

Syllabus for HWM 730 Holistic Aspects of Health

Important 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 examines current population health issues by analyzing their biological, psychological, and social-environmental determinants. Taking a holistic focus, students apply evidenced-based approaches in health psychology. Students will create and deliver effective evidence-informed messaging to address these issues and positively impact health outcomes.

Prerequisite

none

Course Learning Outcomes

At the end of the course, students should be able to:

1. Assess employee well-being through the interaction of biological, psychological, and social factors
2. Assess employee satisfaction using Self-Determination Theory
3. Select appropriate theories for particular wellness interventions and employee populations.
4. Apply behavioral economic principles to evaluate wellness promotion programs
5. Connect employee needs satisfaction to health outcomes
6. Identify social determinants of health and make recommendations to reduce disparities
7. Identify methods for cultivating employee strengths

Course Requirements

Readings/Viewings:

Readings come from the textbook. Additional resources include articles, the websites of researchers and other reputable institutions and organizations, documentaries, and other videos embedded in the course.

Participation in Discussions and Debate:

Your instructor strives to foster an inclusive, comfortable environment where students are encouraged to participate, whether this comes in the form of class discussions, small group activities or simply personal engagement with the material. Students bring with them a rich diversity of experiences and perspectives. Sharing your views and ideas in class is encouraged as it often adds to the richness of the learning environment and in some cases may spark thoughtful discussion or debate. Differences of opinion are to be expected but students must be respectful of their fellow students (and instructor) regardless of how you may view their opinions.

In grading the required discussion and debate assignments, I will use a discussion rubric. This rubric focuses on categories that define and describe the important components of the discussion. Each category contains a gradation of levels of completion or competence with a score assigned to each level and a clear description of what criteria need to be met to attain the score at each level. In addition, please pay attention to grammar and spelling.

Assignments:

The assignments provide the opportunity to apply the skills and knowledge required for successful completion of the course. Assignments must be well organized, use scholarly tone, follow APA style, be consistent with graduate-level writing/communication style, and be turned in on time. All individual assignments should be uploaded via the Dropbox. Check your grades in D2L for feedback on assignments, and refer to the Course Calendar for all due dates.

Project:

For this project, you will try to make a behavior change yourself. You will design and implement an intervention using behavior change theory to improve your health.

Presentation:

For this presentation, you will investigate a health disparity in a population to determine possible social determinants for the issue, present your research and possible social changes to address the disparity.

Online Quizzes:

The quizzes offered throughout the course are provided as opportunities to self-assess your understanding of many of the major course topics. These multiple-choice quizzes will not count towards your final grade, but mastery of the content in these quizzes will be important to produce quality work in the course and therefore are highly recommended.

While simply understanding the material on the quizzes is necessary, it's certainly not representative of all of the information required to be successful in this course. Therefore, I recommend taking these quizzes as a check on maintaining a minimum comprehension of the material and not as a substitute for understanding the material in the learning resources.

Policy on Late Assignments:

Students are expected to submit assignments by the due dates noted in the course. In extenuating circumstances, the student must contact the instructor as soon as possible to discuss the situation. In those circumstances, the appropriate course of action will be discussed.

Grading Policy

Discussions (5)	115
Assignments (6)	150
Project	105

Presentation	40
Total	410 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	-