

**An Invitation to Learn
HTH 100: Sections 7 & 9**

**A class built on the principles of:
Respect
Self-Responsibility &
Proactive Communication**

HTH 100: Sections 7 and 9 – Fall 2017

Personal Wellness

3 Credit Hours

Welcome to HTH 100, a large class designed to feel like a tight-knit community. To that end, during our class time, and the time immediately preceding class, our classroom is a PHONE FREE zone. Period. No texting, talking, browsing, snapping, or scrolling. Take care of your phone business BEFORE you enter the room. Once you're in, the phone is off and put away. This will allow you to interact face-to-face with your peers. Thank you.

Instructor: Lesley Eicher, M.Ed., CHES, CSE
College of Health and Behavioral Studies
Office # 1062
540-568-5056
eicherls@jmu.edu (Indicate your name and section # when contacting me this way)

Communication with your Instructor:

- a. Office Hours - best for communicating personal problems that interfere with class or to review exams, or to discuss accommodations.
- b. Before or after class - *quick* question or clarification; keep it brief.
- c. *Email – preferred method of communication outside of class. Provide your name and section number.*

I respond to all emails within 24 hours (except weekends). If you do not hear back from me, check the address that you used and write to me again. Be sure to use the right address.

Office Hours:

Monday	11:00-12:00
Tuesday	9:00-10:00
Wednesday	1:00-2:00
Thursday	2:00-3:00
Friday	By appointment

Class Time and Location: Section 7 (T/Th 12:30-1:45) HBS, **G040**
Section 9 (T/Th 3:30-4:45) HBS, **G010**

Required Materials:

- 1) Donatelle, R. (2018). *Access to Health* (15th ed.). San Francisco: Pearson Publishing.
 - The JMU Bookstore and University Outpost have the required textbook in stock. New textbooks are available at both locations. **YOU ONLY NEED THE TEXTBOOK – No Access Code.** You may want to check online for a used copy, or rent a text or e-book. It is totally up to you how you acquire this textbook.
 - Be advised: 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.
- 2) Canvas course management system, including settings that allow you to receive announcements and emails from your instructor. It is *your* responsibility to be sure your settings are appropriately configured.

3) A working, reliable Internet connection. Additional readings and online activities may be required. JMU provides many areas on campus where this is available, so plan accordingly if you do not have a reliable connection elsewhere.

4) HTH 100 Official Website – <http://wellness.healthsci.jmu.edu/>, which contains the Passport Assignment, Physical Wellness Assignment, and appropriate forms.

Course Description: Personal Wellness (HTH 100) is a course offered in Cluster Five (Individuals in the Human Community) of The General Education Program. In this cluster of courses, 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 individual develop and function in the social, psychological, emotional, physical, and spiritual dimensions.

Specifically, Personal Wellness (HTH 100) 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 the 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 part of course requirements.

Objectives: Upon completion of this course, students should be able to:

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

(Detailed learning outcomes for each content area will be shared in class and on Canvas.)

Course Content: Please refer to the Course Outline (last page of syllabus) for a detailed breakdown of course content and assignment due dates.

Learning & Teaching Philosophy: My teaching philosophy holds that the richest learning occurs when the classroom is experiential and interactive. In addition, I teach from a social justice perspective so that injustices outside of the classroom are not perpetuated inside the learning environment. To that end, this is an interactive and experiential course. The richest learning occurs when *all* those who are involved in the learning process contribute to the class. My teaching approach may include classroom activities, videos, guest speakers, reading assignments, assignments taking various forms, individual and group work, class discussions, simulations, lecturettes, and storytelling. I use these techniques because each person learns differently and because my goal is to maximize the amount of input that YOU give to the learning.

Because of the interactive format, it is important that you arrive to class with an attitude that allows you to fully experience and contribute to the learning. By this I mean an open mind, a willingness to

exchange and hear different ideas and opinions, and a willingness to participate in learning that may require you to move beyond your comfort zone. Your active engagement in this course increases the likelihood that you find its components useful and relevant to your own experience.

Inclement Weather: In the event of the closing of the University, the class schedule will be adjusted and announced on Canvas.

