



Course Syllabus: Health and Wellness
Gunn College of Health Sciences & Human Services
ATRN 1203 x20 & EXPH 1203 x20
Spring 2022

Contact Information

Instructor: William Lyons, MS, ATC, LAT
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Course Description

Study of the physiological and psychological basis for health and disease with emphasis on current health topics including mental health, alcoholism, drug abuse, and social disease.

General Course Information

1. Credit: Three semester hours
2. Intended Audience: ATRN/EXPH majors
3. Days, Times, Place: Online
4. Texts:
 - a. Donatelle RJ. Health: The Basics 11/e. Pearson

Course Objectives

Upon successful completion of this course, the student will be able to:

1. Discuss physiological, psychological, and socio-cultural factors influencing the health status of the physically active individual.
2. Critique selected approaches to supporting health lifestyles in the physically active individual.
3. Describe the epidemiology of health problems/issues commonly affecting physically active individuals.
4. Discuss evidence-based approaches to the management of health problems/issues commonly affecting individuals.

Student Handbook

Refer to: Student Handbook 2017-18
Study Hours and Tutoring Assistance
Every Thursday: 4:00PM – 7:00PM

Course Evaluation

Course Evaluation

1. Course Requirements:

- a. Completion of unit quizzes, discussion boards, written assignments.
- b. Regular attendance log into D2L .

2. Grading:

Assignments	Points
Unit quizzes Quiz's (8-25 pts each)	200
Discussion Boards (9-10 pts each)	90
Assignments (6-10 pts each)	60
Final Exam	150
Total Points	500

3. Grading Scale:

Grade	Points
A	90 to 100% of total points
B	80 to 89% of total points
C	70 to 79% of total points
D	60 to 69% of total points
F	Less than 60 % of total points

Tentative Course Schedule

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.

Date	Description	Due Date
January 8-23	Chapter 1 and 2 Assignment 1-All About Me DB 1 and 2 Quiz 1	Assignment 1 DB 1; 1/14/22 DB 2/ Quiz 1 1/23/22
January 24 – February 6	Chapter 3 and 4 Assignment 2- Behavior Change Discussion 3 Quiz 2	Assignment 2 1/30/22 DB 3/ Quiz 2 2/6/22
February 7-20	Chapter 5 and 6 Assignment 3- Assess Your stress Discussion 4 Quiz 3	Assignment 3 2/11/22 DB 4/Quiz 3 2/20/22
February 21-March 6	Chapter 7 and 8 Assignment 4: Assess Yourself: Eating Habits Discussion 5 Quiz 4	Assignment 4 2/25/22 DB 5/ Quiz 4 3/6/22
March 7-20	Chapter 9 and 10 Assignment 5: Assess Yourself: Death	Assignment 5 3/11/22

	Discussion 6 Quiz 5	DB 6/ Quiz 5 3/20/22
March 21-April 3	Chapter 11 and 12 Discussion 7 Quiz 6	DB 7/ Quiz 6 4/3/22
April 4-17	Chapter 13 and 14 Discussion 8 Quiz 7	DB 8/ Quiz 7 4/17/22
April 18-April 29	Chapter 15 and 16 Assignment 6: Behavior Change Summary Discussion 9 Quiz 8	Assignment 6 4/22/23 DB 9/ Quiz 8 4/29/22

All quizzes and assignments are due on 11:00 p.m. the day of the due date. The **Final Exam** will open on April 20 6 AM and close May3 11 PM.

Homework

Discussion Boards:

Every other week you will have a Discussion Board (DB) titled by the chapters covered during that course week (example: ch.1-4). Within each DB, there are a couple of topics up for discussion, but you only have to discuss one of the topics each week to receive some points for the assignment. In order to receive full credit for the DB assignments: 1) responses need to be at least a paragraph long (5-6 sentences) using supportive evidence from an outside, peer reviewed source, to support your opinions (please include the reference in APA format at the end of your post); 2) once your DB is posted, you need to respond to at least **TWO** of your classmate's DB posts (these are meant for discussion, responses should NOT be 1-2 sentences telling your classmate that you agree or disagree with them). D2L is set up so that you have to create your thread post first before it will allow you to respond to others in the course. As long as the DB meets the components listed above, you will receive all points for that discussion board. Email me if you have any questions. Remember you are not limited to only a paragraph (This is a minimum requirement for rubric grading purposes for this assignment) but please do not write more than 3 paragraphs.

