

**KUTZTOWN UNIVERSITY OF PENNSYLVANIA**  
**DEPARTMENT OF SPORT MANAGEMENT & LEADERSHIP STUDIES**

Fall 2016

**OUTLINE – HEA 102-040**  
**Introduction to Health and Wellness**

**INSTRUCTOR:** Dr. Michelle Vaughn  
**OFFICE:** Old Main 217 A Wing  
**E-MAIL:** [vaughn@kutztown.edu](mailto:vaughn@kutztown.edu)  
**OFFICE HOURS:** MW 11:30AM –1:00PM Old Main 217 A wing  
T & TH 12:00PM –1:00PM Old Main 217 A wing

Also by appointment (just email and we'll find a common time)!

**TEXTBOOK:** **YOUR health TODAY: Choices in a Changing Society** 5<sup>th</sup> Ed.

Authors: Teague, MacKenzie & Rosenthal

(You need to have a “code” ... which you can purchase separately if you get a used book). However, sometimes the price of the book + code is cheaper in the bookstore than buying a used book and the code separately!

**Check D2L (under announcements/news) for the address to access on-line book assignments.**

**ADDITIONAL MATERIAL NEEDED:**  
Scantron & #2 pencil for each exam

**DISABILITY ACCOMODATIONS:** If you have already disclosed a disability to the Disability Services Office (215 Stratton Administration Building) and are seeking accommodations, please feel free to speak with me privately so that I may assist you. If you have an injury sustained during military service including PTSD or TBI, you are also eligible for accommodations under the ADA and should contact the Disability Services Office. Please arrange an office appointment with me rather than talking in the classroom or hallway where confidentiality may be violated.

**I. Course Description: HEA 102 Introduction to Health and Wellness**

This course is designed to provide an overview of current issues impacting the health and quality of life of adults, to develop and expand a base of knowledge upon which to make informed health decisions, and to encourage development and implementation of proactive personal health management strategies.

3 s.h. 3 c.h.

\*\*\*If you already took the (old) 2 credit General Health Requirement HPD 010 or the 3 credit HEA 101, this class will not count. You have already fulfilled your Gen. Ed. Requirement.

## II. Course Rationale

Epidemiological data indicates that reduced quality of life, resulting from chronic degenerative diseases, accidental trauma and inappropriate decision-making, remains a critical health and economic concern. While multiple federal, state and local interventions have attempted to address these issues, their success has often been marginal. A significant precursor to enhanced quality of life is the recognition that the individual plays a critical role in the improvement or decline of his/her health. However, many students remain woefully underprepared for developing and implementing proactive health management and risk reduction strategies. As students strive to more effectively manage their health, it becomes imperative to have a cognitive and affective base of knowledge from which to make proactive health and lifestyle decisions.

## III. Course Objectives

A. Relationship to Standards: At the completion of the course, students will exhibit the following learning outcomes:

Course Objectives/Student Learning Outcomes	General Education (K.U.)	National Health Education Standards (NHES)
1. Demonstrate and articulate the concept of personal responsibility for health.	1	1, 3, 5, 7
2. Demonstrate cognitive knowledge and affective judgments related to positive health and lifestyle decisions.	1	1, 2
3. Demonstrate the ability to utilize appropriate “assessment methodology” for evaluation of physiological capabilities and personal health status.	1	1, 3, 5
4. Demonstrate the ability to articulate the steps necessary to design and implement personal health management strategies.	1	1, 2, 3, 5, 6, 7
5. Demonstrate an awareness of community and organizational health promotion resources.	1	8

B. Relationship to Conceptual Framework: Student learning outcomes contribute to the University's Vision and Mission by promoting academic excellence, cultural enrichment, public engagement, and initiative implementations.

## IV. Assessment

Assessment will be based upon the core assignment and a subset of the following artifacts: examinations, quizzes, homework, projects, group assignments, and/or supplemental assignments.

### **In class assignments, quizzes, and assessments**

\*\*\*Regular class attendance is expected. You have the opportunity to earn bonus points, but only if you are present in class. While in class, be civil (polite and respectful) to the instructor, guests, and other class members. Failure to do so can result in a loss of points towards your semester grade (up to 10 points per incident). Sleeping, talking with neighbors, using headsets, getting calls on your phone, texting, taking photos, searching the internet, getting up and walking around are just a few examples of inappropriate behaviors. Please use the restroom prior to class since it is disturbing to others when you get up in the middle of class, leave, and then return. If you fall asleep, I will check to see if you are having a medical emergency. This is not meant to embarrass you, but rather to check if you need help. **Please turn off and refrain from using electronic devices during class time.** If you are using an electronic device during class you will lose up to 10 points from your total grade for the first time. Subsequent use will result in larger penalties. See section on seating for more information.

