

Course Syllabus

SWF3015 - Health and Well Being 2 Units

Summer 2023

May 8 - June 9

Meeting days: Online

Professor: Dr. Jody Roubanis

Meeting times: Asynchronous

Phone: 562/673-6401 (text or call between 8AM & 7PM)

Meeting location: Online

Email: JodyRoubanis@pointloma.edu

PLNU Mission

To Teach ~ To Shape ~ To Send

Point Loma Nazarene University exists to provide higher education in a vital Christian community where minds are engaged and challenged, character is modeled and formed, and service is an expression of faith. Being of Wesleyan heritage, we strive to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

Foundational Explorations Mission

PLNU provides a foundational course of study in the liberal arts informed by the life, death, and resurrection of Jesus Christ. In keeping with the Wesleyan tradition, the curriculum equips students with a broad range of knowledge and skills within and across disciplines to enrich major study, lifelong learning, and vocational service as Christ-like participants in the world's diverse societies and culture.

COURSE DESCRIPTION

Examines a personal approach to healthful living that encompasses physical, mental, emotional, relational, spiritual, and environmental aspects of wellness and self-care. Course topics to include nutrition and exercise, cultivating joy, stress reduction, and gratitude.

This course is one of the components of the General Education Program at Point Loma Nazarene University, under the category of "Exploring an Interdependent World: Physical Fitness and Nutrition." By including this course in a common educational experience for undergraduates, the faculty supports an introduction to the natural and social sciences as tools for exploring the world, with emphasis on collecting and interpreting empirical data for both theoretical and practical purposes.

COURSE LEARNING OUTCOMES

STUDENT LEARNING OUTCOMES

1. Analyze the interdependence of mental, emotional, spiritual, relational, environmental, and physical aspects of an individual that impact their wellness.
2. Evaluate resources and practices that contribute to enhanced relationships, improved fitness, balanced emotions, meaningful spiritual, mental growth, and environmental responsibility.
3. Apply health concepts in order to change or improve a health-related behavior.

DEPARTMENT STUDENT LEARNING OUTCOMES

1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families, and communities throughout the lifespan.
2. Students will identify appropriate resources to use in application for problem solving.
3. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith.

COURSE STUDENT LEARNING OUTCOMES

1. Analyze the interdependence of mental, emotional, spiritual, relational, environmental and physical aspects of an individual that impact their wellness.
2. Identify behaviors that reduce risk, prevent and control disease, protect against abuse and danger, and decrease harmful stress.

3. Evaluate resources and practices that contribute to enhanced relationships, improved fitness, balanced emotions, meaningful spirituality, mental growth, and environmental responsibility.
4. Apply health concepts in order to change or improve a health-related behavior.

ACADEMY OF NUTRITION AND DIETETIC'S FOUNDATION KNOWLEDGE AND SKILLS FOR ENTRY-LEVEL DIDACTIC PROGRAM IN DIETETICS (DPD):

1. Interpersonal communication skills. (1d)
2. Role of food in promotion of health lifestyle. (5l)
3. Health promotion and disease prevention theories and guidelines. (6g)

REQUIRED TEXTS AND RECOMMENDED STUDY RESOURCES

Health & Wellness by Gordon Edlin & Eric Golanty 12th Edition (the 11th, 12th & 13th editions are acceptable)
Jones & Bartlett Learning

COURSE CREDIT HOUR INFORMATION

In the interest of providing sufficient time to accomplish the stated Course Learning Outcomes, this class meets the PLNU credit hour policy for a 2-unit class delivered over 5 weeks.

It is anticipated that students will spend a minimum of 45 participation hours per credit hour on their course work. The time expectations for this course are shown below:

Assignments	Total Hours
Reading	20
Group Discussions	20
Behavioral Change Project	15
Application Exercises	15
Other assignments & learning activities	10
Quizzes & Final Exam	10
TOTAL	90

ASSESSMENT AND GRADING

Grades will be posted in the Canvas gradebook no later than midnight on Tuesday of each week beginning in Week Two of this course. It is important to read the feedback provided in the gradebook as these comments are intended to help you improve your work. Final grades will be posted within ten days of the end of the class. Multiple measures of evaluation are used in the course allowing students opportunities to demonstrate their learning in more than one way, and giving consideration to individual learning styles. Course components that will be evaluated include the following:

