

**Department of Health Promotion and Behavior  
College of Public Health  
University of Georgia**

**HPRB 1710  
Health & Wellness  
Fall, 2007 Syllabus**

**Course Information**

Instructor: Donoria (Wilkerson) Evans, MPH                      Phone: 706-542-8734  
Office Location: Ramsey Center, Room 316                      Email: dwilker@uga.edu  
Office Hours: M & W - 11:15-12:15 or by appointment

**Course Meeting Time and Location**

Building: Student Learning Center  
Room: 150  
Day & Time: MWF, 10:10 – 11:00

**Textbooks and Other Required Course Material**

Teague, ML, Mackenzie, SLC, & Rosenthal, DM. (2007). Your Health Today: Choices in a Changing Society. (1<sup>st</sup> ed.). Boston, MA: McGraw Hill.

**Course Description**

This course is designed to provide students with an overview of a variety of health- and wellness related topics. It is a survey course and will introduce different topics and will not go as in-depth with topics as a course focused on particular health topics. It will present a multicultural coverage of holistic health for body, mind, and spirit. The ultimate goal for this course is for the students to develop a greater understanding and appreciation of health and well-being, as it relates to themselves and others around them, and for the students to be able to apply health and wellness knowledge in their personal life to improve their health. It also provides a stepping stone for students interested in pursuing other health topics.

**Course Learning Objectives**

At the end of this course, the student will be able to:

- Apply critical thinking skills in personal health practices, attitudes, values and beliefs
- Identify health risks and strategies to prevent or diminish the effects of illness or disease
- Explore the ecological context of health acknowledging the impact of social, cultural, environmental and community factors
- Utilize available and accurate health information sources to examine health issues

## Course Requirements for Grading Purposes

This course will use tests, interactive classroom activities, small group discussions and written assignments to encourage integration of healthy behaviors and attitudes into your daily life. Critical thinking is expected. WebCT will also be an integral part of this course. You will be expected to participate in classroom discussions and assignments. Your participation demonstrates your knowledge and reflection of the reading, and also contributes to a positive learning environment.

## Policies & Procedures

### *Classroom Etiquette:*

All electronic devices (cell phones, mobile devices, mp3s, laptops) must be turned off during class. Text messaging, emailing and the use of electronic devices is not allowed. Cell phones and mobile devices should be on silent or vibrate while class is in session, and should not be visible. Students who engage in using these items during class time will have points taken off when calculating the final grade.

### *Maintaining a Safe Learning Environment:*

I expect everyone to respect each other in class. We should be aware of the different backgrounds and beliefs that people have. Classroom discussion and activity participation should reflect sensitivity and respect for each others diversity. The class should be a safe space where every student feels that they can express themselves and participate freely in discussions. Disrespectful, demeaning or condescending comments will not be tolerated.

## Grading Policy

**Exams:** There will be a total of 5 exams given in class. Each exam covers a section. The items of the test will be objective. There will be 50 questions that are multiple choice or true/false and also extra credit questions. The tests will be a mix of class activities/lectures, guest speakers, videos and the textbook. You will be allowed to drop your lowest test score. Your test average will be the best 4 out of 5 test scores.

**Group Project / “Court” Cases:** Throughout the semester students will be assigned a group and a topic to present in a court case/debate style format. Groups will be given their topic in advance in order to prepare their research, and small class time to meet. On the day of these court cases the entire class will participate. Students have a topic and will present each side to the “jury” and judge (the rest of the class) and participation in these cases will be worth 50 points. Students who win their case will be given 5 bonus extra credit points. Each group will turn in a copy of their presentation and a short, persuasive paper presenting their opinion on the topic.

**Individual Assignment:** Students will have an individual assignment due towards the middle of the semester. You will be able to select from a variety of topics. Guidelines will be posted closer to the date.

**“Final” Paper:** This will be your final. It will be a 4-5 page reflection synthesizing what has been learned and discussed in class. Each student will reflect on their own health status and explore different components of health that have been learned in class. Guidelines for this paper will be given at a later date.

You must come to class during the final examination period to pick up your graded paper. If you do not, you will receive an “I” for the semester.

**Grading Scale:** There will be a total of 360 points max that you can earn in the class. The grades are a result of your accumulated points. There is no room for negotiation on grades. Your final grade will be based on the number of points from your exams, assignments and in-class participation/attendance. The scale is as followed:

<b>Exams:</b>	200 points
<b>Individual Assignment:</b>	20 points
<b>Final Paper:</b>	50 points
<b>Participation/Attendance:</b>	50 points
<b>Group Project/ “Court Cases”:</b>	<u>40 points</u>
<b>TOTAL:</b>	<b>360 points</b>

<b>A</b>	<b>360-336</b>	<b>A-</b>	<b>335-324</b>
<b>B+</b>	<b>323-313</b>	<b>B</b>	<b>312-300</b>
<b>B-</b>	<b>299-289</b>	<b>C+</b>	<b>288-277</b>
<b>C</b>	<b>276-263</b>	<b>C-</b>	<b>262-251</b>
<b>D+</b>	<b>252-242</b>	<b>D</b>	<b>241-227</b>
<b>D-</b>	<b>226-216</b>	<b>F</b>	<b>215 and below</b>

**Make-Up Policy**

There are no make-up exams, in-class activities or quizzes. Students who are not present on the day that an exam is given will receive a zero, which will count as your lowest test grade to be dropped. Any quizzes or in-class activities that are missed will receive a zero, which will count as part of your participation grade.

