HPW 102 the Healthy American

Fall 2022

Week by Week Activities for the Semester and Extra Credit

Professor's Contact Information

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Zoom Meeting Connection:  [Link Links to an external site.https://uwsp.zoom.us/j/7153462096?pwd=QnZUa2VpNzBTSEV1WHZYVnVpUStRUT09](https://uwsp.zoom.us/j/7153462096?pwd=QnZUa2VpNzBTSEV1WHZYVnVpUStRUT09)

 Week of:

* Week 1 - September 5-11              Introduction
* Week 2  -September 12-18            What is Wellness?
* Week 3 - September 19-25            What Motivates Your Actions?          Who Do You Want to Be?
* Week 4 -  Sept. 26-Oct. 2              Catch Up Lecture and Reflection Question
* Week 5 -  October 3-9
* Week 6 - October 10-16                Living an Active Lifestyle; Activity and Exercise
* Week 7 - October 17-23                Resiliency - Screen Time and Social Media
* Week 8 - October 24-30                Stress
* Week 9 - October 31- Nov. 6        Sexual Health
* Week 10- November 7-13             Values, Vision, and Mission
* Week 11- November 14-20           Goals and Objectives  BEHAVIOR CHANGE PROJECT
* Week 12 -November 22-28          THANKSGIVING BREAK
* Week 13 - Healthy Sexuality
* Week 14 -                                        Behavior Change Project Due
* Finals:  Take the final quiz on the Canvas  site.    You do not need to attend a final period in person.  If you would like your Behavior Change Project back please e-mail [kschoona@uwsp.edu](mailto:kschoona@uwsp.edu).

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| Assignments and Evaluation Criteria  Tasks:   1. 150 points -  Complete Wellness survey done on line 2. 150 points – Wellness Wheel Diagram and Analysis (Done in class during week 2) 3. 150 points – Talents, Abilities, and Gifts paper (Questions found on Canvas) 4. 150 points - Nutrition Assessment and Analysis  (Found on Canvas) 5. 150 points - Complete EChug Assessment and Analysis  (Survey found on Canvas) 6. 450 points - Fitness Assessment 7. 600 points – SMART Goal, Objectives, Behavior Change Log   (See samples on the web site) 8. 150 points – Budget and Spending Worksheets and Analysis  (Forms found on Canvas) 9. 150 points – Stress Assess Analysis   (Found on Canvas) 10. 100 points –  Each QUIZZ on lectures and reading (2 lowest grades dropped) 11. 50 points – Attendance - per week attended   Reflections   Grades determined by a percentage of total points available.  See chart below for percentile breakdown. |

Late Assignments - Automatic Deductions

* Failing to show up for your [fitness assessment Links to an external site.](http://www4.uwsp.edu/hphd/healthyamerican/HPW%20102%20fitness%20assessment.pptx) appointment - you will be charged an additional $6.50 for a [make-up Links to an external site.](https://cps.uwsp.edu/hphd/healthyamerican/). Miss the make-up?  Now you need to bring $13.00 to your second make-up appointment.
* Late assignments (after due date) - minus 1/2 of the available points.
* Late quiz - no makeup possible.  It is perfectly acceptable for students who miss class to take the quiz for that week.  Remember: the 2 lowest quiz scores will be thrown out.
* Failure to complete behavior change logs or [fitness assessment Links to an external site.](http://www4.uwsp.edu/hphd/healthyamerican/HPW%20102%20fitness%20assessment.pptx) - **course failure**

Attendance

Class attendance (50 points per class) will be accrued by answering the attendance insight question and posted to the Canvas site.   Since students may miss up to two class sessions without penalty, there will be no “excused absences.” All absences will be judged equally, whether the student considers them “excused” or not. For example, students who know ahead of time that they will miss class due to competitions, performances, events, or other obligations (UWSP-related or not) will simply use the freebies on those occasions.

Extenuating circumstances will be considered on a case-by-case basis. Please contact the instructors to discuss your case.

Online Assignments

Healthy American online assignments accessed via Canvas.  Different personal computers have different networking capabilities (e.g., Macs vs. PCs). It is your responsibility to know BEFORE the assignment deadline if your own personal computer or network is not compatible with the University system. To ensure proper credit is obtained, we strongly suggest that you submit your work through a computer in a campus computer lab.  All assignments must be turned in in a format that is compatible with the University supplied software systems.

Student's Responsibilities

To achieve maximum credit for participation in this class, students are expected to attend all required class sessions and complete all assigned work according to instructions. The late work policy is stated above. The absence policy is stated above.

When students miss class, it is their responsibility to obtain information about the material covered and assignments.

It is the student’s responsibility to anticipate difficulties in meeting the expectation of the course.  It is the student’s responsibility to discuss any concerns with the instructors in a TIMELY manner to ensure students can perform to the best of their ability. Should a student feel that extenuating circumstances prevent him/her from meeting the expectations of the course, the student must contact the instructors as soon as possible to discuss the situation.

**Grading Scale**

A     92-100%  
A-    88-91.9%  
B+   85-87.9%  
B     82-84.9%  
B-    79-81.9%  
C+   76-78.9%  
C     73-75.9%  
C-    70-72.9%  
D+   67-69.9%  
D     60-66.9%  
F      below 60%

*If you have questions about the course or about your course progress, email*[*hpw102q@uwsp.edu*](mailto:hpw102q@uwsp.edu)*.*