Assignments (turn in via Dropbox on D2L):

***All assignments should have the font Times New Roman, size 12-point font, and saved as either a Word document or PDF – any other non-universal document format will not be accepted. ***

Worksheets:

All About Me Paper:

Think about your life story and elaborate on it. I want to get to know the real you. You will need to write a 1 page, 3 paragraph paper about your life and everything you want me to know about you. This needs to be a properly written paper with no slang words.

Behavior Change Contract:

Think about a habit or factor that is inhibiting your health and/or wellness (this does not have to be a physical factor(s) only. Fill out the "Behavior Change Contract" that is attached in the 'DROP BOX' labeled, "Behavior Change Contract" in the assignments tab on D2L. At least 2 of the 3 short-term goals must be attainable by the end of the summer semester. Goals need to be realistic!

Assess Yourself: (Stress)

How Stressed Are You? Respond to each section, assigning points as directed. Total the points from each section, then add them and compare to the life-stressor scale. Worksheets include 1. Recent History; 2. Self-Reflection; and 3. your plan for change (a brief (paragraph) summary of your overall thoughts throughout the worksheet and plan for change).

Assess Yourself: (Eating Habits)

How Healthy Are Your Eating Habits? Keep a food diary for 5 days. This assignment should include: 1. Keep track of your food intake; 1a. Does your diet have proportionality; 2. Evaluate your food intake; 2a. Are you getting enough fat-soluble vitamins in your diet; 2b. Are you getting enough water-soluble vitamins in your diet; 3. your plan for change (a brief (paragraph) summary of your overall thoughts throughout the worksheet and plan for change).

Assess Yourself: (Death)

Are you afraid of death? Using the worksheet on page 450 of your book, assess yourself and your plan for change (a brief (paragraph) summary of your overall thoughts throughout the worksheet and plan for change).

Behavior Change Summary:

This can also be found in the 'DROP BOX' on D2L. This will be a page long summary explaining what your change was, what you did to accomplish or not accomplish your goals, etc. Think of the assignment as a page long reflection for your behavior change.

Quizzes

There are 8 quizzes over the course of this spring semester. Each quiz is worth 25 points, totaling 200 quiz points for the semester. Quizzes are multiple choice and only include content from that week's chapter material. **Please note all quizzes will be given through the lock down browser in D2L. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab)**

Final Exam

The final exam is worth 150 points. The final exam is also a multiple-choice exam. However, it is comprehensive. This exam will include content from any chapter

covered within the semester. You have three hours (180 minutes) to complete the exam with one attempt at it. Please make sure that you only open the exam when you are ready to take it. You will NOT be able to leave the exam and complete it later. Make sure to save all answers after you click on a choice, throughout the exam, and before you hit 'submit'. Read all directions provided for any technical issues you might have. **Please note the final exam will be given through the lock down browser in D2L. Please read the instruction sheet on lock down browser before starting a quiz (located in the syllabus tab)**

If you have any questions or concerns during the exam, you may text me (please include who you are) at 307-760-4363.

Late Work

Late work is NOT accepted.

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into D2L through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Attendance

Students are expected to attend all meetings of the classes in which they are enrolled. Although in general students are graded on intellectual effort and performance rather than attendance, absences may lower the student's grade where class attendance and class participation are deemed essential by the faculty member. In those classes where attendance is considered as part of the grade, the instructor should so inform students of the specifics in writing at the beginning of the semester in a syllabus or separate attendance policy statement. An instructor who has an attendance policy must keep records on a daily basis. The instructor must give the student a verbal or written warning prior to being dropped from the class. Instructor's records will stand as evidence of absences. A student with excessive absences may be dropped from a course by the instructor. Any individual faculty member or college has the authority to establish an attendance policy, providing the policy is in accordance with the General University Policies.