Honor Code: You are expected to abide by the Honor Code under all circumstances for this course.

Drop/Add Deadline: The final date to add/drop this semester is January 16, 2018.

Disability Accommodations: If you have a disability and require accommodations of any kind, please contact me **during the first two weeks** of the semester so I can provide or assist with accommodations you may need. 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 disabilities. The office is located in Student Success Center, 1202, on the first floor. You may call 540-568-6705 for more information.

Religious Observance Accommodations: I provide reasonable and appropriate accommodations to students who request them on the grounds of religious observance. Please notify me no later than September 5, 2017 of potential scheduled absences and determine what mutually acceptable alternative methods exist for completing the missed classroom time. Contact the [Office of Equal Opportunity](#) at (540) 568-6991 if you have additional questions.

Title IX: *Title IX* addresses not only gender discrimination, but also sexual harassment and sexual violence. Both 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 incidence of sexual assault to our Title IX Administrator. We are dedicated to addressing these concerns with sensitivity and consideration for your privacy and well-being. 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/>.

Student-Athlete Requirements: Please submit all travel forms to me during the first two weeks of class.

Attendance: You are expected to attend all class sessions in their entirety. You are allowed **five** absences without penalty. It is your responsibility to keep track of your absences; you will not be notified when you reach your limit, nor will the instructor look up how many absences you have if you ask. **Each additional absence after the fifth absence will result in a loss of 10 points from your final grade.** You are responsible for all material and activities that occur in class during your absence(s).

Attendance will be taken daily using the class seating chart. You should be in your chosen assigned seat to be counted as present. If you are present in class but not engaged (i.e. sleeping or doing work for other classes) you will be marked absent for that day.

Please demonstrate courtesy to me and your fellow learners if you will be leaving class early. Notify me in advance and sit in an empty chair at the back of the room on that day only. You may not arrive to or leave class more than 15 minutes early or late if you want to be counted as present for that day.

If you miss class, do the following:

- a. Review class notes and other materials that are posted on Canvas.
- b. Read the chapter that was assigned for the day you missed.
- c. Check for any new assignments that are posted in Canvas. Read the instructions carefully.
- d. Check Canvas for course changes or changes in test or assignment due dates.
- e. Check with another student in class for additional information about what you missed.
- f. Set up an appointment with me during Office Hours to clarify anything you don't understand.

Pro-active Communication: In preparation for the professional world, a skill that I hope to instill in students is the ability to communicate in a pro-active manner about concerns, life issues, etc. that may interfere with their ability to complete coursework. In other words, if you have something going on that is affecting your ability to succeed in this class, please let me know as soon as possible. You don't need to share details, but this type of open, pro-active communication is a critical component of a good learning experience in this course.

Academic Honesty: Making references to the work of others strengthens your own work by granting greater authority and by showing that you are part of a discussion located within an intellectual community. When you make references to the ideas of others, it is essential to provide proper attribution and citation. Failing to do so is considered academic dishonesty, as is copying or paraphrasing someone else's work. The use of intellectual property of others without attributing it to them is considered a serious academic offense. Cheating or plagiarism will result in a failing grade for the work or course. Repeat offenses will result in dismissal from the university.

JMU values collaborative work and you are encouraged to share ideas and to include the ideas of others in your work. Please do some research and ask if you are in doubt about the use of a citation. *Ignorance is not an excuse.* The JMU Honor Code can be found at <http://www.jmu.edu/honor/code.shtml>

Work Expectations and Class Conduct: This course meets two times a week for 75 minutes each meeting. You should be spending approximately six to nine hours a week on the readings, assignments, and review of your notes throughout the semester. The course is cumulative, and what happens in class hinges on the reading and other assignments. Stay on track. I am available to meet with you should you need to discuss course content or reactions to content during Office Hours.

