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| **Healthy American Menu   To get week-by-week instructions, click on the dates below:**   * [**Syllabus**](file:///Z:/hphd/healthyamerican/syllabus.asp) * [**Week 1- January**](file:///Z:/hphd/healthyamerican/week01.asp) **27 - February 2        Introduction** * [**Week 2 - February 3 - 9**](file:///Z:/hphd/healthyamerican/week02.asp) **What is Wellness?** * [**Week 3 - February 10 - 16**](file:///Z:/hphd/healthyamerican/week03.asp) **Change-Becoming Who You Are, Authentically** * [**Week 4 - February 17**](file:///Z:/hphd/healthyamerican/week04.asp) **- 23                      Activity and Exercise** * [**Week 5 - February 24 - March 2**](file:///Z:/hphd/healthyamerican/week05.asp) **Nutrition** * [**Week 6 - March 2 - 9**](file:///Z:/hphd/healthyamerican/week06.asp) **Developing Purpose** * [**Week 7 - March 10 - 16**](file:///Z:/hphd/healthyamerican/week07.asp) **Sexual Health** * [**Week 8 - March 17  - 23**](file:///Z:/hphd/healthyamerican/week08.asp) **Spring Break NO CLASS** * [**Week 9 - March 24 - 30**](file:///Z:/hphd/healthyamerican/week09.asp) **Poverty Simulation** * **W**[**eek 10 - March 31 - April 6**](file:///Z:/hphd/healthyamerican/week10.asp)**Goals and Objectives *BEHAVIOR CHANGE PROJECT!*** * [**Week 11  -**](file:///Z:/hphd/healthyamerican/week11.asp) **April 7 - 13                               Financial Health** * [**Week 12  - April 14 - 20**](file:///Z:/hphd/healthyamerican/week12.asp)**Stress** * **Week 13 - April 21- 27                              Work on your Behavior Change Project** * **Week 14 - April 28 - May 4                     Behavior Change Project Due** * **Finals:  Section 1 -  (You must come at the beginning)   Section 2 -** |
| Professors                                 Healthy American Office Assistants   |  |  |  | | --- | --- | --- | |  | **Kelly Schoonaert, Ph.D**.  **Z:\coaching logo.jpg**  [kschoona@uwsp.edu](mailto:kschoona@uwsp.edu)715-346-2096 **CPS 214**  Office Hours:  Mon.   1:00-200 p.m.  Tues.    11:30-12:15  Wed.   11:30-12:45  Thurs.  By appointments  Fri.     1:00-3:00 (Most Fridays)    Brian Krolczyk, Ph.D.  715-346-4801  Brian.Krolczyk@uwsp.edu  CPS 242B  Office Hours: | This is a seperate office than the professor's offices where you can obtain help  Healthy American HP/W 102 Office Hours   CPS 218  Mondays:    Tuesdays:    Wednesdays:    Thursdays: |   **This class uses “Turning Point Cloud” to do interactive polling.**  You will need to purchase a Turning Technologies code from the bookstore to participate in the class. You will be required to check out a clicker from the **UWSP IT Service Desk** to respond to polling if you do not wish to use your SMART phone.Check out of the clicker is at the  **UWSP IT Service Desk in room 027 ALB, basement of the UWSP Library.** Device checkout is **free of charge.**  **Returning clickers:** Clickers must be returned to IT Service Desk before the end of finals. Students with unreturned clickers will be billed a late fee and/or may be billed the replacement cost of the clicker.   For Service Desk hours:  <http://www.uwsp.edu/infotech/Pages/HelpDesk/default.aspx>  **You will need your UWSP Student ID to get your clicker.**   Turning Point Account  You will need to create a Turning Technologies account in order to register your device to the class. Please use your UWSP email address to create an account here: <https://account.turningtechnologies.com/account/>   You can find help with Turning Point Cloud here:  <https://www.turningtechnologies.com/support/turningpoint-cloud> |
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| **Course Description/Outcomes**  The primary purpose of this course is to encourage students to explore and practice a balanced lifestyle. Students will become familiar with the "Stevens Point 7 Dimensions of Wellness Model". Participants will assess their personal lifestyle using several assessments and evaluate their current levels of wellness in body, mind, and spirit through each of the 7 dimensions.  Students will think about how these elements impact themselves as individuals, and as members of communities. Students will be asked to design, implement, and sustain a personal plan to address one behavior identified by them, that will enhance their wellness in a meaningful way. In addition, students will undertake an in-depth exploration of what it means to be healthy in a fast-paced, multidimensional society. Students will identify core values and behavioral intentions, examine choices relating to an outcome, pursue an outcome that has meaning for them and evaluate their success; skills that can be used now and in the future for achieving wellness.  [**Medical Information Privacy Notice**](file:///Z:/privacy.asp) |
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| *If you have questions about the course or about your course progress, email* [*hpw102q@uwsp.edu*](mailto:hpw102q@uwsp.edu)*.* |