### **COMPUTER USE DURING CLASS:**

If you choose to use a computer (not a phone) during class, you can use one only for **NOTE TAKING**. If you are using a computer for **note taking**, you must sit in the first 5 rows of the center section. If for any reason, you access any other page than a word document for **note taking** purposes, you will lose 25 points from your final grade and you will not be allowed to bring the computer to class from that point on. If you are sitting next to or behind someone who is using a computer and they access anything other than a word document for note taking, raise your hand and you will be rewarded with 10 extra points towards your final grade. See section on seating for more information. Snapping pictures of PowerPoints is not permitted.

### **BONUS POINTS:**

In class assignments, quizzes, etc., will be given randomly throughout the semester. There will not be any notice prior to an in-class assignment. Some will be at the beginning of class, others the middle, others near the end. If you are late, or leave early, or do not do the assignment appropriately, you will not earn these bonus points. There are NO MAKE UPS for missed in-class bonus assignments. Your grade will suffer by not attending class. It will suffer since you will not receive bonus points for that day, and there will be classroom work on the exams that is not in the book. Since it does not matter why you are absent, you **DO NOT** need to notify me. All in-class grades will be posted within one week. **It is your responsibility to check D2L within one week to make sure you received your points.** I welcome inquiries about grades up to one week after posting. After that week, I will not make any changes to grades.

### **ATTENDANCE:**

Regular attendance is encouraged. You will benefit from regular assignments as you will not only have access to occasional bonus points, but about 40% of each exam is based upon material we cover in class. You do not have to contact me if you will be missing class, unless you are having issues that may result in an extended absence. It is your responsibility to get notes from a classmate if you miss class. I do not share my Power Points with those who miss class.

### **On Being LATE to class:**

“Tardiness robs us of valuable opportunities” Niccolò Machiavelli. Quoting Sophia Amoruso, Founder and CEO of Nasty Gal in her book #GIRLBOSS. You can substitute the word school for work (although school may be your full time job at this point in your life). “...Sometimes being

late is unavoidable (aka life happens), but being repeatedly, predictably late is a wonderful way to let your boss know that you just don't care about your job. No one wants to hire, or continue to employ, someone who blatantly doesn't care" (2014, p. 64).

## SEATING:

After the first week of the semester, you will choose your seat and you will sit in that seat for the remainder of the semester. I will have a seating chart. If you use an electronic device or a computer in an unacceptable manner, you will lose up to 10 - 25 points from your total grade for the first offense. Each subsequent offense will increase in penalty points. If I see you using an electronic device in an unacceptable manner, I will note it on the chart and email you informing you of your loss of points. If you use your computer to access anything other than a word document for taking notes, you will be penalized points and you will not be allowed to bring your computer to class. Anyone who notices someone using a computer for unacceptable purposes will be rewarded 10 bonus points. This is not high school and I expect you to follow classroom rules.

- |    |                                                               |                   |
|----|---------------------------------------------------------------|-------------------|
| a. | <b>Written Exams:</b> 4 at 50 points each and 1 at 100 points | 300 points        |
| b. | <b>Out of Class Assignments/Connect Learn Smart Quizzes</b>   | <u>200 points</u> |
- You can access all Connect/Learn Smart assignments by checking the address on D2L.

**Total**      500 points

## FINAL GRADE:

Your final grade is the result of adding up all of the points you earn. This is not a percentage, but based upon total points. You can and need to check this weekly on D2L. You have one week from when points are posted to question your grade. There is no extra credit. Asking for extra credit will result in a loss of 10 points.

### Total Points:

475 – 500	= A	385 – 399.9	= C +
450 – 474.9	= A-	365 – 384.9	= C
435 – 449.9	= B+	350 – 364.9	= C-
415 – 434.9	= B	300 – 349	= D
400 – 414.9	= B-	Below 240	= F

**\*\*\* TEST MAKE UPS WILL NOT BE GIVEN.** If you miss a test for any reason, you will earn a 0. If you know you will be missing a test in advance, alternate arrangements can be made **BEFORE THE TEST** (see below). Check your grade on D2L after each assessment. **If you have any questions about your grade, you must inquire within 1 week of the grade posting. I will not accept inquiries about a particular grade after 1 week of the posting.**

**EXAMS** must be taken when scheduled, unless Dr. Vaughn has approved an alternate time **PRIOR** to the scheduled time. Exams **DO** include information from assigned reading that we **DO NOT** review in class, but that you did review in your on-line assignments. Exams also include much of what we cover in class. Sending an e-mail message that you are ill 5 minutes before class starts is not enough notice. Telling a friend to tell me that you are not feeling well is not appropriate. Sleeping through your alarm is not an excuse. If you are sick or there is a death in the family, you will be required to bring University acceptable documentation. You must bring a scantron to the test. You will not be allowed in to take a test if you do not have a scantron. You will not get extra time to take the test if you must go and purchase one on the day of the test. Tests will not be totally reviewed in class, however, you will be welcomed to come to my office and take all the time you need to review a test.

**EXTRA CREDIT:** There is **NO EXTRA CREDIT**. Do not beg or whine for extra credit. You have the opportunity to earn bonus points if you come to class. You will lose 10 points every time you ask for extra credit. If you prepare for and participate in each class and study for tests, your potential for a good grade is high.