Students are expected to adhere to the class' guiding principles of respect, self-responsibility, and proactive communication at all times. Examples of not abiding by the principles include, but are not limited to, side conversations, eating loudly, leaving during class, leaving early, arriving late, texting during class, utilizing technology inappropriately while in class, etc. Failure to abide by class expectations may lead to a variety of disciplinary actions including but not limited to:

- a. A failing grade
- b. Removal from this class
- c. Referral to the Office of Student Accountability and Restorative Practices
- d. Being placed on probation
- e. And/or expulsion from the university

Laptop use is highly discouraged in this classroom. There is ample research indicating that laptop use can interfere with learning, not only for the user, but also for those seated near the user. There are some exceptions to this policy, so if you are someone who has an academic need to use a laptop during class, you must secure permission from me before using a laptop during class time. If permission is granted, the laptop must be used for class-related activities ONLY.

A Word about Perspective: This course, like all courses, has a point of entry into discussion, something it wants to show you, a position, a perspective; it, like all courses, is not neutral or objective. Education is grounded in facilitating a dialogue in different perspectives, but in and of itself, there is a perspective that the Educator comes from. You need not embrace the course perspective in order to be successful in it. You are strongly encouraged to be a critical thinker about everything in this course, including its perspective.

Course Assignments:

- 1) *Pre and Post Health Assessment and Behavior Change* – These two assignments require you to complete personal health assessments and analysis. Specific instructions for these assignments will be provided in class and on Canvas. You must submit a complete Pre Health Inventory on time or you may NOT do a Post Health Inventory.
- 2) *Wellness Passports (4)* - This collection of assignments provides you with a unique opportunity to experience health-enhancing activities, programs, and services offered to all JMU students. Plan ahead and don't wait until the last minute on these assignments. Make-ups are not granted. More information and specific instructions will be provided in class, on Canvas, and at the following website: <http://wellness.healthsci.jmu.edu/> . You will need to have verification pages printed on cardstock to complete this assignment.
- 3) *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 throughout the semester. Plan early and don't get behind. Instructions will be provided in class, on Canvas, and at the following website: <http://wellness.healthsci.jmu.edu/5>.
- 4) *Class Activities* - Periodically throughout the semester there will be inventories, worksheets, and response writings that will be completed during class, possibly for credit. These activities cannot be made up if missed.
- 5) *Exams* - There will be five tests, each covering a segment of material. The tests are NOT cumulative. Each test requires a #2 pencil and your JACard number. Missed tests may be made up without a penalty **ONLY** when prior notice for missing the test has been provided.

Submitting Assignments: Assignments are due by midnight on the day of the due date. Canvas will remind you of this for each assignment. It is your responsibility to make sure the assignment has arrived and is in a readable format. If I choose to accept your late assignment, it will be subject to a point deduction per day, to be determined by the assignment. This includes weekends and non-class days. The assignment is subject to additional point loss once it is graded, based on assignment criteria.

Absence on the due date is not considered an excuse to hand in the assignment late. Plan ahead. Emailed assignments will NOT be accepted without prior approval. Use Canvas. Incorrect or incomplete assignments are an opportunity for learning. Corrections cannot be done for assignments already submitted and resubmissions are not accepted after the deadline. Submit your best work the first time.

If you have questions about how an assignment was graded, these need to be addressed within **two weeks** of the grade posting date.

Course Evaluation: All grades will be posted on Canvas. Any discrepancy that you note must be addressed via email within two weeks of the grade posting. The email subject line must read 'Grade Discrepancy-your name'. This will serve as the official record of any grade discrepancies and resolutions.

- Pre Health Assessment and Behavior Plan 15 points
 - Post Health Assessment 15 points
 - Mid-term physical wellness log 5 points
 - Physical Wellness Activity and Logs 25 points
 - Wellness passport – 4 @ 15 pts. each 60 points
 - Class activities (tentative total; subject to change) ~80 points
 - Exams* – 5 @ 80 pts. each 400 points
- TOTAL 600 points**

* **Exams:** Exams will be a combination of multiple choice and true/false questions. Students are responsible for all assigned material, even if it is not discussed in class.

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. Plan ahead so you don't need to leave the classroom until you have completed the exam. You will also need your JAC Card for EVERY test.