**Attendance Policy**

Regular attendance will not be taken in the usual format. Attendance will be graded through the participation and completion of in-class exercises. There will be different activities throughout the semester. Some activities will have a written component that you will be required to submit at the end of class. These submissions will count towards attendance/participation grades. There will be approximately 10 of these written activities collected throughout the semester. Each one is worth 5 points each. ***If you are not in class when these assignments are collected you will receive a 0.*** Therefore, it benefits you to attend class regularly. Often these points can mean the difference between receiving an “A” “A-“or a “B” etc in the class.

## University Honor Code and Academic Honesty Policy

The University of Georgia has a strict policy on academic honesty. *All academic work must meet the standards contained in “A Culture of Honesty.”* This means that each student must perform all academic work without plagiarism, cheating, lying, tampering, stealing, receiving unauthorized or illegitimate assistance from any other person, or using any source of information that is not common knowledge. All students are responsible to inform themselves about those standards before performing any academic work.

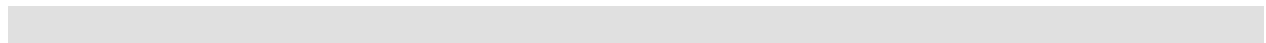
The UGA Student Honor Code states: "I will be academically honest in all of my academic work and will not tolerate academic dishonesty of others." This statement will appear on all exams and quizzes. Each student agrees to abide by this code by signing their name. *Further information on the academic honesty policy* can be found at [www.uga.edu/ovpi](http://www.uga.edu/ovpi).

## Students with Disabilities

It is the policy of the University of Georgia to make reasonable accommodation for qualified individuals with disabilities. If you are a person with a disability and need certain accommodations to complete course requirements, you must have a statement from the Disability Resource Center before accommodations can be made by the instructor. Further information can be found at: [www.drc.uga.edu](http://www.drc.uga.edu).

## General Disclaimers

*The course syllabus is a general plan for the course; deviations announced to the class by the instructor may be necessary.*



## Course Outline

### August

MON.	TUES.	WED.	THURS.	FRI.
				17 Introduction
20 Invitation to Health - 1	21	22 Changing your Behavior - 1	23	24 Genetics & Health – 2
27 – Psychological Health - 3	28	29 Personal Stress Management - 4	30	31 – Health & Community – 1

### September

MON.	TUES.	WED.	THURS.	FRI.
3 Labor Day Holiday	4	5 Exam Review / Financial Health – 1	6	<b>7 EXAM I</b>
10 Intro. Physical Fitness & Nutrition - 8	11	12 The Joy of Fitness - 8	13	14 Personal Nutrition – 7
17 Personal Nutrition - 7	18	19 Healthy Body Weight - 9	20	21 Supersize Me
24 Body Image & Eating Patterns - 10	25	26 Court Case I	27	28 Exam Review

### October

MON.	TUES.	WED.	THURS.	FRI.
<b>1 EXAM II</b>	2	3 Relationships & Communication - 14	4	5 Sexual Health Biology – 15
8 Personal Sexuality - 15	9	10 Reproductive Choices - 16	11	12 Reproductive Choices - 16  *Midterm withdrawal deadline*
15 Infectious Disease Prevention - 20	16	17 Infectious Disease Prevention - 20	18	19 Court Case II/ Exam Review
<b>22 EXAM III</b>	23	24 In-class activity	25 Fall Break	26 Fall Break
29 Tobacco use, misuse, abuse – 13	30	31 Tobacco use, misuse, abuse – 13  *Individual Assignment due*		

## November

MON.	TUES.	WED.	THURS.	FRI.
			1	2 Drugs use, misuse, abuse – 12
5 Drugs use, misuse, abuse – 12	6	7 Alcohol use, misuse, abuse - 11	8	9 Alcohol use, misuse, abuse – 11
12 Court Case III / Exam Review	13	<b>14 EXAM IV</b>	15	16 Keeping your heart healthy – 21
19 Chronic Disease Prevention – 22  *Final Paper Due*	20	21 Thanksgiving Holiday	22	23 Thanksgiving Holiday
26 Violence Prevention - 17	27	28 Injury Prevention - 18	29	30 Court Case IV

## December

MON.	TUES.	WED.	THURS.	FRI.
3 Exam Review	4	<b>5 EXAM IV</b>	6 – Last day of Class	7
10	11	12	13	14 Final Paper Returned (8 – 11)