

Syllabus for HWM725

Evidence-based Practices in Health and Wellness

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

Course Description

Discover what evidence-based practice is and why it matters for health and wellness professionals. The course provides procedures and tools to explore reliable information about health determinants and intervention approaches (physical, mental, and social well-being). The course provides a practical application of the stages of evidence-based practice.

Prerequisite(s)

None.

Course Outcomes

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

1. Understand what evidence-based practice is and the importance of its application in health (physical, mental, and social well-being).
2. Demonstrate an understanding of the current scientific literature in health and its knowledge translation process.
3. Apply evidence-based practices to obtain information about the health determinants and approach interventions using different technology tools.
4. Discuss and elucidate the impact of the health determinants and the strengths and weaknesses of different health approaches in health (prevention and maintenance).
5. Implement tailored evidence-based program planning for health prevention and maintenance.

Course Requirements/Components

Readings/Viewings

Readings come from documents developed for this course (study guide - custom notes written by your professor interspersed throughout the course.) and external sources that include articles, documents of institutions and organizations, and videos embedded in the course.

Learning Reflections and Case Studies

The learning reflections and case studies allow you to apply the skills and knowledge required for the successful completion of the course. These must be well-organized, use a scholarly tone, follow APA style, be consistent in graduate-level

writing/communication style, and be turned in on time. Check your grades for feedback on assignments, and refer to the course calendar for all due dates.

Evidence-based practice

This final activity requires you to apply the concepts you have learned throughout the semester. You will work with a simulated scenario in which you are the person in charge of the implementation of an intervention strategy to affect or improve the determinants of health (e.g., changes in lifestyle). This activity involves the realization of the different steps of the evidence-based practice. Your report should include all the information needed by another person to implement the intervention.

Grading

Your mastery of course content is assessed using a variety of methods:

Assignment Point Breakdown

Assignment	Points
Learning Reflections (10 @ 3 pts)	30
Case Study Discussions (10 @ 3 pts)	30
Project (5 parts)	36
Self-Evaluation	2
Final Reflection	2
TOTAL POINTS	100

Final grades are assigned using the following scale:

Grading Scale

Percentage	Grade
90–100%	A
80–89%	B
70–79%	C
60–69%	D
0–59%	F