HNES 111 - Wellness

## Fall 2014

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| Location: Ladd Hall, room 107 |
| Tuesdays and Thursdays 2:00p – 3:15p |

**Instructor:** Nicklaus Redenius;

**Office:** BBFH110D (graduate assistant office)

**Office Hours:** M 11:00a – 12:00p;

Tu/Th 9:00a-11:00a, or by appointment.

**Email**: [nicklaus.redenius@ndsu.edu](mailto:nicklaus.redenius@ndsu.edu)

**Phone**: 701-231-8513

**Course Supervisor:** Sarah Hilgers-Greterman, MS

**Office**: EML 351H

**Office hours**: By Appointement Only

**E-mail:** [sarah.greterman@ndsu.edu](mailto:sarah.greterman@ndsu.edu)

**Phone:** 701-231-8494

**REQUIRED TEXT and SUPPLIES:**

1. Hales, D. (2015). *An invitation to health: Live it now!* (16th ed.). Stamford, CT:

Cengage Learning.

Select: Textbook bundle (includes MindTap access code) or E-book with MindTap

1. Turning Technologies *(‘Clicker’) or* ResponseWare App for PC or mobile device
2. You will need regular and dependable access to the Internet and Blackboard
3. Firefox web browser (recommended)

Brief Description: Examination of personal lifestyle choices related to the various dimensions of wellness.

I. COURSE DESCRIPTION & OBJECTIVES:

This course is designed to give students the opportunity to explore wellness from an individual standpoint. Wellness is composed of many dimensions, all of which will be explored. At the conclusion of this course it is anticipated that students will have developed their own individualized definition of wellness and have a greater understanding of how to best optimize their own personal wellness.

Objectives, Expectations, and Outcomes:

* Enable students to understand the role of wellness within our society
* Help students develop a plan of personal wellness
* Be able to assess individual wellness variables
* Empower students to modify lifestyle behaviors towards achieving greater levels of personal wellness
* Participate in regular small group discussion regarding wellness issues
* Locate and use personal wellness information for decision making (General Education outcome #2)
* Integrate knowledge and ideas in a coherent manner (General Education outcome #6)
* Attend class regularly
* Check Blackboard regularly

This course is under review for the Wellness category in General Education as it focuses on multiple dimension of Wellness, including physical activity and nutrition.

The General Education Outcomes that students should expect to meet as the result of this course are:

1. **Outcome 2**
   1. Locate and use information for making appropriate personal decisions
      1. Examine and compare information from various sources in order to evaluate reliability, validity, accuracy, authority, timeliness, and point of view or bias.
      2. Other. Develop a personal Wellness plan for life based on information gleaned from the course.
   2. Locate and use information for making appropriate professional decisions
      1. Examine and compare information from various sources in order to evaluate reliability, validity, accuracy, authority, timeliness, and point of view or bias.
      2. Draw conclusions based upon the information gathered.
2. **Outcome 6**
   1. Integrate knowledge and ideas in a coherent manner
      1. Synthesizing information to address an issue from a variety of sources.
   2. Integrate knowledge and ideas in a meaningful manner
      1. Integrating information to gain new insights relevant to a issue.
      2. Organizing ideas in a coherent structure.

**II. STUDENT RESPONSIBILITY & REQUIREMENTS:**

1. Email me if you are experiencing difficulties with course expectations.
2. Attendance in all class meetings is expected. **If you miss class**…
   1. …for a university-affiliated activity, it is your responsibility to obtain missed notes from a classmate. If you will miss a graded assignment, you must make appropriate arrangements in advance with the instructor.
   2. …due to personal illness or emergency and/or immediate family emergency, cases will be considered on an individual basis. Exams and quizzes will be considered for make-up, but classroom discussions, projects, and labs will not be. At a minimum, the student must provide a signed, written document indicating doctor’s excuse from class and/or documenting nature of the emergency.
   3. …due to an unexcused absence. Make-ups and extensions, except for exams, are not permitted. If your absence does not fall into either of the above categories (“university-affiliated activity” or “personal illness/emergency and/or immediate family emergency”), it is unexcused.
3. **Communication and active learning** (asking questions, sharing personal experiences/opinions, etc.) are encouraged.
4. **DISABILITIES:** To *request academic accommodations due to a disability, please contact the Disability Services Office (231-8463) by September 5, 2014. If you have a letter or form from their office indicating you have a disability which requires academic accommodations, present it to me so we can discuss any modifications you might need in this class.*
5. **ACADEMIC HONESTY:** All work in this course must be completed in a manner consistent with NDSU University Senate Policy, Section 335:  Code of Academic Responsibility and Conduct (<http://www.ndsu.nodak.edu/policy/335.htm>).
6. **Uploading Assignments:** All assignments should be saved with the following title: “**Lastname.Firstname\_assignment title” and uploaded via Blackboard**. Do not email assignments, unless required by the instructor.

