non-Cumulative) – 08:00-10:00am</b> Includes Chapters 8-10, 15 & 20/ Class notes & Canvas Resources		
* While the contents of both this course syllabus and schedule are as accurate and complete as possible, circumstances may arise that could necessitate modifications (ex. weather). Should an unforeseen circumstance occur that would cause a change, an announcement will be made through an e-mail and posted on Canvas. It is your responsibility to check Canvas and e-mail for any announcements.			