

SWF 3015 Health & Wellbeing Fall (2 units)

Department of Sociology, Social Work, and Family Sciences

Fall 2020

Meeting days: Online

Instructor title and name:

Dr. Brittany Johnson, PhD, RDN, CSSD, CPT

Meeting times: Asynchronous

Phone: 951-282-0650, for emergencies only

Meeting location: Canvas

Email: brittanyjohnson@pointloma.edu

Final Exam: Week 7

Office location and hours: Virtual

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 becomes an expression of faith. Being of Wesleyan heritage, we aspire to be a learning community where grace is foundational, truth is pursued, and holiness is a way of life.

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.

GENERAL EDUCATION

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.

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)

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 7 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

REQUIRED TEXT: *Health & Wellness*

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

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. **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. **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.**

Your final grade is determined using the grading scale below:

Standard Grade Scale Based on Percentage of Points Earned				
A	B	C	D	F
A 93-100	B+ 87-89	C+ 77-79	D+ 67-69	F ≤ 59
A- 90-92	B 83-86	C 73-76	D 63-66	
	B- 80-82	C- 70-72	D- 60-62	

LATE WORK

Be prepared to submit all assignments on Canvas on or before the due date. **If you choose to turn in your assignment after the due date, each day thereafter will receive 50% less.** For example, if the assignment is due 9/10 for a possible score of 100, but the assignment is turned in on 9/11, the highest possible points would be 50. On 9/12, the highest possible points would be 0. In cases where assignments/quizzes/exams are missed, extreme circumstances will be considered but only on a case-by-case basis. To receive a postponement, you **MUST** speak with me to negotiate an arrangement prior to the due date. You can choose if you'd like to receive all points possible or lose 50% each day past the due date.

As an instructor, I have the responsibility to be prepared and conduct the class to facilitate learning and contribute to your growth in the field. *IF* at any time you do not understand a concept explained in class, please raise your hand and let me know you're struggling to understand. Most likely you are not the only student confused. We don't want to move on to a new topic without mastering the current topic.

As a student, you have a responsibility to attend class, motivate yourself to learn, be prepared to participate, complete required assignments and provide a good learning environment for your fellow peers. This includes staying off your cell phone unless it is related to the class discussion.

The following behaviors will help you succeed in this course:

1. Attend class every session and read assigned chapter pages *before* class.
2. Be aware of the due dates on assignments---I give you plenty of time to complete them, there is no excuse for late assignments. Plan ahead for potential technological errors.
3. Come to class and participate--- I will identify important points to know for quizzes and exams
4. Communication is important. If you have to miss class let me know, I am more willing to work with those who let me know what is going on.

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

While all students are expected to meet the minimum standards for completion of this course as established by the instructor, students with disabilities may require academic adjustments, modifications or auxiliary aids/services. At Point Loma Nazarene University (PLNU), these students are requested to register with the Disability Resource Center (DRC), located in the Bond Academic Center (DRC@pointloma.edu or 619-849-2486). The DRC's policies and procedures for assisting such students in the development of an appropriate academic adjustment plan (AP) allows PLNU to comply with Section 504 of the Rehabilitation Act and the Americans with Disabilities Act. Section 504 prohibits discrimination against students with special needs and guarantees all qualified students equal access to and benefits of PLNU programs and activities. After the student files the required documentation, the DRC, in conjunction with the student, will develop an AP to meet that student's specific learning needs. The DRC will thereafter email the student's AP to all faculty who teach courses in which the student is enrolled each semester. The AP must be implemented in all such courses.

If students do not wish to avail themselves of some or all of the elements of their AP in a particular course, it is the responsibility of those students to notify their professor in that course. PLNU highly recommends that DRC students speak with their professors during the first two weeks of each semester about the applicability of their AP in that particular course and/or if they do not desire to take advantage of some or all of the elements of their AP in that course.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all **synchronous** class sessions is considered essential to optimum academic achievement. If the student is absent for more than 10 percent of class sessions (virtual or face-to-face), 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 may 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

Since most courses will have online components, in order to be successful in the online 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 compatible with their computer available to use. If a student is in need of technological resources please contact technologyhelp@pointloma.edu.

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

COURSE SCHEDULE AND ASSIGNMENTS

Note: Given the hybrid and online modalities being used in the 2020-2021 academic year, the content of the course schedule and assignments will be posted in Canvas.