**COURSE COMMUNICATION**

Email is the official mode of communication for this course and for all NDSU related information. All emails will be responded to within 24 business hours; unless I notify you in advance that I have restricted email access. **All emails MUST contain the course name (111, T/Th) and your first and last name** otherwise they will be purged. I will not give any course related feedback over the telephone. Feedback, general or individual, will only come via email response or in class, with a valid NDSU ID. Attempting to contact me by phone will seriously delay your response and is not advised.

**Netiquette:**

1. Check the announcements on Blackboard frequently and respond or ask questions as needed.

2. Focus on one subject per message and use pertinent subject titles.

3. Capitalize works only to highlight a point or for titles – capitalizing otherwise is generally viewed as SHOUTING.

4. Be professional and careful with your online interaction.

6. When posting a long message, it is generally considered courteous to warn readers at the beginning of the message that it is a lengthy post.

7. It is considered rude to forward someone else’s messages without their permission.

8. It is fine to use humor, but use it carefully and tastefully. The absence of face-to-face cues can cause humor to be misinterpreted as criticism or anger.

Let these guidelines inform your approach to e-mail messages and other online communications. If I deem any of them to be inappropriate or offensive, I will take appropriate action, not excluding expulsion from the course.

**COURSE DISCLAIMER**

This course explores various aspects of Wellness and how they may affect your life and the lives of those around you. Therefore, it is necessary to present and discuss information that may challenge certain individual beliefs or lifestyles. In doing this, there is no intent by the instructor or the HNES department to offend anyone regarding their moral, religious, cultural, political or other ideals. If you are concerned about some of the information that may be presented or required in this course, you should speak to me directly about your concerns, and/or consider taking this course from a different instructor, or seeking out a different Wellness course to fulfill your graduation requirements.

**III. GRADING/POINTS SUMMARY:**

Pre-evaluation Quiz 10 pts

Quizzes (5) 50 pts

Discussions (10) 50 pts

Wellness in Action Project 50 pts

Lab Assessments (5) 75 pts

Exams (3) 150 pts

Final Exam 100 pts

**Total Points 485 pts**

Final Grades will be determined using the following scale. There will be no curving of grades or rounding off. **NO** quizzes or exams will be dropped from the final grade.

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| --- | --- | --- | --- |
| A = | 89.45-100% | D = | 59.45-69.44% |
| B = | 79.45-89.44% | F = | 0-59.44% |
| C = | 69.45-79.44% |  |  |

**IV. Graded Assignments: Descriptions**

**\*Pre-evaluation Quiz (10 pts):** This will be an online quiz posted on Blackboard. The quiz will open at 3:30pm, Thursday August 28 until 11:59pm, Wednesday, September 3rd. **This is the only time this quiz will be available**. Questions will pertain to your own personal knowledge of health, fitness and wellness. Please follow the link to “Quizzes: Pre-evaluation Quiz” on Blackboard to obtain this quiz; read all components before completing the quiz.

**\*Online QUIZZES**

There will be five short quizzes throughout the semester. Quizzes will be based strictly on in-class material and consist of 10 multiple choice or true/false questions. Quiz access will vary depending on the day assigned, but will typically be ~48 hours. The quizzes will be timed, with a 15-minute time limit. The availability dates/times will be announced in class and posted on Bb. It is YOUR responsibility to plan your time wisely to complete each quiz. Forgetting to take the quiz is not an acceptable excuse and will result in a zero for the quiz (please see “Quiz Issues or Problems” for additional information on this).

If you experience problems when taking a quiz on Bb you must contact me via e-mail immediately (since you will be sitting at your computer). Your e-mail message will verify the date and time of the problem and will ensure that you receive appropriate consideration. You will be allowed one quiz reset for full credit. After that time, you will have to take a paper and pencil quiz. Any questions or problems related to quiz grading must be addressed via email within 24 hours of quiz submission. After that point, the quiz will not be altered.

