

Course Syllabus

Department of Sociology, Social Work & Family Sciences

SWF3015 - Health and Well Being

2 Units

Fall 2023 Quad 1

August 28 - October 16

Meeting Days: N/A

Meeting Times: N/A

Meeting Location: Online

Final Exam: (Day/Time): N/A

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Office Location and Hours: Zoom, by appt

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

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1. Analyze the interdependence of mental, emotional, spiritual, relational, environmental and physical aspects of an individual that impact their wellness. (FELO 1a, 1c, 1d, 2a)
2. Identify behaviors that reduce risk, prevent and control disease, protect against abuse and danger, and decrease harmful stress. (FELO 1d, 2a)
3. Evaluate resources and practices that contribute to enhanced relationships, improved fitness, balanced emotions, meaningful spirituality, mental growth, and environmental responsibility (FELO 1a, 1b, 1c, 1d, 2a)
4. Apply health concepts in order to change or improve a health-related behavior. (FELO 1c, 1d, 2a)

FOUNDATIONAL EXPLORATIONS LEARNING OUTCOMES

- FELO 1a. Written: Students will be able to effectively express ideas and information to others through written communication.
- FELO 1b. Oral: Students will be able to effectively express ideas and information to others through oral communication.
- FELO 1c. Information Literacy: Students will be able to access and cite information as well as evaluate the logic, validity, and relevance of information from a variety of sources.
- FELO 1d. Critical Thinking: Students will be able to examine, critique, and synthesize information in order to arrive at reasoned conclusions.
- FELO 2a. Students will develop an understanding of self that fosters personal well-being.

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.

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 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:

Assignments by Hours	
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.**

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	Application Exercises 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>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 informs their opinions and decision-making process.</p>

1. **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.
2. **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.**
3. **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.**

Gratitude Conference: Students are required to participate in either one of the face-to-face Gratitude Conferences for full course credit, OR participate in the asynchronous discussion (that requires making a video). The face-to-face conferences are highly encouraged will occur on Monday October 2, and Tuesday, October 3 in the Evans Conference Room. An email will be sent in Week 4 for students to sign-up for one of the following time slots with a maximum of 10 students in each group:

Monday, October 2

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

Tuesday, October 3

- 7:30 - 8:25 AM

Grades will be based on the following:

Sample 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.

INCOMPLETE 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. Incomplete 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**.

SEXUAL MISCONDUCT AND DISCRIMINATION

Point Loma Nazarene University faculty are committed to helping create a safe learning environment for all students. If you (or someone you know) have experienced any form of sexual discrimination or misconduct, including sexual assault, dating or domestic violence, or stalking, know that help and support are available through the [Title IX Office](#). Please be aware that under Title IX of the Education Amendments of 1972, it is required to disclose information about such misconduct to the Title IX Office.

If you wish to speak to a confidential employee who does not have this reporting responsibility, you can contact Counseling Services at counselingservices@pointloma.edu or find a list of campus pastors at the [Title IX Office | Get Help Now](#)

LANGUAGE AND BELONGING

Point Loma Nazarene University faculty are committed to helping create a safe and hospitable learning environment for all students. As Christian scholars we are keenly aware of the power of language and believe in treating others with dignity. As such, it is important that our language be equitable, inclusive, and prejudice free. Inclusive/Bias-free language is the standard outlined by all major academic style guides, including MLA, APA, and Chicago, and it is the expected norm in university-level work. Good writing and speaking do not use unsubstantiated or irrelevant generalizations about personal qualities such as age, disability, economic class, ethnicity, marital status, parentage, political or religious beliefs, race, gender, sex, or sexual orientation. Inclusive language also avoids using stereotypes or terminology that demeans persons or groups based on age, disability, class, ethnicity, gender, race, language, or national origin. Respectful use of language is particularly important when referring to those outside of the religious and lifestyle commitments of those in the PLNU community. By working toward precision and clarity of language, we mark ourselves as serious and respectful scholars, and we model the Christ-like quality of hospitality.

