

School of Education/Professional Studies and Graduate Division
Department of Health and Physical Education
Eastern Connecticut State University

Course Title Foundations of Health and Wellness

Course and Section Number HPE 104

Faculty Name/Title Nanette Tummers, Ed.D. Associate Professor

Faculty Contact Information Please use VISTA mail to contact. If not working, use: tummersn@easternct.edu. I will be conducting specific office hours on line (see chat section) and will post them. This means you will be able to converse/chat on line. I will not have office hours at ECSU. The last preference for contacting me is a voice mail message. In your voice mail-state what day you called, which class you are taking, and **slowly** state your **full** name and number including **area code**. Voice mail: 860-465-0061.

Course Description (University Catalog)

An exploration of scientifically-based understandings of the physiological, genetic, behavioral, social and cultural factors that support health and wellness. Includes an understanding of health risks and the various challenges to human health and wellness. (2 credits).

On line version of HPE 104: This is an on-line course. You will interact with the instructor and your classmates through VISTA. All students must be competent users of computers, computer software (e.g., word processing, Adobe Acrobat Reader), e-mail, and the Internet. High-speed Internet access is **required** to access some course materials. Libraries including ECSU Smith Library can provide this service to the public on a limited basis.

IF YOU DO NOT HAVE ACCESS TO HIGH-SPEED INTERNET SERVICE ON EVEN A TEMPORARY BASIS, YOU SHOULD NOT TAKE THIS COURSE.

Responsibilities of On-line Learners:

1. This course is divided into 5 modules. This is normally a 10 week class. As an on-line learner you will determine when to review the course material, do activities, post responses to discussions, take quizzes and submit assignments within this shorter and intensive 5 week time frame. There will be deadlines to help you pace the course modules within this summer session time frame. It is important to treat this class as if this was a traditional face to face class in order to commit enough time to do all of this in a quality and meaningful manner. This is a 2 credit class that requires **30 hours** of class time. Consider that you will need the self motivation and discipline to complete this class—put it in your planner for enough time for this class.
2. This course will allow you flexibility to determine where and when you will do your work. But the deadlines are not flexible and require you to check in often with the instructor and classmates in the several discussions that we will be having. Check the calendar often for these deadlines. I will not be reminding you—this is your responsibility.

If you cannot make this accommodation-you should reconsider your ability to fully participate in an on line class.

I will not serve as your technology support. Please contact web support through VISTA for your questions. You can also leave a posting in the course common room to see if your other classmates can help you. You received a USPS letter with information for starting your on line course. Do not ignore this. If you have problems email, call, or go to 4th floor Webb to get your problems solved. The tendency is to delay or procrastinate –do not do this! 860-465-1248.

Course Objectives

By the end of this course, students will:

Upon completion of the Liberal Arts Program Tier 1 Foundations of Health and Wellness, students will be able to:

1. Understand various challenges to human health and wellness, including an understanding of health risks;
2. Describe health promotion and illness prevention through the study of nutrition, fitness, stress management, or other action strategies;
3. Demonstrate and understanding of themselves as active agents in their own health; and
4. Develop personal goals and programs for health and wellness using knowledge based upon principles from epidemiology, nutrition, kinesiology and other health services.

Required Texts

Murray, S. (2008) Wellness for life. Bent Tree Press. Windsor, CO. Can be purchased through ECSU bookstore or on line through Bent Tree Press website.

Required Materials: Access to VISTA

1. You will be required to have an active VISTA account. All of the teaching materials and information necessary for this course will be on VISTA. All of the assignments will be turned in on VISTA. You will also be taking quizzes (see assessment section) and participating in discussions (see discussion section) through VISTA.
2. It is important you are very familiar with VISTA so that assignments are turned in correctly and on time. **Late assignments will not be accepted.** Once the due date passes, VISTA will not allow you to enter an assignment. I will not accept them as an attached email (see assignment section). The assignments can only be submitted through the assignment section. Make sure to leave enough time to complete and submit your work. I will be teaching over 60 students during a 5 week time frame and I will not accept mail attachments in fairness to all students. There is no negotiation on this requirement. Expect to receive a reply to a mail message within 48 hours. Use the discussion board to ask questions of your peers if you need information right away. Use mail for specific info related to your work or grade.
3. Assignment due dates, course calendar and important notices etc will be posted on

VISTA (see calendar section). Regular and active participation is essential and an unmistakably important aspect of on line classes. The expectation of the instructor is that students will log on a minimum of 4 times every seven days. It is critical you review the lectures, do the readings, activities and as well as the class discussion materials. Your full participation in the abbreviated course is not only a requirement but an essential aspect of the online course process. All students are expected to do the work and notify the instructor if emergencies arise.

Course Outline

The following questions serve as guidelines for the development of critical and analytical modes of thinking, and will allow opportunities for students to communicate and demonstrate their acquisition of content knowledge.

1. How do we promote healthy behavior change across all ages, socio-economic, ethnic, and gender groups?
2. What are the various contributors to stress? How does stress factor in disease? How does stress affect relationships?
3. What is the best/optimal plan to obtain a healthy weight throughout the lifespan.
4. What are common misconceptions that do not promote health and wellness
5. How do we define health and wellness?
6. How can we promote better health literacy across all ages, socio-economic, ethnic and gender groups?
7. How are health and balanced living reflected in a college student's life?
8. How does a college student proactively deal with issues such as proper nutrition, use of alcohol, responsible sexual choices, illness and disease?

Grading – 400 points

My grading policy that rewards two things: quality and timeliness of your responses and assignments. Please keep your work well written, and clearly address the issues being discussed. Take time to read the questions as posted.

1. Discussions- 100 points (see discussion section)
There is a separate rubric addressing how you will be assessed a grade in discussions
2. Assignments- 400 points (see assignment section)
Each module has exercises to do as well as assignments to complete. There are 5 modules each worth 80 points.
3. Tests- 200 points. 4 tests@ 50 points each (see assessment section). These are timed quizzes. Once you open the quiz you will have one hour to complete it.

Grades are based on a percentage of the total possible points earned (700).

Reasonable Accommodations - If you are a student with a disability and believe you will need accommodations for this class, you must contact the Office of AccessAbility Services at 465-5573. It is important that you contact the Office of AccessAbility Services as soon as possible, to avoid any delay in receipt of accommodations. Please note that I do not make accommodations based on disability unless I receive an accommodation letter from the Office of AccessAbility Services. Your cooperation is appreciated. (Prepared by the Office of AccessAbility Services)

Cheating and Plagiarism Policy: Refer to the ECSU Academic Integrity policy. <http://www.easternct.edu/smithlibrary/library1/plagiarism/AcademicMisconduct.htm>. Please be advised any work that is cut and pasted will result in a failing grade. Work must be correctly cited in APA format.

This link will help you do to this. <http://www.easternct.edu/smithlibrary/library1/citing.htm>

1. "Why do I have to cite?" <http://www.csulb.edu/library/eref/vref/style.html#when>, explaining about why citations are needed
2. Purdue OWL <http://owl.english.purdue.edu/owl/resource/560/01/> with great presentation of APA style
3. Citation Online, <http://www.bedfordstmartins.com/online/citex.html> , with good examples of APA style citations for unusual resources
4. Citation Styles Handbook http://www.english.uiuc.edu/cws/workshop/writer_resources/citation_styles/apa/apa.htm, APA in details