

# Syllabus for HWM 780 Best Practices and Emerging Issues in Wellness

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

## Course Description

In this course, students will study emerging trends, innovations, and best practices in the health and wellness industry with emphasis on preventative health care. Students will investigate major health challenges, programs, and policies to determine the influence of social, economic, multicultural, and global pressures on successful wellness practices.

## Prerequisites

HWM 700 - Contemporary Health and Wellness Perspectives

HWM 705 - Strategic Management for Wellness Managers

HWM 710 - Research Methods for Wellness Programs

HWM 720 - Exercise and Nutrition in Health and Disease

HWM 730 - Biopsychosocial Aspects of Health

## Course Learning Outcomes

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

1. Comprehend the rapidly changing nature of wellness practice in a business environment.
2. Identify changes in wellness best practices in the U.S..
3. Determine how to assess the impact of culture on wellness practices for an organization.
4. Understand how demographics of the workforce are changing globally and the effect on worksite wellness.
5. Examine the link between well-being, wellness, and engagement.
6. Investigate wellness practices of global companies, and international initiatives targeting preventive health.

## Course Materials

While there is no required textbook for this course, you will have readings that come from external resources which include: articles, websites of researchers and other reputable institutions and organizations, documentaries and other videos embedded in the course.

## Course Requirements

### Readings/Viewings:

Readings come from external resources which includes articles, the websites of researchers and other reputable institutions and organizations, documentaries and other videos embedded in the course.

**Assignments:**

The assignments provide opportunities 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. Check your grades in D2L for feedback on assignments, and refer to the Course Calendar for all due dates.

**Learning Reflections:**

There are a total of four reflective activities for the course. These are not scored individually, but the purpose is to have you engage in the material and with other students. The quality along with the quantity of posts will be scored at the end of the course.

You will be asked to engage in a variety of reflections on the material and resources found in the lessons. You may also be encouraged to add additional resources from your own experience that represent best practice in the field. Your reflections will be a collection of notes, observations, thoughts and other relevant materials built-up over the length of the course. The purpose is to enhance your learning through the very process of writing and thinking about your learning experiences and reading and engaging with other students about their learning. Your reflections will reveal your personality and connect to life experiences while offering others a 'live picture' of your growing understanding of a subject or experience.

**Briefcase Project:**

The Briefcase Project is focused on documenting the achievement and mastery of specific course goals/objectives. Your semester long Briefcase Project will contain an organized collection of content, such as text, files, photos, videos, and more, to tell that story and build a personal "toolkit." This collected content, referred to as artifacts, are your evidence of what you have learned. You can be as creative as you wish in developing this "briefcase" and utilizing any tools, technology, or resources to create a unique method to address your topic of investigation.

At the end of the course you will report your results and discuss the outcomes and implications of the findings in your defined focus area. You will then use this Briefcase in your Capstone course, HWM 790, to complete the project by working with an organization to assess their worksite and deliver an analysis based on your area of investigation. The goal is to develop a theory-based process which can be readily used or adopted by potential partners.

**HWM 790 Capstone Placement Process:**

In addition to the course work involved in HWM 780, you will begin the process of finding placement for the HWM 790 Capstone course. Starting this process now will ensure your success in securing a location to complete the expected fieldwork experience.

**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 24 hours before the assignment is due to discuss the situation. In those circumstances, the appropriate course of action will be discussed. If work is late you are subject to a reduced score. Each day late is reduced by 10% of the overall score.

## Grading Policy

Assignments (7)	105
Learning Reflection Activities (4)	60
Briefcase Project	235
Capstone Placement Preparation	50
Total	450 Points

A 90-100%

B 80-89%

C 70-79%

D 60-69%

F 59 or less %