



# HLTH 1530/31: Health and Wellness

3 CREDIT HOURS

## Instructor Information

**Instructor:**

**Office Location:**

**Office Phone:**

**Email Address:**

**Office Hours:**

**Virtual Office Hours:**

## True Blue Core

True Blue Core Knowledge Domain: Human Society & Social Relationships (HSSR) (6 hours)

- For all catalogs 2024-2025 and beyond, this course can be used to satisfy 3 hours of the True Blue Core curriculum requirement for Discovery in Social and Behavioral Sciences in HSSR. If you have already fulfilled the Discovery requirement for HSSR, this course can be used in the Explorations in HSSR category. To learn more about TBC requirements: <https://w1.mtsu.edu/truebluecore/core.php>.
- For all catalogs prior to 2024-2025, this course may be used to satisfy 3 hours of the general education curriculum requirement for Social/Behavioral Sciences. To learn more about general education requirements for catalogs prior to 2024-2025: [https://w1.mtsu.edu/gen\\_ed/requirements.php](https://w1.mtsu.edu/gen_ed/requirements.php)
- **The TBC outcome for Discovery in Social and Behavioral Sciences (HSSR):** Students think critically by explaining issues/problems, selecting and using evidence, considering context and assumptions, and representing their position and conclusions logically and effectively.

## Course Information

### Description

This course will explore the role and importance of health and wellness in the lives of individuals and within the general population. It will promote the awareness of the individual's responsibility, decision making process, and choices that lead to optimal well-being. The course provides opportunities to assess personal health and lifestyle choices, health knowledge, and results of health research. The labs are intended to introduce and actively utilize health awareness, attitudes, and/or self-assessment.

## **Objectives and Outcomes**

- Understand the dimensions of a healthy lifestyle and what it means to be healthy in the new millennium.
- Understand health behavior and models of behavioral change.
- Explain psychological health and how to maintain psychological health.
- Be able to explain the definitions, causes, and effects of stress; explain stress management.
- Understand what fitness is and how it is attained.
- Know the basics of nutritional health and what constitutes a healthy diet.
- Understand eating patterns, eating disorders, and weight management.
- Know the ingredients for forming close personal relationships and communicating in those relationships.
- Understand sexual development and how it relates to health.
- Know the different reproductive choices that are available.
- Understand the body's immune system and its role in defending against infectious diseases.
- Understand the role of the heart in health and how to keep it healthy.
- Be informed on the nature of drug, alcohol, and tobacco use, misuse, and abuse.
- Know how to protect yourself from injury in the home, on the job, on the road and everywhere else.
- Understand the dying process.
- Understand the role of personal health in environmental health, and where the environment is in need of a health boost.
- Become a well-informed consumer.
- Make positive steps toward achieving optimal health
- Connect results with action, and know that positive results come from positive decision making in one's daily life.

## **Prerequisites and Co-requisites**

None.

## **Requirements**

- Students must be proficient users of the internet. It is the student's responsibility to ensure that their computer is up to date and has the necessary software installed or updated.
- Students must be able to download and store files in specific locations for future access.
- Students must be able to upload files and send attachments to course instructors as needed. Microsoft Word is required. If you do not have Word you must click on the drop down menu in your word processor and save files in the "rtf" format.

## **MT Engage Designated Course**

This is an MT Engage course. MT Engage promotes active engagement in learning and integrative thinking and reflection across educational experiences. In this MT Engage course you will participate in a beyond-the-classroom activity and submit at least one

assignment to the D2L ePortfolio. You will also answer questions about your MT Engage experience in an end-of-course survey.

You will receive important informational emails from the MT Engage program about ePortfolio training and how you can qualify for the 2020 MT Engage scholarship competition. For more information, go to [www.mtsu.edu/MTEngage](http://www.mtsu.edu/MTEngage).

## Course Materials

### Required Textbooks

Falcone, K. (2021). Introduction to Health. <https://www.introtohealthoer.com/students>

- Our textbook for this course is an Open Educational Resource, so it is available to you on-line and completely free of charge.

HLTH 1531: Health and Wellness Lab Manual

- The lab manual required for the lab component of this course is available at MTSU's Phillip's Bookstore for approximately \$15. Your purchase includes both a print and digital version.

### Supplementary Materials

Other materials may also be posted on D2L. Students may find it beneficial to read current articles on health news sites to monitor current news and trends about the health topics discussed in this class.

## Assessment and Grading

### Grading Procedure

- When taking online quizzes, students should access D2L through <http://elearn.mtsu.edu> instead of through PipelineMT. Pipeline eventually times out causing problems on a timed test
- Remember, it is good practice to save each answer to online quiz questions as you answer each question in case your computer crashes or loses internet connectivity. Students may reboot their computers or wait for internet connectivity to access the test again, and D2L will allow students to continue taking the test using the time left and the question answers that they have saved.

