Wellness and Public Health

Course Description

Review content and theory associated with basic health information, critical health issues, economic, political, and cultural influences on health and wellness; concepts related to improving and maintaining optimal health and wellness, and basic concepts and principles of wellness for the self-appraisal of the eight dimensions of wellness.

Course Objectives

By the end of this course, you should be able to:

1. Understand the foundations of personal wellness with consideration of gender, ethnicity, environment, and genetics.
2. Understand how individual wellness and community wellness are related.
3. Identify and define the eight dimensions of wellness.
4. Understand Theories and strategies helpful in changing personal and global wellness behaviors
5. Understand basic behavior change concepts and be able to apply these concepts to current health practices.
6. Understand the benefits associated with a lifetime wellness program
7. Determine how your personal history and wellness impact your wellbeing
8. Identify methods to improve the eight dimensions of wellness.

Materials and Resources

All materials and instructional resources will be delivered through Canvas. We will use the all-access system and this will be charged through your e-bill. There is no additional textbook for this course.

For more information on the bookstore's all-access system, please click the following link, or scan the QR code.

* [http://aub.ie/allaccess](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Faub.ie%2Fallaccess&data=05%7C02%7Cthornr1%40auburn.edu%7C470049b8d4b545d4d35808dc7370a877%7Cccb6deedbd294b388979d72780f62d3b%7C0%7C0%7C638512174983310840%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=H6P7zn2wI1L%2F533FiKbGzzadadJGKOK0mfUGURPSN04%3D&reserved=0)
* [Links to an external site.](https://nam11.safelinks.protection.outlook.com/?url=http%3A%2F%2Faub.ie%2Fallaccess&data=05%7C02%7Cthornr1%40auburn.edu%7C470049b8d4b545d4d35808dc7370a877%7Cccb6deedbd294b388979d72780f62d3b%7C0%7C0%7C638512174983310840%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C0%7C%7C%7C&sdata=H6P7zn2wI1L%2F533FiKbGzzadadJGKOK0mfUGURPSN04%3D&reserved=0)

Contact

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Office Hours: 9:15-10:15AM MW zoom https://auburn.zoom.us/j/82000216484

Online Student Learning Expectations

All students in this course are expected to have all the equipment and software needed to be successful in the course.

All students are expected to contribute to their own learning as active and well-prepared participants. Weekly modules will provide various opportunities for reading, reflection, applied experiences, collaboration, and writing. Since these activities are woven through the entire week and generally do not require your “electronic presence” at any particular time or day, there should be no need to "miss" class. You should plan on spending the same amount of preparation and “in class” time on this course as you would if you were taking the course face-to-face.

 Course Structure

The course will follow this general pattern:

* At the start of each module, students will review the module objectives.
* Throughout each module, students will study the content on the course lecture pages, being sure to view any videos provided on the page.
* At the end of each module, students will complete a knowledge check quiz, a checklist, and personal wellness reflection activity.

**The syllabus is subject to change at the discretion of the class instructor. Students will be notified in a timely manner of any syllabus changes via email.**

Assignments

At the end of each module, you will complete a:

1. A knowledge check quiz. This activity will assess how well you understood the module content. The quizzes are objective-style questions based on the lecture material contained in the videos, PowerPoint, and/or written material in each module. Each quiz is timed and can only be taken once so pay close attention to the due dates!

2. A wellness checklist. At the end of each module, you will complete a list of questions that assess your current behaviors associated with a dimension of wellness. There are no right or wrong answers, but you must complete all the questions with True or False to earn full credit.

3. Wellness reflection activity. At the end of each checklist, you will be directed to answer a reflection question. This activity will ask you to assess your current behaviors and name one action item that you can take in the next week to improve your area of wellness.

 **The wellness checklist and the wellness reflection activity are contained in one quiz for a total of 25 points.**

 A complete list of assignments and due dates is posted on the Assignment page.

 You can also view assignments by accessing your **Calendar.**

Grading and Evaluation

Achievement in this course will be assessed through the completion of the following activities:

|  |  |
| --- | --- |
| Assignment Type | Points |
| Knowledge quizzes (10) | 100 |
| Wellness checklists (8) | 100 |
| Wellness Reflections (8) | 100 |
| **Total** | **300** |

Grading Scale

Grades are determined on straight percentages as follows:

|  |  |  |
| --- | --- | --- |
| Letter | Points | Range |
| A | 270 - 300 | 90%+ |
| B | 240 - 269.9 | 80-89.9% |
| C | 210 - 239.9 | 70-79.9% |
| D | 180 - 209.9 | 60-69.9% |
| F | Below 180 | Below 60% |

**You can view your grades accumulated throughout the semester on Canvas. I will not round or give any points at the end of the semester. Please do not ask.**

At Auburn University, a 4.0-grade scale is used. An A equals 4.0; B, 3.0; C, 2.0; D, 1.0; and F equals 0.0. Students must maintain a 2.0 average GPA in all courses in order to progress in this program. If addition, students must earn at least a D in each individual course in order to earn credit and progress to the next course.

Posting/Appealing Exam and Assignment Grades

All exam and assignment grades will be posted to Canvas. Students will have **five business days** from the date that the exam/assignment scores are posted on Canvas to send an email to the instructor requesting grade adjustments on their work. To appeal a grade that you have received, please compose and send an email to your instructor writing out the exam or assignment in question, indicating the answer you submitted, and providing a written justification from the reading/class notes/etc. on why you think your answer is correct.

Once received, the instructor may or may not communicate with you regarding your appeal. Ultimately, the instructor will render a decision. **If no appeal is sent to the instructor after five business days, the assignment score is final.**Failure to monitor your progress as the semester progresses does not warrant a re-grade on assignments evaluated earlier in the semester. Once the 5-day appeal period has passed, students forfeit their right to have the graded material reassessed at a later date.

**\*\*College of Education SONA EXTRA CREDIT OPPORTUNITY**

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email **sona@auburn.edu**. If you are under 19 years of age you must get your parent’s consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for canceling an appointment for that study. Please pay attention to the cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA. ½ points will not be credited to the final grade.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

      ½ points will not be credited to the final grade.

1 30-minute session = 1 SONA credit

2 SONA credits = 1 point added to the final grade

4 SONA credits = 2 points added to the final grade

6 SONA credits = 3 points added to the final grade

8 SONA credits = 4 points added to the final grade

10 SONA credits = 5 points added to the final grade (maximum allowed)

Course Policies

* [Late Assignment Policy](https://auburn.instructure.com/courses/1575057/assignments/syllabus#kl_panel_6_content)
* [Attendance](https://auburn.instructure.com/courses/1575057/assignments/syllabus#kl_panel_7_content)
* [Make-Up Policy](https://auburn.instructure.com/courses/1575057/assignments/syllabus#kl_panel_8_content)
* [Professionalism](https://auburn.instructure.com/courses/1575057/assignments/syllabus#kl_panel_9_content)

Please pay close attention to the due dates posted on the syllabus. No late assignments will be accepted after the due dates.

Canvas Information

Canvas is where course content, grades, and communication will reside for this course.

* myinstitution.instructure.com
* For Canvas, Passwords, or any other computer-related technical support contact the [IT Service Desk](https://auburn.instructure.com/courses/1575057/assignments/syllabus).
	+ 123 123-1234
	+ 877 878-8325
	+ http://it.myinstitution.edu
	+ itsupport@myinstitution.edu