You may report an incident(s) using the [Bias Incident Reporting Form](#)[Links to an external site.](#)

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 Aug 28, 2023	Quiz Academic Honesty Verification Statement
Tue Aug 29, 2023	Discussion Topic Self-care
	Discussion Topic Vulnerability
Wed Aug 30, 2023	Quiz Course Orientation
	Assignment Faith: Joy & Happiness Assessment
	Assignment Health & Wellness Assessment
	Discussion Topic Introduce Yourself
	Quiz Preparation for Final Exam
	Page Chapter 1: Sleeping Better

Date	Details
Thu Aug 31, 2023	Discussion Topic Forgiveness
	Quiz Quiz: Chapters 1 & 2
	Assignment Chapter 2 - Application Exercise: Mind-Body Communications Meditation
Fri Sep 1, 2023	Discussion Topic How to Make Stress Your Friend
	Assignment 3-Day Food Log...First step
	Assignment Stress Reducing Behaviors Survey
Sat Sep 2, 2023	Quiz Quiz: Chapters 3 & 4
	Assignment Attitude, Self-Concept, and Mental Health
Tue Sep 5, 2023	Assignment 3-Day Food Log Activity
	Discussion Topic Healthiest Plate Contest
Wed Sep 6, 2023	Assignment Chapter 6 - Application Exercise: Why Diets Don't Work
	Discussion Topic Incorporating Movement and Meditation
	Assignment Sleep Analysis Assignment
	Discussion Topic Weight & Body Image
Fri Sep 8, 2023	Assignment Behavior Change Project - Part 1
	Quiz Quiz: Chapters 5, 6 & 7
Mon Sep 11, 2023	Assignment Chapter 9 - Application Exercise: Say NO

Date	Details
	Discussion Topic Junk Food & Junk Sex
	Discussion Topic Sexual Objectification
	Page Sexual Values Survey
Tue Sep 12, 2023	Discussion Topic Childbirth Safety
	Quiz Chapter 11 - Application Exercise: Protecting Against STI's & STDs
Wed Sep 13, 2023	Discussion Topic Contraceptives Research
	Quiz Health Benefits of Journaling
	Quiz Quiz: Chapters 8 & 9
Fri Sep 15, 2023	Quiz Quiz: Chapters 10 & 11
Mon Sep 18, 2023	Discussion Topic Battling Bad Science
	Assignment Chapter 12 - Application Exercise: The Immune System
	Assignment Cancer Prevention
Wed Sep 20, 2023	Discussion Topic Ethical Issues
	Discussion Topic Heart Disease
	Quiz Quiz: Chapters 12 & 13
Thu Sep 21, 2023	Assignment First Journal Submission
Fri Sep 22, 2023	Assignment Application Exercise: Family Health History
	Quiz Quiz: Chapters 14 & 15

Date	Details
Mon Sep 25, 2023	Assignment Chapter 16 - Application Exercise: Prescription Drug Abuse Discussion Topic Drug Use & Abuse
Wed Sep 27, 2023	Discussion Topic Tobacco & Marijuana Page Tobacco & Alcohol Survey
Fri Sep 29, 2023	Quiz Quiz: Chapters 16, 17 & 18 Assignment Second Journal Submission
Mon Oct 2, 2023	Assignment Chapter 19 - Application Exercise: Online Health Research Discussion Topic Healthcare Choices
Wed Oct 4, 2023	Discussion Topic Accidents & Injuries Quiz Chapter 21 - Application Exercise: Risk Assessment Discussion Topic End-of-Life Issues Discussion Topic Medicine Research - OTC Drugs vs Natural Alternatives Quiz Quiz: Chapters 19 & 20 Assignment Third Journal Submission Page Chapter 22 - Application Exercise: How to Live to be 100
Thu Oct 5, 2023	Quiz Quiz: Chapters 21 & 22
Tue Oct 10, 2023	Quiz Chapter 23 - Application Exercise: Protection Against Violence Quiz Chapter 24 - Application Exercise: Environmentally Conscientious

Date	Details
	Assignment Fourth Journal Submission
	Discussion Topic Violence in Our Society
Wed Oct 11, 2023	Discussion Topic Healthy Environment
	Quiz Quiz: Chapters 23 & 24
Fri Oct 13, 2023	Assignment Behavioral Change Project - Part 2
	Assignment End-of-Course Evaluation
Mon Oct 16, 2023	Assignment Final Application Exercise
	Assignment Gratitude Conference (Zoom & Asynchronous Options Available)
	Discussion Topic Takeaways Discussion