Grading Criteria:

Chapter quizzes

240 points

|                           |                  |
|---------------------------|------------------|
| Community Service Project | 60 points        |
| Labs                      | 200 points       |
| Behavior Change Project   | 100 points       |
| Final Exam                | <u>100points</u> |
| <b>Total</b>              | 700 points       |

| Points Range | Letter Grade |
|--------------|--------------|
| 626-700      | A            |
| 556-625      | B            |
| 486-555      | C            |
| 416-485      | D            |

Incomplete grades are given rarely and only in extenuating circumstances. Page 56 of the MTSU [Undergraduate Catalog](#) states: "The grade I indicates that the student has not completed all course requirements because of illness or other uncontrollable circumstances, especially those which occur toward the end of the term. Mere failure to make up work or turn in required work on time does not provide the basis for the grade of "I" unless extenuating circumstances noted above are present for reasons acceptable to the instructor." Please refer to the Undergraduate catalog for the complete Incomplete Grade Policy.

## Feedback

- Grades and assignment feedback will be provided within two weeks after the assignment deadline when possible.
- Assignments must be submitted to the Dropbox and will not be accepted via email.
- Assignment deadlines are listed in the Dropbox and on the calendar.

## Assignments and Participation

### Assignments and Projects

- Chapter quizzes: There will be a chapter quiz for each chapter in the book during the course. You cannot make up the quizzes for any reason so take them early! The lowest grade on a quiz will be dropped so if you miss one it won't hurt you. If your computer is not reliable come to the campus computer labs to take them, and remember to log on through [elearn.mtsu.edu](http://elearn.mtsu.edu) so Pipeline will not time you out. The system is set to drop the lowest grade and it does so immediately, so it will look like you already have a quiz dropped. Go ahead and take all of them so it will drop the lowest grade rather than you just not taking one and dropping that.
- Volunteer Service Project: You will complete 3 hours of community service by Friday, October 8th. **All community service must be pre-approved and must be completed with a non-profit agency.**
- Labs and Behavior Change Project: These components will be completed with your lab instructor (or on your own in the on-line course). Their purpose is for you to get some experience applying the concepts we discuss in class to your

everyday life. Labs are the most practical and FUN component of this course! Please note that it is not possible to pass this class if you do not pass lab.

- Final Exam: The final exam will cover material from EVERY chapter, including the chapter quiz you may have chosen to drop.

## **Class Participation**

Student participation policies for this class:

- participation is required;
- communication with other students is expected;
- communicate with the instructor as a learning resource;
- check the course D2L page frequently for announcements;
- actively participate in threaded discussion events.

## **Attendance and Punctuality Reporting**

Assignments and exams must be submitted by the due dates. You have a very flexible schedule in which to do all your assignments so there is no reason to be late. Do not put it off to the last minute, then say you are sick and unable to complete them!

## **Course Ground Rules**

Check course announcements and email at least every other day, preferably every day. You must use an MTSU email instead of a personal email.

Please address technical problems immediately so that you do not fall behind. The help desk will help you with those issues, the instructor is here for content issues. See help desk content info at the end of this syllabus.

## **Communication Guidelines**

### **Email**

- Always include HLTH 1530, your name, and a few words about the subject of the message in the subject line. Do NOT just reply to an email without changing the subject line.
- In the body of your email always include your name. Your instructor cannot respond to anonymous emails other than sending the reply "Who is this?"
- Choose your words carefully when writing your emails.

- Use standard fonts such as Arial 12 point.
- Do not send large attachments without permission.
- Special formatting such as centering, audio messages, tables, html, etc. should be avoided unless necessary to complete an assignment or other communication.
- Respect the privacy of other class members

Per the [Family Educational Rights and Privacy Act \(FERPA\)](#), all course communication will be conducted using D2L email. Faculty will not respond to student emails via a non-institutional assigned email account.

## **Student Feedback**

Students are encouraged to provide constructive and regular input regarding their experiences in the course throughout the semester. Student evaluations will be available at the end of the semester.

## **Academic Integrity/Misconduct**

Please review the [information on Academic Integrity and Misconduct](#). Academic integrity is a hallmark of Middle Tennessee State University. We expect students to complete academic exercises, i.e., assignments turned in for credit, that are original and appropriately credit all sources used.