Please Note: All quizzes end after the allotted time and on the due date. For example, if a quiz is started 10 minutes prior to the 2:00 pm due date, you will only receive 10 minutes to complete the quiz. Therefore, please make sure to organize your time accordingly.

\***Discussions**

Students will participate in various small group discussions either in class or on Discussion Board via Blackboard. There will be about 12 discussions throughout the semester, but only 10 will be counted towards your final grade. These discussion questions will be assigned throughout the semester and will ***not*** be allowed to be made up.

Discussions during lecture will be submitted through either your computer, mobile device (via ResponseWare) or Turning Technologies ‘Clicker.’ You do not need both a clicker and ResponseWare. You only need one or the other. However, you may purchase both if you prefer.

Clicker Info: <http://www.ndsu.edu/its/instructional_services/clickers/student_resources/> for information regarding ‘clickers.’

ResponseWare: You may purchase access online or at the NDSU bookstore. You must also create a turning tech account. https://account.turningtechnologies.com/account/

Discussions on discussion board (in Blackboard) will be announced in class and you will have until the start of the next class period to complete them (about 48 hours), unless otherwise specified. Discussions on Blackboard via discussion board will require the following for full credit: your own response as well as one response to at least one other posting. Both responses are required for full credit.

**\*Wellness in Action project**

Wellness in Action projects (25pt each; totaling 50pt)

The goal of this assignment is to give you an opportunity to apply the content of the course/lectures in a “real-world” setting. It will encourage you to creatively and resourcefully engage in the community and thoughtfully turn the wellness concepts into action and experience.

On two separate occasions throughout the semester, you will:

1. Volunteer or participate in an event, meeting, or organization within the community (Fargo-Moorhead, NDSU, your hometown, etc.) that is related to one our class themes/topics.
2. Connect (email or in-person) with the event, meeting, or organization’s leader or contact person.
3. Reflect and write a summary of your experience and thoughts related to the course topic, connecting observations with course content as well as your own beliefs, experiences, lifestyle, etc. (See “WIA Rubric” on Blackboard)
4. Submit both Wellness in Action experience summaries via Blackboard by the due date.

**NOTE: The final Wellness in Action Project needs to be uploaded to Blackboard no later than 2:00 pm, on Thursday, December 4. Early submissions will be accepted. The grading rubric for these papers is posted on Blackboard under Projects.**

\***Self-Assessment Labs**

Over the course of the semester you will be required to complete 5 DIFFERENT out-of-class lab activities. All labs are located under “Assignments” in each appropriate unit on Blackboard. Each lab activity must be completed in its entirety and submitted online (use Blackboard) by 2:00 pm on the designated due date (please see the tentative schedule for due dates).

**These assignments will NOT be accepted late.**

**\*Exams**

There will be three exams throughout the semester. Dates for the exams are on the syllabus (though subject to change). Exams will consist of 50 multiple choice and true/false, which will be administered in class. Make-ups may be granted with approved absence in advance. Make-ups without approved absence will be subject to a 50% score reduction. **All make-ups must be made up within one week of the scheduled exam, no exceptions**.

There will also be a final, comprehensive exam, which will consist of 100 multiple choice and true/false. The final exam will be administered in class during our scheduled final exam time on Tuesday, December 16 from 10:30a – 12:30p in Ladd Hall room 107.

**\*Extra Credit**

It is never a requirement to offer extra credit. However, in the spirit of this course, I want to encourage students to take the concepts presented beyond the classroom walls and reward those who do so. Extra credit points will be awarded for the quality of the work, as per the Wellness in Action project grading rubric. You may earn **up to** 25 points (points will be based on written work, information, etc. submitted and are NOT guaranteed). You may complete & submit only one of the following:

* + - 1. An additional (3rd) Wellness in Action experience (must follow grading rubric)
      2. A short essay connecting a topic or concept from lecture/textbook with a news/magazine article or news television program, or scholarly article. You must follow the guidelines and grading rubric for Extra Credit Short Essay located on Black Board.

**NOTE: The extra credit project needs to be uploaded to Blackboard no later than 2:00p.m. on Tuesday, November 25. Early Submissions will be accepted. Extra credit will not be applied to points total until after the final exam.**

**V. Internet Browser and BlackBoard Quiz and Assignment Procedures**

Internet Browser: It is strongly recommended that you complete all Blackboard quizzes and assignments using Firefox/Mozilla.