Graded Course Components

1. **Assignments** are located in each week throughout the course. These assignments will be fundamental to the learning process and are meant to impact your thinking about your own holistic health. **Assignments represent 20% of the overall course grade.**
2. **Application Exercises** are created throughout the course. These exercises are used to measure understanding and to provide you with opportunity to apply and practice skills for improving health. Please avoid submitting documents in the MAC format (.PAGES). **The Application Exercises represent 20% of the overall course grade.**
3. **Online Discussions** Participation in discussion board forums is intended to promote collaboration between participants as new approaches to holistic health are considered. These online conversations will be based primarily on related assigned readings or content in the course. As a guideline, plan to contribute at least two substantive posts per day during active discussions. A substantive post contains material related to the topic, and/or extends learning in a meaningful way. It is expected that you read all posts in each discussion board group forum. **Due to the size of this class, most discussions boards will be closed for comments at the end of the week in which they were assigned.** Discussions represent 30% of the overall course grade.
4. **Chapter Quizzes** are created throughout the course and are used to ascertain your understanding of the required reading. **Chapter Quizzes represent 10% of your overall course grade.**
5. **Final Application Exercise** occurs at the end of the course as a summative assessment to determine your learning has been complete and you have met

the course learning outcomes. The **Final Application Exercise** represent **20%** of our overall course grade.

COURSE SIGNATURE ASSIGNMENTS		
FCS Department Student Learning Outcomes	Proficiency Level	Course Signature Assignment
1. Students will demonstrate an understanding of the multiple factors that influence the development and quality of life of individuals, families and communities throughout the lifespan.	Introduce	<p>Application Exercises</p> <p>This assignment is intended to be a synthesis of information gained from text and class which is applied not only to each student's life but also to their involvement with their community and within their families.</p>
2. Students will identify appropriate resources to use in application for problem solving.	Introduce	<p>Behavior Change Project</p> <p>This assignment is designed to give students an opportunity to identify a desired personal behavioral change, develop a plan, access resources, implement the plan, log the progress, and reflect on the process of change.</p>
3. Students will examine the value of societal diversity and ethical treatment of others as a result of their Christian faith.	Develop	<p>Discussion Forums</p> <p>These forums are intended to help students wrestle with a wide variety of issues and demonstrate how faith influences their opinions and decision-making process.</p>

Gratitude conferences: Students are required to participate in one of the synchronous Gratitude conferences or asynchronous discussion for full course credit.

Grades will be based on the following:

Standard Grade Scale Based on Percentages

A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F Less than 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

STATE AUTHORIZATION

State authorization is a formal determination by a state that Point Loma Nazarene University is approved to conduct activities regulated by that state. In certain states outside California, Point Loma Nazarene University is not authorized to enroll online (distance education) students. If a student moves to another state after admission to the program and/or enrollment in an online course, continuation within the program and/or course will depend on whether Point Loma Nazarene University is authorized to offer distance education courses in that state. It is the student's responsibility to notify the institution of any change in his or her physical location. Refer to the map on [State Authorization](#) to view which states allow online (distance education) outside of California.

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

PLNU is committed to providing equal opportunity for participation in all its programs, services, and activities. Students with disabilities may request course-related accommodations by contacting the Educational Access Center (EAC), located in the Bond Academic Center (EAC@pointloma.edu or 619-849-2486). Once a student's eligibility for an accommodation has been determined, the EAC will issue an academic accommodation plan ("AP") to all faculty who teach courses in which the student is enrolled each semester.

PLNU highly recommends that students speak with their professors during the first two weeks of each semester/term about the implementation of their AP in that particular course and/or if they do not wish to utilize some or all of the elements of their AP in that course.

Students who need accommodations for a disability should contact the EAC as early as possible (i.e., ideally before the beginning of the semester) to assure appropriate accommodations can be provided. It is the student's responsibility to make the first contact with the EAC.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions, the faculty member will issue a written warning of de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation.

In some courses, a portion of the credit hour content will be delivered **asynchronously** and attendance will be determined by submitting the assignments by the posted due dates. See [Academic Policies](#) in the Undergraduate Academic Catalog. If absences exceed these limits but are due to university excused health issues, an exception will be granted.

Asynchronous Attendance/Participation Definition

A day of attendance in asynchronous content is determined as contributing a substantive note, assignment, discussion, or submission by the posted due date. Failure to meet these standards will result in an absence for that day. Instructors will determine how many asynchronous attendance days are required each week.

SPIRITUAL CARE

Please be aware PLNU strives to be a place where you grow as whole persons. To this end, we provide resources for our students to encounter God and grow in their Christian faith.

If students have questions, a desire to meet with the chaplain or have prayer requests you can contact the **Office of Spiritual Development**.

USE OF TECHNOLOGY

In order to be successful in the online or hybrid environment, you'll need to meet the minimum technology and system requirements; please refer to the [Technology and System Requirements](#) information. Additionally, students are required to have headphone speakers, microphone, or webcams compatible with their computer available to use. Please note that any course with online proctored exams require a computer with a camera (tablets are not compatible) to complete exams online.

Problems with technology do not relieve you of the responsibility of participating, turning in your assignments, or completing your class work.

