

# Course Syllabus

**Family and Consumer Sciences**  
**SWF3015 - Health and Well Being**  
**Section 2, 3 & 4**  
**2 Units**

**Fall Quad 1 2020**  
**August 17 - October 3, 2020**

**Instructor:** Dr. Jody Roubanis

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**Office Hours:** by appointment, arrange through text

## **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 8 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:

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

## REQUIRED TEXT

### *Health & Wellness*

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

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**Gratitude conferences:** Students are required to participate in one of the Gratitude conference for full course credit. The virtual conferences will occur on Monday, September 28, and Tuesday, September 29, 2020 through Zoom. Be sure to identify your time and resource by September 21, 2020! An e-mail will be sent by September 1, 2020 for students to sign-up for one of the following time slots with a maximum of 12 students in each group:

Monday September 28, 2020

- 5:00 - 5:55 PM
- 6:00 - 6:55 PM
- 7:00 - 7:55 PM

Tuesday September 29, 2020

- 8:30 - 9:25 AM
- 9:30 - 10:30 AM

## 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:

<b>Standard Grade Scale Based on Percentage of Points Earned</b>				
<b>A</b>	<b>B</b>	<b>C</b>	<b>D</b>	<b>F</b>
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	

## **POLICIES AND PROCEDURES**

### **ATTENDANCE**

Regular and punctual attendance is considered essential to optimum academic achievement. As a student in this course, you will have a minimum attendance requirement of three days each week. This means you will need to log into Canvas and post an assignment or response on at least three days in each week. Any day missed below this minimum requirement will count as an absence. Students may be dropped from the course if two such absences are recorded during the class and **will be** dropped if four such absences occur or if a student fails to attend class in any given week.

### **INCOMPLETE AND LATE ASSIGNMENTS**

All assignments are to be submitted by the due dates posted. There will be a reduction of possible points for each day an assignment is late at the discretion of the instructor. If missing assignments result in your failure to meet learning outcomes, this instructor may give up to a letter grade reduction on the final grade in addition to the loss of points for missing work. No assignments will be accepted after midnight on Sunday night, the last day of class.

While there are due dates for weekly assignments, you are welcome to post your work earlier in the week. In our discussions, late work means that others may not have the opportunity to respond to your comments. It also means that you will not have the benefit of as much interaction with other students as you will have if your assignment is posted on time. If you know you will be away on the day your assignment is due, please post your work before you leave.

Assignments will be considered late if posted after midnight Pacific Standard Time on the day they are due.

## ACADEMIC HONESTY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. As explained in the university catalog, academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the result of another person's creativity and effort. Violations of university academic honesty include cheating, plagiarism, falsification, aiding the academic dishonesty of others, or malicious misuse of university resources. An instructor who believes a situation involving academic dishonesty has been detected may assign a failing grade for a) that particular assignment or examination, and/or b) the course following the procedure in the university catalog. Students may appeal using the procedure in the university catalog. See [Academic PoliciesLinks to an external site.](#) for further information.

## ACADEMIC ACCOMMODATIONS

While all students are expected to meet the minimum academic standards for completion of this course as established by the instructor, students with disabilities may request academic accommodations. At PLNU, students must request academic accommodations by filing documentation with the [Disability Resource CenterLinks to an external site.](#) (DRC) located in the Bond Academic Center. Once the student files documentation, the Disability Resource Center will contact the student's instructors and provide written recommendations for reasonable and appropriate accommodations to meet the individual needs of the student.

## SPIRITUAL CARE

PLNU strives to be a place where you grow as a whole person. To this end, we provide resources for our students to encounter God and grow in their Christian faith. You'll find faith integration activities throughout this course. In addition, there are resources for your Christian faith journey available on the [Spiritual Development Links to an external site.](#) web page.

## USE OF TECHNOLOGY

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.

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

## ASSIGNMENTS

COURSE SIGNATURE ASSIGNMENTS		
FCS Department Student Learning Outcomes	Proficiency Level	Course Signature Assignments
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	<b>Application Exercises</b> This assignment is intended to be the synthesis of information gained from the text and class which is applied not only to each student's life but also to their involvement with their communities and within their families.

2. Students will identify appropriate resources to use in application for problem solving.	Introduce	<p><b>Behavior Change Project</b></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><b>Discussion Forums</b></p> <p>These forums are intended to help students wrestle with a wide variety of issues and demonstrate how faith informs their opinions and decision-making process.</p>

## Course Summary:

Date	Details
Mon Aug 17, 2020	Assignment <a href="#">Academic Honesty Verification Statement</a>
	Assignment <a href="#">State Authorization Verification Form</a>
Tue Aug 18, 2020	Assignment <a href="#">Introduce Yourself</a>
	Assignment <a href="#">Course Orientation</a>
	Assignment <a href="#">Preparation for Final Exam</a>
	Assignment <a href="#">Self-care</a>
Wed Aug 19, 2020	Assignment <a href="#">Vulnerability</a>
	Assignment <a href="#">Chapter 1 - Application Exercise: Sleeping Better</a>
	Assignment <a href="#">Faith: Joy &amp; Happiness Assessment</a>

