

# Syllabus for HWM345

## Physical Activity and Nutrition for Wellness Managers

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**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 presents professional recommendations and guidelines for physical activity and nutrition. Students will design workplace strategies that will meet recommendations and guidelines to support employees.

### Prerequisite(s)

UWX BL101 Concepts of Biology or equivalent

### Course Outcomes

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

- Identify public health recommendations for physical activity and nutrition.
- Evaluate the impact of home, work, and community environments on physical activity and nutrition.
- Design workplace strategies for encouraging healthy physical activity and nutrition choices.

### Course Requirements/Components

#### Readings/Viewings:

Check the readings page in Content for each lesson's chapter reading.

#### Lectures:

Some lessons have the PowerPoint Lecture videos and some lessons have other open educational video resources to help you understand the concepts. Take notes on the PowerPoint lecture-video lessons and other materials to highlight key concepts. There is a transcript available for each lecture; just click on the "Transcript" button to download a PDF.

#### Assignments:

Every lesson has one assignment to help you reinforce the key concepts. Refer to the assignment instruction pages for instruction, resources, and rubrics. Use rubrics as a guideline to help you review the course materials in order to complete the assignments in line with clear expectations.

**Quizzes:**

Most lessons include a brief quiz will correspond with the PowerPoint lecture videos and learning resources. The purpose of these quizzes is to reinforce key concepts and give me (as the instructor) feedback regarding student comprehension of concepts covered in the PowerPoint lecture-videos and readings. You have one attempt.

**Discussions:**

A few lessons have a discussion. Please share your opinions with the support concepts from the reading, other resources, or personal experiences.

**Final Presentation and Discussion:**

In the final project scenario, imagine you are hired as a wellness manager. You need to develop a formal wellness program for this company. The plan will include an accompanying PowerPoint presentation, including recorded audio narration.

## Grading

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

<b>Activity</b>	<b>Possible Points</b>
Assignments (11 total)	1 x 20 points, 6 x 30 points, 2 x 33 points, 1 x 35 points, 1 x 50 points (351 points total)
Quizzes (8 total)	5 points each (40 points total)
Discussions (7 total)	4 x 5 points, 1 x 10 points, 1 x 30 points, 1 x 35 points (95 points)
Final Presentation	50 points
Total	536points

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

**Grading Scale:**


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A 90-100%

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B 80-89%

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C 70-79%

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D 60-69%

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F At or below 59%