Online Computer Requirements

Taking an online class requires you to have access to a computer (with Internet access) to complete and upload your assignments. It is your responsibility to have (or have access to) a working computer in this class. **Assignments and tests are due by the due date, and personal computer technical difficulties will not be considered reason for the instructor to allow students extra time to submit assignments, tests, or discussion postings.** Computers are available on campus in various areas of the buildings as well as the Academic Success Center. **Your computer being down is not an excuse for missing a deadline!!** There are many places to access your class! Our online classes can be accessed from any computer in the world which is connected to the internet. Contact your instructor

immediately upon having computer trouble If you have technical difficulties in the course, there is also a student helpdesk available to you. The college cannot work directly on student computers due to both liability and resource limitations however they are able to help you get connected to our online services. For help, log into D2L

Instructor Class Policies

For online courses, attendance is based on participation of assignments and discussion boards throughout the course of the semester. I will check D2L to make sure students are logging in weekly. If you do not conform to this policy, your grade will be lowered 10% for each absence over the allowable limit.

Academic Honesty/Dishonesty

Midwestern State University is built upon a strong foundation of integrity, respect, and trust, All members of the university community have a responsibility to be honest and the right to expect honesty from others. Any form of academic dishonesty is unacceptable to our community and will not be tolerated.

Plagiarism is strictly forbidden on any course assignment. (This includes class notes and fellow students work!) All, work, besides your own, should be cited and a reference given. Do not misrepresent nay of your efforts on any academic task for which you will receive a grade.

Student Honor Creed

"As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so."

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters.

We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each individual student. We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

DEFINITIONS.

A. ACADEMIC DISHONESTY. An action attempted or performed that misrepresents one's involvement in an academic endeavor in any way, or assists another student in misrepresenting his or her involvement in an academic endeavor. Examples of academic dishonesty include, but are not limited

Plagiarism: presenting the work (i.e., ideas, data, creations) of another, wholly or in part, as one's own work without customary and proper acknowledgement of sources and extent of use, unless authorized by the instructor

Cheating: using information, study aids, notes, materials, devices, or collaboration not explicitly approved by the instructor. For example: doing a class assignment for someone else or allowing someone to copy one's assignment; copying from, or assisting, another student during an examination; or stealing, or otherwise improperly obtaining, copies of an examination before or after its administration.

Fraud: altering or inventing data, research, or citations for an academic endeavor; fabricating, forging or otherwise misrepresenting to an instructor or an institution one's past or current academic or professional activities; impersonating someone or allowing oneself to be impersonated for an examination or other academic endeavor; using a ghost writer, commercial or otherwise, for any type of assignment.

Violation of Standards: violations against ethical and professional standards required by individual University programs, academic courses, and clinical programs that may result in qualification for entry into a profession that maintains standards of conduct.

Multiple Submissions: submitting, wholly or in part, the same academic endeavor to earn credit in two or more courses without explicit approval by all concerned instructors.

Interference/Obstruction: interfering with academic efforts of other students to gain unfair advantage for personal academic advancement. Interference may include but is not limited to, sabotage, harassment, tampering, bribery, or intimidation of another student.

Complicity: assisting another person in any act of academic dishonesty as defined above.

B. ACADEMIC ENDEAVOR. Any student activity undertaken to earn University credit or meet some other University program requirement. Examples of academic endeavors include, but are not limited to:

Course assignments (written/oral, projects, research, exhibitions of work)

Exams (written/oral, quizzes)

Clinical assignments (internships, rotations, practica)

Presentations (on and off campus)

Publications

Independent study coursework

Plan B papers/projects, theses, dissertations

Student media associated with academic credit

Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. **HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS.** Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. **FURTHERMORE THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERSITY COMMITTEE FOR THE APPROPRIATE DISCIPLINARY ACTION**

Students With Disabilities

Midwestern State University is committed to providing equal access for qualified students with disabilities to all university courses and programs, and by law all students with disabilities are guaranteed a learning environment that provides reasonable accommodation of their disability. This guarantee is provided through Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. The ADA reads: "No qualified individual with a disability shall, by reason of such disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of a public entity, or be subject to discrimination by any such entity." The Director of Disability Support Services serves as the ADA Coordinator and may be contacted at (940) 397.4140, TDD (940) 397.4515, or 3410 Taft Blvd., Clark Student Center 168.

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College Policies

Campus Carry Rules/Policies

Refer to: [Campus Carry Rules and Policies](#)

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by WATC. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful

possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on University property or at University-sponsored activities.