Academic Honesty: On exam days, please observe the following guidelines to ensure a cheat-free zone in our shared classroom:

- Take hats off or turn them backwards
- Put your belongings (i.e. jackets, backpacks, cell phones (make sure they are off) away from desks around the outside of the room
- Cell phones should be turned to OFF, not silent or vibrate.

Missed/Make-up Exams: Any exams missed *with* prior notification and approval may be made up on a day and time determined by the instructor and the student. Any exams missed *without* prior notification will be made up at the instructor's discretion. Point deductions will apply.

Reviewing Exams: Students may review an exam during office hours, but must do so within two weeks of the posting of the exam grade.

Course Grading Scale:

A	93 – 100%
A -	90 – 92 %
B+	87 – 89 %
B	83 – 86 %
B -	80 – 82 %
C+	77 – 79 %
C	73 – 76 %
C-	70 – 72 %
D+	67 – 69 %
D	63 – 66 %
D-	60 – 62 %
F	Below 60%

DATE	TOPIC	Assignments DUE on this date
Jan. 9 class #1	Setting the stage; intro to course	Read course syllabus and schedule
Jan. 11 class #2	Accessing Your Health	Chapter 1
Jan. 16 class #3	UREC orientation - Section 7 Psychological Health - Section 9	Meet at UREC Club room 220 (Sec. 7) Chapter 2
Jan. 18 class #4	Psychological Health – Section 7 UREC orientation – Section 9	Chapter 2 Meet at UREC club room 220 (Sec. 9)
Jan. 23 class #5	Stress Management	Chapter 3
Jan. 25 class #6	Sleep	Chapter 4 Pre health assessment and behavior change assignment due on Canvas.
Jan. 30 class #7	EXAM #1 - All content up until this day will be covered on the test.	
Feb. 1 class #8	Nutrition	Chapter 5
Feb. 6	<i>No class. Assessment day.</i>	
Feb. 8 class #9	Healthy Weight	Chapter 6
Feb. 13 class #10	Personal Fitness	Chapter 7
Feb. 15 class #11	EXAM #2 - All content between exam 1 and this day will be covered on the test	
Feb. 20 class #12	Understanding Your Sexuality	Chapter 9
Feb. 22 class #13	Understanding Your Sexuality	Chapter 9
Feb. 27 class #14	Connecting and Communicating ...	Chapter 8 At least two wellness passports due IN CLASS.
Mar. 1 class #15	Sexually Transmitted Infections	Chapter 15 Mid-term physical wellness log due on Canvas.
Mar. 6 & Mar. 8	<i>No class. Spring Break.</i>	
Mar. 13 class #16	Reproductive Choices	Chapter 10
Mar. 15 class #17	EXAM #3 - All content between exam 2 and this day will be covered on the test.	
Mar. 20 class #18	Preventing Violence and Abuse	Chapter 20
Mar. 22 class #19	Addiction	Addiction – p. 299-310
Mar. 27 class #20	Alcohol	Ch. 11 Post Health Assessment and Behavior Change due on Canvas.
Mar. 29 class #21	Avoiding Drug Misuse and Abuse	Chapter 13
Apr. 3 class #22	Ending Tobacco Use	Chapter 12
Apr. 5 class #23	EXAM #4 – All content between exam 3 and this day will be covered on the test.	
Apr. 10 class #24	Protecting Against Infectious Disease	Chapter 14
Apr. 12 class #25	Cardiovascular Disease	Chapter 16
Apr. 17 class #26	Cancer	Chapter 17 No more than two Wellness Passports due IN CLASS.
Apr. 19 class #27	Making Smart Health Care Choices SEE NEXT PAGE	Chapter 19 Physical Wellness final log due on Canvas AND in class.

Apr. 24	class #28	Buffer class. This will get used.	
Apr. 26	class #29	Buffer class. This will get used.	
FINAL Section 7		Thursday, May 3 - 10:30-12:30 G040	
FINAL Section 9		Tuesday, May 1 – 3:30-5:30 G010	

The instructor reserves the right to alter or change the schedule at any point in the semester.

Updated January 2, 2017. Dates reflected on this grid are the **ONLY** dates that are always correct after changes have been made. Do **NOT** utilize dates within the written syllabus itself if this grid has been updated.