

1-2014

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: M/W 11-12, or by appointment

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Spring Semester, 2014

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. **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 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	85 points
(Exercises in the book, assigned reflections, health wheel assignment)	
Exam 1:	100 points
Exam 2:	100 points
Exam 3:	100 points

Total Points: 385 points

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 1/30)	Assignments / Comments – due dates noted.
1/28	Intro / Syllabus		

1/30	Introduction to health and wellness foundations	Chapter 1	Exercise 1.1 (p.557) – bring to class completed for discussion
2/4	Mind-body Health	Chapter 2	In-class relaxation techniques
2/6	Mind-body Health	Chapter 2	Exercise 2.9 (pg.587)- bring to class completed for discussion
2/11	Stress/Health In class film-Stress	Chapter 3	Film reflection to be announced and posted on Moodle
2/13	Managing Stress	Chapter 3	
2/18	Mental Health/Illness	Chapter 4	
2/20	Emotions/Health <i>In class film- Happiness</i>		Film reflection to be announced and posted on Moodle
2/25	Physical Activity	Chapter 7	
2/27	EXAM 1: (CH 1-4, 7)		
3/4	Diet & Nutrition	Chapter 5	
3/6	Diet & Nutrition <i>In class film- Nutrition/Health</i>	Chapter 5	Film reflection to be announced and posted on Moodle
3/11	Diabetes Prevention		Guest Lecturer: Maja Pederson
3/13	Managing a Healthy Weight	Chapter 6	
3/18	Body Image and Eating Disorders		
3/20	Healthy Sexuality and Intimate Relationships	Chapter 8	
3/25	Understanding Pregnancy and Parenthood	Chapter 9	
3/27	STDs and Fertility Control	Chapter 10-11	
4/1	NO CLASS	SPRING BREAK	☺
4/3	NO CLASS	SPRING BREAK	☺
4/8	Using Drugs Responsibly /Exam 2 Review	Chapter 16	
4/10	Exam 2 CH (5-6, 8-11)		
4/15	Using Drugs Responsibly	Chapter 16	Exercise 16.4 (pg. 719) – bring to class

			Health Wheel Assignment will be given out and discussed in class.
4/17	Using Alcohol Responsibly	Chapter 18	
4/22	Using Alcohol Responsibly	Chapter 18	
4/24	Making Decisions About Health Care	Chapter 19	
4/29	Alternative Medicine	Chapter 20	
5/1	Alternative Medicine	Chapter 20	<i>Guest Lecturer: Neil Chaput de Saintonge</i>
5/6	Aging and Dying	Chapter 22	
5/8	Course Wrap Up		Health Wheel Assignment Due Last Class! 😊
5/13	Final Exam 8:00-10:00 (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/VP/SA/index.cfm/page/132>

Beginning the sixteenth (16) instructional day of the semester or February 18, 2014 through the forty-fifth (45) instructional day or April 7, 2014 students use paper forms to drop, add and make changes of section, grading option, or credit. The drop/add form must be signed by the instructor of the course and the student's advisor. The signed drop/add form must be returned to the Registration Counter (or the Registrar's Office at Missoula College) no later than the forty-fifth instructional day. A \$10.00 processing fee is charged for each drop/add form. Added courses and credits may result in additional fees. There are no refunds or reductions of fees for courses dropped and grades of W (withdrew) are recorded.

Beginning the forty-sixth (46) instructional day of the semester or April 8, 2014 through the last day of instruction before scheduled final examinations (May 9, 2014), students must petition to drop. The petition form must be signed by the instructor of the course and the student's advisor and the dean of the student's major. A \$10.00 processing fee is charged for each petition. There are no refunds or reductions of fees for courses dropped, and the instructor assigns a grade of

WP (withdrew/passing) if the student's course work has been passing or a WF (withdrew/failing) if the course work has been failing. These grades do not affect grade averages but they are recorded on students' transcripts.

Documented justification is required for dropping courses by petition. Some examples of documented circumstances that may merit approval are: accident or illness, family emergency, or other circumstances beyond the student's control. The opportunity to drop a course for the current term for such a course ends on the last day of instruction before scheduled final exams. Dropping a course taken in a previous term or altering grading option or audit status for such a course is not allowed. The only exceptions are for students who have received a grade of NF (never attended). Contact the Registration counter at (406) 243-6077 or your advisor if you have further questions.

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