Academic misconduct includes, but is not limited to:

1. Plagiarism: The adoption or reproduction of ideas, words, statements, images, or works of another person as one's own without proper attribution. This includes self-plagiarism, which occurs when an author submits material or research from a previous academic exercise to satisfy the requirements of another exercise and uses it without proper citation of its reuse.
2. Cheating: Using or attempting to use unauthorized materials, information, or study aids in any academic exercise. This includes unapproved collaboration, which occurs when a student works with others on an academic exercise without the express permission of the professor. It also includes purchasing assignments or paying another person to complete a course for you.
3. Fabrication: Unauthorized falsification or invention of any information or citation in an academic exercise.

Going online and using information without proper citation, copying parts of other students' work, creating information to establish credibility, or using someone else's thoughts or ideas without appropriate acknowledgment is academic misconduct. If you have a question about an assignment, please ask me to clarify. All cases of academic misconduct will be reported to the Director of Student Academic Ethics and may result in failure on the test/assignment or for the course.

When students participate in behavior that is considered to be academic misconduct, the value of their education and that of their classmates is lessened, and their academic careers are jeopardized.

Students guilty of academic misconduct are immediately responsible to the instructor of the class. In addition to other possible disciplinary sanctions (including expulsion from the university), which may be imposed through the regular institutional procedures as a result of academic misconduct, the instructor has the authority to assign an "F" or zero for an activity or to assign an "F" for the course. Students guilty of plagiarism will be immediately reported to the Director of Student Academic Ethics.

Turnitin.com will be used in order to review work for originality.

## **Student Resources**

### [Frequently Used Student Resources](#)

#### **Technical Support**

Students who experience problems logging into their course, timing out of their course, using the course web site tools or experience other technical problems, should be encouraged to contact the [MTSU Help Desk](#) online (24/7) or at 1-615-898-5345.

#### **Students with Disabilities**

Middle Tennessee State University is committed to campus access in accordance with Title II of the Americans with Disabilities Act and Section 504 of the Vocational Rehabilitation Act of 1973. Any student interested in reasonable accommodations can consult the [Disability & Access Center \(DAC\)](#) website and/or contact the DAC for assistance at 615-898-2783 or [dacemail@mtsu.edu](mailto:dacemail@mtsu.edu). Also, if you require the use of assistive technology, please make sure to download the documents in order to access the accessibility that I have built into the content for you.

#### **Hope (Lottery) Scholarship Information**

Do you have a lottery scholarship? To retain the Tennessee Education Lottery Scholarship eligibility, you must earn a cumulative TELS GPA of 2.75 after 24 and 48 attempted hours and a cumulative TELS GPA of 3.0 thereafter. A grade of C, D, F, FA, or I in this class may negatively impact TELS eligibility.

If you drop this class, withdraw, or if you stop attending this class you may lose eligibility for your lottery scholarship, and you may not be able to regain eligibility at a later time.

For additional Lottery rules, please refer to your [Lottery Statement of Understanding form](#) or contact your [MT One Stop Enrollment Counselor](#).

#### **Grade Appeals**

[University Policy 313, Student Grade Appeals](#), provides an avenue for MTSU students to appeal a final course grade in cases in which the student alleges that unethical or unprofessional actions by the instructor and/or grading inequities improperly impacted the final grade.

## **The True Blue Pledge**

### I am True Blue

As a member of this diverse community, I am a valuable contributor to its progress and success.

I am engaged in the life of this community. I am a recipient and a giver. I am a listener and a speaker. I am honest in word and deed. I am committed to reason, not violence. I am a learner now and forever. I am a BLUE RAIDER. True Blue!

*Revised August 2, 2018 FITC*



Pre-approval from Instructor.: \_\_\_\_\_

**Volunteer Project Form  
Health & Wellness 1530**

What **WILL NOT** count:

- Anything you have done before – I want you to try something new 😊
- Service you get paid for doing
- Service that is required (i.e., for another class/organization, mandatory service due to a felony/DUI conviction)
- Helping elderly family members (you should be doing that anyway)
- Babysitting for free
- Coaching a little league team

Make sure to give a detailed description of your service. Please staple any items that would validate your work (i.e., brochure, letter, receipt, etc.) to this form.

Your Name: \_\_\_\_\_

Date of Event: \_\_\_\_\_

Organization or Activity: \_\_\_\_\_

Contact Person at the Organization: \_\_\_\_\_

Phone Number: \_\_\_\_\_

A description of what you did:

\_\_\_\_\_

\_\_\_\_\_

Specific hours you worked (ex: 2:00-4:00) \_\_\_\_\_

Signature of Contact Person at Agency

\_\_\_\_\_

**\*\*\*IF YOU ARE TURNING IN THIS FORM AFTER A BLOOD DONATION\*\*\*  
YOU MUST HAVE THE NURSE SIGN THIS FORM AND STAPLE THE POST-  
DONATION FORM YOU ARE GIVEN TO THIS SHEET.**