Post-Quiz/assignment Procedures: After completion of a quiz or assignment please complete the following two tasks:

1. Go directly to “My Grades” on Blackboard.

2. Verify that your score is correct or that your assignment is submitted successfully.

3. Do not email an assignment to the instructor unless requested.

**Quiz/Assignment Issues or Problems**

If you experience problems/issues while taking a quiz:

1. Contact your instructor, Nick Redenius, via e-mail IMMEDIATELY (within 24 hours) with a full explanation of the problem/issue. This will verify the date and time that the problem/issue occurred. After 24 hours following the quiz/assignment attempt, if you have not contacted me, the quiz/assignment will not be altered. Once the quiz/assignment has been reset by the instructor, you have 72 hours to complete the quiz/assignment. Failure to attempt or complete the quiz/assignment properly may result in a score of zero (0), unless arrangements were made in advance.

2. In regards to any problems/issues *while taking a quiz/assignment*, students will be allowed only one quiz/assignment reset, however, full credit may not always be granted. After that time, you have the option of completing the quiz/assignment in my office to ensure no additional problems. All quiz/assignment resets, and/or quizzes/assignments in my office, must be completed with 72 hours of taking the original quiz/assignment. If you choose not to complete the quiz/assignment in my office, and a problem does occur while re-taking a quiz/assignment, your score may result in a zero.

3. In the event of completely *missing a quiz/assignment*, students will be allowed **only one** quiz **or** assignment reset for possible 50% credit (only one quiz **or** one assignment, **not** one of each). However, you must contact your instructor, Nick Redenius, within 24 hours from the day and time the quiz or assignment was due with a full explanation of why you missed the quiz/assignment. If a quiz/assignment is missed, you will have **only 72 hours** from the time your instructor responds to you to complete the missed quiz/assignment for the possible 50% credit. Once a quiz or assignment has been ***started or taken,*** there will be NO FURTHER MAKE-UPS FOR ANY QUIZZES OR ASSIGNMENTS and no quizzes or assignments will be dropped from your final grade.

**Blackboard Quiz Taking Tips:**

* **Use Firefox**! You only get one padlock reset in the semester, so USE FIREFOX!
* Do not hit the back button while taking the quiz, as this will cause a shutdown and an incomplete quiz. Also, if you are using dial up (from home, etc.) be aware that if you get knocked off the server (another phone call) the quiz will be lost.
* Do nothit the “Save and Exit” button during a quiz. The quizzes are timed and this will not pause the timer, therefore, once you start the quiz, you MUST finish it. If you do hit the “Save and Exit” button, your quiz will NOT be reset and your score will remain as is.
* After you complete the quiz go directly to the grade book to check that your score was entered completely/correctly. It is not my job to check your grades. If your grade has not posted in Blackboard within 24 hours, please notify your instructor.
* Lastly, remember quizzes are timed…be sure you have privacy and work alone while completing this test.

**V. Miscellaneous**

**Assigned Readings/Class Participation**

The assigned readings will form a basis around which questions may be asked. You should complete all reading assignments by the date indicated on the schedule in order to facilitate learning and discussion, which requires full and equal participation from each individual. In addition, each student should exude a high level of professionalism and preparedness at all times. If you miss a class, it is YOUR responsibility to get notes from another student. I will be more than happy to clarify a point that you are unclear on via email, before/after class, or during office hours, but I will not be giving private lectures to those who miss class, excused or unexcused.

**Class Atmosphere**

Any true discussion involves personal exposure and thus, the taking of risks. Your ideas may not coincide with your neighbors. Yet as long as your points are honest and supportable, they need to be respected by all of us in the classroom. Encouragement, questions, discussion, and laughter are a part of this class, but mocking is never allowable, just as disruptive behavior is grounds for dismissal.

Ultimately, I look forward to making this an enriching and meaningful course. I will do everything to reasonably accommodate each and every student and create a welcoming class environment. I expect that you will join me in this effort. Your participation is vital and valuable. Newspaper or magazine articles relative to class discussion/direction are always welcome. Remember, in the course you have many, many classmates, each with a different life perspective and story to tell. Yours is one of them. Therefore, I expect conduct and communication that reflects mutual respect and thoughtfulness.

**Course or Grading Issues:**If you have any concerns, issues, or questions regarding any grade within the lecture or activity portion of this course, please contact Nick Redenius via email at Nicklaus.redenius@ndsu.edu or in person at BBFH 110D (Graduate Assistant office), during the office hours listed above. Please note, students must present all grading issues or questions by 5:00pm, Friday, December 19, 2014.