

Syllabus for HWM 405

Survey of Information Technology in Wellness

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 is designed to provide students with an overview of technology tools in the wellness industry and legal considerations for their use, such as but not limited to wellness portals, online assessments, health records applications, telephonic and digital health coaching, online challenges, online tracking tools, social media, videos, podcasts, mobile apps, and wearables.

Prerequisite(s)

HWM 315 Workplace Wellness Program Management

Course Outcomes

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

- Describe the various technology tools available in the wellness space
- Distinguish the role of the technology tools in worksite wellness
- Apply the tools and applications that have been widely used in the industry as appropriate based on population, budget and desired outcome
- Identify types of vendors or partners that provide technology tools
- Identify legal compliance strategies for employers and vendors to protect the confidentiality of health information collected through wellness programs.

Course Requirements/Components

Readings

There are no textbooks for this class, but there are equivalent required readings in each lesson. These readings will build up your knowledge base on each topic, explore different viewpoints, and explore things to consider about using I.T. tools in worksite wellness settings.

In some lessons, there are also optional readings that provide more in-depth information for further investigation of a topic.

Lectures

These are narrated by Jason Horay. You can expect to learn about different I.T. tools and also about things to consider when implementing them in a worksite wellness setting.

Videos

Some lessons have videos from outside sources linked or embedded for you to view the topic.

Wellness Tools and Resources

Some lessons may also have other resources and interactive tools that you are required to interact with, along with the readings. Tools that are marked "required" are essential to get experience with, and the optional ones are recommended if you have time and interest.

As you explore, browse, and use the tools and resources for each lesson, make sure to save or bookmark the ones you find useful for your own future professional use.

Assignments

You will have required tasks to complete in every lesson. The tasks are designed for you to get hands-on experience with the many I.T. tools you will be learning about in this course. Tasks are a chance to try out more tools to put in your toolbox as a future wellness professional.

Quizzes

You will have a quiz in each lesson. The quizzes will cover the material in the lectures and readings, videos, and resources marked as "required." You have one attempt at each quiz, and they are not timed.

Final Project

The final project explanation and instructions are provided on the final project instructions page. Even though the project is due at the end of the semester, it is a good idea to read the instructions early on, as you will use what you learn throughout the course to complete to project. Lesson 14 is dedicated to this project. There is no lesson lecture, readings or discussion during this project time. You will have two weeks to complete it.

Final Exam

The final exam will be a cumulative exam based on all lessons of the course content. You will have the final two weeks left open to complete the exam.

Grading

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

90-100% =	A
80-89% =	B
70-79% =	C
60-69% =	D
59% and lower =	F