

Syllabus for HWM305

The Wellness Profession

NOTE: This syllabus document contains the basic information of this course. The most current syllabus is available in the full course.

Course Description

This course explores the definition of wellness, health promotion, and the seven dimensions model of wellness. Students will learn the professional role and personal commitment required to implement life-style wellness programs. The course includes an overview of the history and philosophy contributing to the success of wellness and health promotion professionals. Students learn through assigned experiential learning the basic wellness principles. Activities explore personal wellness and whole systems healing in the seven dimensions of spiritual, physical, emotional, career, intellectual, environmental, and social.

Prerequisite(s)

UWCCO PSY 202 Introduction to Psychology or equivalent

Course Outcomes

Upon completing this course, you will be able to do the following:

- Identify current professional standards and practices in worksite health promotion and wellness.
- Identify common lifestyle practices (e.g., physical activity), including those that cross traditional boundaries (e.g., meditation) and operate on multiple levels, to enhance wellness.
- Describe the complexity inherent in supporting employees as they modify personal behaviors and infuse healthy behaviors into their daily living.

Course Requirements/Components

Each lesson has a corresponding lecture video, readings, assignment, discussion, and quiz.

Lecture Videos:

A lecture video corresponds with the content focus of each lesson. Most of these videos are about 20 slides long and take roughly between seven and 20 minutes to complete. You are encouraged to take notes highlighting key concepts. There is a transcript available for each video - just click the Transcript button to download a PDF.

Readings:

Readings that correspond with the content focus of each lesson are accessible online.

Assignments:

Assignments are intended to parallel and apply material covered in the lesson. Specific instructions and an evaluation rubric accompany each assignment.

Discussions:

Discussion forum posts are a critical component of the e-learning experience. As such, a discussion question aligns with each lesson. It is an expectation that readings and the lecture videos will be completed prior to posting so that concepts from the lesson can be infused into your posts and responses.

Quizzes:

A 10-point multiple-choice quiz corresponding with the concepts highlighted in each lesson (video lectures and readings) will serve to reinforce key concepts and provide me with feedback regarding student comprehension. You may have two attempts at each quiz, and the best score will be recorded.

Grading

The following grading scale will be used to evaluate all course requirements and to determine your final grade:

Activity	Possible Points
20-point Assignments (6 Total)	20 points each
40-point Assignments (1 Total)	40 points
Quizzes (7 total)	10 points each
Discussions (7 total)	20 points each
Total	370 points

**** If you turn in assignments or participate in discussion late during the week, points will be deducted.**

Grading Scale:

- A 90-100%
- B 80-89%
- C 70-79%
- D 60-69%
- F At or below 59%