All assignment documents are to be submitted in a Windows readable form; MAC users will need to convert .pages documents to any of the following: Google, .pdf, .doc, .docx.

ASSIGNMENTS AT-A-GLANCE

Note: Assignments are encouraged to be posted in Canvas.

Course Summary:

Date	Details
Mon May 8, 2023	Quiz Academic Honesty Verification Statement
	Quiz Course Orientation
	Discussion Topic Introduce Yourself
Tue May 9, 2023	Quiz Preparation for Final Exam
	Discussion Topic Self-care
	Discussion Topic Vulnerability
	Assignment Chapter 1 - Application Exercise: Sleeping Better
Wed May 10, 2023	Assignment Chapter 2 - Application Exercise: Mind-Body Communications M
	Discussion Topic Forgiveness
	Assignment Health & Wellness Assessment
	Quiz Quiz: Chapters 1 & 2

Date**Details**

Thu May 11, 2023	Assignment Chapter 3 - Application Exercise: Say NO
	Quiz Chapter 3 - Behaviors that Reduce Stress
	Discussion Topic Depression
	Discussion Topic How to Make Stress Your Friend
Fri May 12, 2023	Assignment 3-Day Food Log....First step
	Assignment Attitude, Self-Concept, and Mental Health
	Quiz Quiz: Chapters 3 & 4
Tue May 16, 2023	Assignment 3-Day Food Log...turn in
	Quiz Anonymous Body Image Survey
Wed May 17, 2023	Assignment Chapter 1 Application Exercise: Sleeping Analysis Worksheet (Part 1)
	Assignment Chapter 6 - Application Exercise: Why Diets Don't Work
	Discussion Topic Weight & Body Image
	Quiz Anonymous Sexual Values Survey
Thu May 18, 2023	Assignment Behavior Change Project - Part 1
	Discussion Topic Incorporating Movement and Meditation
	Discussion Topic Junk Food & Junk Sex

Date	Details
	Quiz Quiz: Chapters 5, 6 & 7
	Discussion Topic Sexual Objectification
	Discussion Topic Childbirth Safety
Fri May 19, 2023	Discussion Topic Contraceptives Research
	Quiz Health Benefits of Journaling
	Quiz Quiz: Chapters 8 & 9
	Quiz Chapter 11 - Application Exercise: Protecting Against STI's & STDs
Tue May 23, 2023	Quiz Quiz: Chapters 10 & 11
	Assignment Chapter 12 - Application Exercise: The Immune System
Wed May 24, 2023	Discussion Topic Debate on COVID Vaccination
	Discussion Topic Battling Bad Science
	Assignment Cancer Prevention
Thu May 25, 2023	Discussion Topic Heart Disease
	Quiz Quiz: Chapters 12 & 13
	Assignment Application Exercise: Family Health History
Fri May 26, 2023	Discussion Topic Ethical Issues

Date	Details
	Assignment Journal Submission - Week 1
	Quiz Quiz: Chapters 14 & 15
Tue May 30, 2023	Assignment Chapter 16 - Application Exercise: Prescription Drug Abuse
	Discussion Topic Drug Use & Abuse
Wed May 31, 2023	Quiz Anonymous Tobacco & Alcohol Survey
	Discussion Topic Tobacco & Marijuana
Thu Jun 1, 2023	Discussion Topic Alcohol
	Quiz Quiz: Chapters 16, 17 & 18
	Assignment Chapter 19 - Application Exercise: Online Health Research
	Discussion Topic Healthcare Choices
Fri Jun 2, 2023	Discussion Topic Medicine Research - OTC Drugs vs Natural Alternatives
	Quiz Quiz: Chapters 19 & 20
Mon Jun 5, 2023	Assignment Journal Submission - Week 2
	Discussion Topic Accidents & Injuries
Tue Jun 6, 2023	Quiz Chapter 21 - Application Exercise: Risk Assessment
Wed Jun 7, 2023	Assignment Chapter 22 - Application Exercise: How to Live to be 100

Date	Details
	Discussion Topic End-of-Life Issues
	Assignment Gratitude Conference (Zoom & Asynchronous Options Available)
	Assignment Journal Submission - Week 3
	Quiz Quiz: Chapters 21 & 22
Thu Jun 8, 2023	Assignment Behavioral Change Project - Part 2
	Quiz Chapter 23 - Application Exercise: Protection Against Violence
	Discussion Topic Healthy Environment
	Discussion Topic Violence in Our Society
Fri Jun 9, 2023	Quiz Chapter 24 - Application Exercise: Environmentally Conscientious
	Assignment Course Evaluation
	Assignment Final Application Exercise (AKA Final Exam)
	Quiz Quiz: Chapters 23 & 24
	Assignment Add your prayer request here