Date	Details
	Assignment <a href="#">Health &amp; Wellness Assessment</a>
	Assignment <a href="#">Forgiveness</a>
Thu Aug 20, 2020	Assignment <a href="#">Quiz: Chapters 1 &amp; 2</a>
	Assignment <a href="#">Chapter 2 - Application Exercise: Mind-Body Com</a>
Fri Aug 21, 2020	Assignment <a href="#">Chapter 3 - Behaviors that Reduce Stress</a>
	Assignment <a href="#">How to Make Stress Your Friend</a>
	Assignment <a href="#">3-Day Food Log....First step</a>
Sat Aug 22, 2020	Assignment <a href="#">Quiz: Chapters 3 &amp; 4</a>
	Assignment <a href="#">Attitude, Self-Concept, and Mental Health</a>
Tue Aug 25, 2020	Assignment <a href="#">Healthiest Plate Contest</a>
	Assignment <a href="#">3-Day Food Log...turn in</a>
Wed Aug 26, 2020	Assignment <a href="#">Anonymous Body Image Survey</a>
	Assignment <a href="#">Incorporating Movement and Meditation</a>
	Assignment <a href="#">Weight &amp; Body Image</a>
	Assignment <a href="#">Chapter 6 - Application Exercise: Why Diets Don't</a>
Fri Aug 28, 2020	Assignment <a href="#">Quiz: Chapters 5, 6 &amp; 7</a>
	Assignment <a href="#">Behavior Change Project - Part 1</a>

<b>Date</b>	<b>Details</b>
Mon Aug 31, 2020	Assignment <a href="#">Anonymous Sexual Values Survey</a>
	Assignment <a href="#">Junk Food &amp; Junk Sex</a>
	Assignment <a href="#">Sexual Objectification</a>
	Assignment <a href="#">Chapter 9 - Application Exercise: Say NO</a>
Tue Sep 1, 2020	Assignment <a href="#">Childbirth Safety</a>
	Assignment <a href="#">Chapter 11 - Application Exercise: Protecting Against</a>
Wed Sep 2, 2020	Assignment <a href="#">Contraceptives Research</a>
	Assignment <a href="#">Quiz: Chapters 8 &amp; 9</a>
	Assignment <a href="#">Sleep Analysis Worksheet - Turn In</a>
Thu Sep 3, 2020	Assignment <a href="#">Health Benefits of Journaling</a>
Fri Sep 4, 2020	Assignment <a href="#">Quiz: Chapters 10 &amp; 11</a>
	Assignment <a href="#">Battling Bad Science</a>
Tue Sep 8, 2020	Assignment <a href="#">Debate on Mandatory Immunization</a>
	Assignment <a href="#">Chapter 12 - Application Exercise: The Immune System</a>
Wed Sep 9, 2020	Assignment <a href="#">Ethical Issues</a>
	Assignment <a href="#">Heart Disease</a>
	Assignment <a href="#">Quiz: Chapters 12 &amp; 13</a>

Date	Details
Thu Sep 10, 2020	Assignment <a href="#">Cancer Prevention</a>
Fri Sep 11, 2020	Assignment <a href="#">Journal Submission - Week 1</a>
Mon Sep 14, 2020	Assignment <a href="#">Quiz: Chapters 14 &amp; 15</a>
Wed Sep 16, 2020	Assignment <a href="#">Application Exercise: Family Health History</a>
Thu Sep 17, 2020	Assignment <a href="#">Drug Use &amp; Abuse</a>
Fri Sep 18, 2020	Assignment <a href="#">Chapter 16 - Application Exercise: Prescription Drugs</a>
Mon Sep 21, 2020	Assignment <a href="#">Anonymous Tobacco &amp; Alcohol Survey</a>
Wed Sep 23, 2020	Assignment <a href="#">Tobacco &amp; Marijuana</a>
Wed Sep 23, 2020	Assignment <a href="#">Journal Submission - Week 2</a>
Fri Sep 18, 2020	Assignment <a href="#">Quiz: Chapters 16, 17 &amp; 18</a>
Mon Sep 21, 2020	Assignment <a href="#">Healthcare Choices</a>
Wed Sep 23, 2020	Assignment <a href="#">Chapter 19 - Application Exercise: Online Health Resources</a>
Mon Sep 21, 2020	Assignment <a href="#">Accidents &amp; Injuries</a>
Mon Sep 21, 2020	Assignment <a href="#">Chapter 21 - Application Exercise: Risk Assessment</a>
Wed Sep 23, 2020	Assignment <a href="#">End-of-Life Issues</a>
Wed Sep 23, 2020	Assignment <a href="#">Medicine Research - OTC Drugs vs Natural Alternatives</a>
Wed Sep 23, 2020	Assignment <a href="#">Quiz: Chapters 19 &amp; 20</a>

Date	Details
	Assignment <a href="#">Quiz: Chapters 21 &amp; 22</a>
	Assignment <a href="#">Chapter 22 - Application Exercise: How to Live to</a>
Thu Sep 24, 2020	Assignment <a href="#">Behavioral Change Project - Part 2</a>
	Assignment <a href="#">Journal Submission - Week 3</a>
Mon Sep 28, 2020	Calendar Event <a href="#">Gratitude Conference (SWF3015)</a>
	Calendar Event <a href="#">Gratitude Conference (SWF3015)</a>
	Calendar Event <a href="#">Gratitude Conference (SWF3015)</a>
	Calendar Event <a href="#">Gratitude Conference (SWF3015)</a>
	Calendar Event <a href="#">Gratitude Conference (SWF3015)</a>
Tue Sep 29, 2020	Assignment <a href="#">Chapter 23 - Application Exercise: Protection Again</a>
	Assignment <a href="#">Chapter 24 - Application Exercise: Environmentally</a>
	Assignment <a href="#">Violence in Our Society</a>
	Assignment <a href="#">Gratitude Conference (Zoom)</a>
Wed Sep 30, 2020	Assignment <a href="#">Healthy Environment</a>
	Assignment <a href="#">Quiz: Chapters 23 &amp; 24</a>
Thu Oct 1, 2020	Assignment <a href="#">Final Application Exercise (AKA Final Exam)</a>
	Assignment <a href="#">Journal Submission - Week 4</a>

**Date****Details**

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Fri Oct 2, 2020

Assignment [Course Evaluation](#)

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Assignment [Add your prayer request here](#)

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