**CONNECT ASSIGNMENTS:** You must have a “Connect” access code. This can be purchased separately if you get a used book. Check D2L to get the web address for your section. You will be required to read the assigned chapters prior to class. You will also be required to take an on line quiz for each reading. These quizzes will be open about a week before they are due. Do not wait until the last minute since sometimes, the quizzes take longer than anticipated or technical problems arise. You can usually get through the quiz in about  $\frac{1}{2}$  -  $\frac{3}{4}$  hour IF you read the chapters first, and then use the quiz and your book as a guide. However, those chapters that are a bit more difficult may require more time. If there is a technical problem, please call the Connect Hotline at: 1.800.331.5094. It will be to your advantage to call the Connect Hotline and not me with technical issues.

**NOTE TAKING:** It is up to you to take notes. I suggest you try and integrate the lectures with examples from your own life. Definitions are mainly accomplished in your readings and in your LearnSmart quizzes. If you need help with a definition, please ask. Students sometimes mistake me not having definitions on the Power Point as a “lack of notes”. Class time is used for integrating theory and practice. Note taking also serves as a way to be an active learner...if you put things in your OWN words and use your OWN examples.

**HONESTY:** Do your own work. Cheating will result in failure of the course and a record of the event in accordance with the University Academic Dishonesty Policy (see KEY).

You can access all Connect/Learn Smart assignments by checking the address on D2L.

Check your KU email on a regular/daily basis. If I send an email, it will be to your KU address. Also, use your KU email when you communicate with me. Personal emails often end up in my “junk” folder. Use appropriate salutation, e.g. “Dear Dr. Vaughn,” when communicating with me. It is not only good professional etiquette but will also make your communication process simpler, i.e. I will not respond to unprofessional emails.

## **HELPFUL HINTS:**

**Most of these “helpful hints” are explained in detail above.**

1. Arrive at class on time.
2. Be respectful. We discuss very sensitive topics. Be mindful that your class mates may have experiences that are very painful. Topics are posted on the day to day outline. Therefore, if you suspect a topic might be particularly painful, please let me know in advance and we can make alternative arrangements. That said, some students find it healing when they are able to sit through a class and hear experiences from classmates.
3. No electronic devices. You will lose points if this happens.
4. Check D2L regularly. Assignments will be posted on D2L. Keep track of your grade in a timely manner (one week from posting).
5. Ask if you have questions about grading. You will have one week after grades are posted to question a grade or a missing grade. After one week, the grade is what it is.
6. If you know you will be absent for a test, arrange ahead of time to take the test.
7. There are no make-ups.
8. Read the assigned chapters in the book prior to class. You cannot submit a LearnSmart assignment once the program closes. It is your responsibility to know when assignments are due. Check D2L, the day by day class outline, and the Connect web site.
9. You can access all Connect/Learn Smart assignments through the address posted on D2L.
10. If you need to converse with someone else during class time, please be courteous and leave the room to do so. Failure to do so will result in you being asked to leave class and a penalty of 10 points towards your final grade.
11. Please refrain from “packing up” before we are officially through. This behavior is not only rude, it is distracting to the instructor and your classmates.
12. Check your KU email on a regular basis. Use your KU email to communicate with me. Other emails often end up in my “junk” folder.
13. Telephone numbers:
  - a. Connect Hotline: 1.800.331.5094
  - b. D2L Hotline: 610-683-4636; 1-877-325-7778; 1-519-722-0323

For those who want to maximize their opportunity for the best possible grade:

**Tutoring Services is open from 9 am-4 pm, Monday through Friday during the fall semester and is located in Rohrbach Library 30. Tutoring Services offers individual peer tutoring, Supplemental Instruction (SI), Classroom Helpers, Academic Coaches, Math Lab, Business Lab, History Lab, and PAPA Lab.**

**Academic Coaches help their peers with study skills like time management and text book reading. Students can also use our online Study Tool Kits found at this URL:**

<http://www.kutztown.edu/about-ku/administrative-offices/academic-enrichment-and-tutoring-services/tutoring/student-study-tool-kits.htm>

Tutoring Services and the Academic Coaches offers many events **and workshops** during the semester. Even if you do not choose to take advantage of tutoring, there are workshops offered that might address a particular need you might have. Below are just a few examples of workshops that are planned for the fall semester.

**Fast Pass to Learning: Quick Interactive Study Tips and Tricks**

**“It’s On the Syllabus! How to Use Your Syllabus to Manage Your Time”**

**“How to Succeed in a Large Lecture Class”**

**“Remember What You’ve Read: How to Get the Most Out of Your Textbooks”**

**“Communicating Effectively with Your Professors”**

**\*\*\*I am the instructor of record for this class. Only the instructor of record can properly grade coursework and issue midterm and final grades" and "The timeline for this course will need to be adjusted for severe weather events or other unforeseen circumstances.**