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HTH 110.01: Personal Health and Wellness

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THE UNIVERSITY OF MONTANA
Department of Health and Human Performance

HTH 110: Personal Health & Wellness – 3 credits
Instructor: Carly Holman
Office Hours: T/TH 2:30-3:30, or by appointment
Email: carly.holman@umontana.edu

Fall Semester, 2013
Office: McGill 204

PURPOSE: The purpose of this course is to increase students' understanding of the foundations of personal health and wellness; and to provide students with information and experiences that will enhance knowledge of current topics in personal, social, and global health.

REQUIRED TEXT:

Edlin, G. & Golanty, E. (2010). *Health & Wellness (11th ed)*. Sudbury: Jones and Barlett Publishers.

COURSE REQUIREMENTS:

1. Attendance - this is a predominantly lecture course, however assigned exercises and in-class activities will serve as part of your grade. Therefore, attendance is strongly suggested. If you miss a class, it is your responsibility to check Moodle for any updates or changes to the syllabus.
2. Participation - in class will help to enhance learning and expose students to new ideas.
3. Assignments – a variety of assignments will be announced throughout the semester and posted on Moodle. If you miss a class, it is your responsibility to check Moodle for any assignments missed. These will typically consist of personal health awareness building activities, reflections on guest speakers or films, and non-text readings.
 - *Reading assignments:* please read chapter(s) before attending class in order to effectively participate in learning and small group sessions.
 - *The Health Wheel Assignment* will be announced in-class. Details of this assignment will be posted to Moodle and discussed in-class.
 - *Personal reflection exercises:* required exercises are noted in the syllabus. Please complete each exercise and bring it to class on the day noted. These exercises will be worth 5pts each and account for 30 of the 100 assignments points. Personal reflection exercises cannot be made-up or submitted late.

4. Exams - as a foundations course, a certain level of basic competency and knowledge must be established. Therefore, two exams and a cumulative final will serve as the major sources of points for this course. Please see syllabus for exam dates.

A few notes on exams: please be on-time and prepared for exams; late arrivals disrupt concentration and are disrespectful to your fellow students. All exams will be closed-book, and will consist of multiple choice questions. Cheating of any sort will not be tolerated.

Total Points:

Assignments (Exercises in the book, assigned reflections, health wheel assignment)	100 points
Exam 1:	100 points
Exam 2:	100 points
Final Exam:	100 points

Total Points:	400 points
<i>**Total possible extra credit</i>	<i>20 points</i>

GRADING POLICY:

Final grades will be based on a percentage of total possible points.

A	= 94% of total points
A-	= 90-93%
B+	= 87-89%
B	= 86-83%
B-	= 82-80%
C+	= 77-79%
C	= 73-76%
C-	= 70-72%
D+	= 67-69%
D	= 63-66%
D-	= 60-62%
F	= below 60%

TENTATIVE SCHEDULE

As the semester unfolds, changes may be made to the syllabus. Any changes will be announced in-class and posted to Moodle – it is your responsibility to attend class and/or check Moodle for announcements.

Date	Class Topic(s)	Assigned Reading (to be completed before attending class – so for example, Ch.1 is to be read <i>before class</i> on 8/29)	Assignments / Comments – due dates noted.
8/27	Intro / Syllabus		

8/29	Introduction to health and wellness foundations	Chapter 1	Exercise 1.1 (p.557) – bring to class completed for discussion
9/3	Mind-body Health	Chapter 2	In-class relaxation techniques
9/5	Mind-body Health	Chapter 2	Exercise 2.9 (pg.587)- bring to class completed for discussion
9/10	Stress/Health In class film-Stress	Chapter 3	Film reflection to be announced and posted on Moodle
9/12	Managing Stress	Chapters 3	
9/17	Mental Health/Illness	Chapter 4	
9/19	Emotions/Health <i>In class film- Happiness</i>		Film reflection to be announced and posted on Moodle
9/24	Physical Activity	Chapter 7	
9/26	EXAM 1: (CH 1-4, 7)		
10/1	Diet & Nutrition	Chapter 5	
10/3	Diet & Nutrition <i>In class film- Nutrition/Health</i>	Chapter 5	Film reflection to be announced and posted on Moodle
10/8	Managing a Healthy Weight	Chapter 6	
10/10	Diabetes Prevention		
10/15	Body Image and Eating Disorders		Exercise 6.3 (pg. 649) – bring to class completed for discussion
10/17	Healthy Sexuality and Intimate Relationships	Chapter 8	
10/22	Understanding Pregnancy and Parenthood	Chapter 9	
10/24	Choosing a Fertility Control Method/STDs and AIDs	Chapter 10/ 11	
10/29	EXAM 2: (CH 5-6, 8-11)		
10/31	Prescription Drug Abuse	Chapter 16	
11/5	Using Drugs Responsibly	Chapter 16	Exercise 16.4 (pg. 719) – bring to class completed for discussion Health Wheel Assignment will be given out

			and discussed in class
11/7	Using Alcohol Responsibly	Chapter 18	
11/12	NO CLASS	Use this time wisely; do some reading begin reviewing for the final etc.! 😊	NO CLASS
11/14	Healthy Environment	Chapter 24	Exercise 24.1 (pg. 753) – bring to class completed for discussion
11/19	Health Care Decisions	Chapter 19	
11/21	Alternative Medicine	Chapter 20	
11/26	Alternative Medicine	Chapter 20	<i>Guest Lecturer: Neil Chaput de Saintonge</i>
11/28	Thanksgiving- No Class!!		
12/2	Aging and Dying	Chapter 22	Exercise 22.1 (pg. 749) – bring to class completed for discussion
12/5	Final Exam Prep		Health Wheel Assignment Due Last Class! 😊
12/10	Final Exam 10:10-12:10pm McGill 210 (regular classroom)		

General Information

UNIVERSITY REQUIRED STATEMENT:

“All students must practice academic honesty. Academic misconduct is subject to an academic penalty by the course instructor and/or a disciplinary sanction by the University.”

All students need to be familiar with the Student Conduct Code. The Code is available for review online at <http://www.umt.edu/SA/VPSA/index.cfm/page/132>