HPW 102 The Healthy American

Spring 2021

Professor's Contact Information

Dr. Kelly Schoonaert

CPS 214           Office Phone:  715-346-2096

e-mail address:  [kschoona@uwsp.edu](mailto:kschoona@uwsp.edu)

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>

I host an on-line Zoom chat every week for students to talk to me and each other, ask questions, get advice on how to meet the objectives on the assignments, talk about the quizzes, anything you want really.  Each Wednesday at 1:00 I will be on Zoom waiting for you if you want to come.

Week by Week Activities for the Semester

* Week 1 -  January 25               Introduction
* Week 2  - February 1              What is Wellness?
* Week 3 -  February 8               What Motivates Your Actions?          Who Do You Want to Be?
* Week 4 -  February 15            Catch Up Lecture and Reflection Question only No quiz or assignment
* Week 5 -  February 22             Living an Active Lifestyle; Activity and Exercise
* Week 6 - March   2                  Sexual Health - Sex in the Time of Covid and other fun topics
* Week 7 - March 16                  Resiliency - Screen Time and Social Media
* Week 8 - March 22                   Mid-term break
* Week 9 - March 29
* Week 10- April 5                      Values, Vision and Mission
* Week 11  - April 12                  Financial Wellness
* Week 12 - April 19                    Goals and Objectives    BEHAVIOR CHANGE PROJECT
* Week 13 - April 26
* Week 14 - May 3                       Behavior Change Project Due  May 7
* 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 file, containing your Behavior Change Project back please e-mail [kschoona@uwsp.edu](mailto:kschoona@uwsp.edu).

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| Online Assignments  Healthy American online assignments are BEST completed in any WORD and uploaded into Canvas. Although you may access assignments via the Internet using your own computer, know that 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 view all required class sessions and complete all assigned work according to instructions. The late work policy is stated above.  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 instructor as soon as possible to discuss the situation.  Extra Credit Points Are Available  Extra credit assignments will be announced during class time, via email, on D2L, and/or on this page as they become available. To receive credit, you must turn in your report to The Box (outside of CPS 214) within one week of the event date. **No credit for late papers.**To receive credit, you must **TYPE**in the upper left corner of the paper 1) your name, 2) student ID#, 3) section #, and 4) both the name and date of the activity you attended.  Note: Extra credit work in this course is strictly voluntary and by personal choice.  There is a 300 point maximum for extra credit.   1. 50 points-Do both the EChug and the Stress Assess self evaluations in week 9. 2. 50 points - Work with a Student Health Coach for four weeks (20-30 minutes per week). 3. 30 points - **Donate** blood.  Place your donor sticker (or other evidence that you donated) on a piece of paper. Note:  You cannot receive extra credit points for donating plasma if you get paid for it. 4. 30 points\* - Attend an **academic or educational** event (speaker, lecture, seminar, workshop) available to the UWSP community (usually announcements on SMOD). Students may earn points this way three times (up to 900 points total).  If you’re not sure whether a speaker, lecture, seminar, or workshop will count for extra credit, email [hpw102q@uwsp.edu](mailto:hpw102q@uwsp.edu) . 5. 30 points\* – Attend an **arts event** announced at [http://www.uwsp.edu/cofac/ (Links to an external site.)](http://www.uwsp.edu/cofac/)  or other locations across campus.   Students may earn points this way three times (up to 90 points total).   1. 30 points\* – Attend as a **spectator** a UWSP athletics event. Students may earn points this way two times (up to 600 points total) and the 2 events MUST be different (1 hockey game and 1 track meet; but not 2 hockey games).  Or, if you are **on an athletic team**, you may submit a paragraph one time about why you choose to play your sport, what benefit you derive from it, what hardships it presents and how you overcome them, how it enhances your overall wellness and your life.  This would also be worth 300 points. 2. 30 points\* – **Volunteer** in the community.  Volunteer opportunities can be created by the student or can be existing opportunities sponsored by community (YMCA, school, Boys and Girls Club, Salvation Army, Red Cross, American Cancer Society, Special Olympics, etc.) and/or UWSP organizations.  The community served by your effort can be any community meaningful to you: home town, Stevens Point, UWSP, etc.  Taking part in an event that benefits a non-profit, service, or community organization also counts.  Example events include fun runs and other fundraising events.  Students may earn points this way two times (up to 600 points total) and the 2 types of events MUST be different (1 fun run and 1 day volunteering at the children's museum; but not 2 fun runs). 3. 30 points\* – Attend an event that exposes you to a **culture or ethnic heritage different from your own.**  Students may earn points this way two times (up to 600 points total) and the 2 events MUST pertain to different cultures or ethnicities (e.g., Festival of India and Taste of Toj Roob; but not 2 Hmong events or 2 Indian events). 4. 30 points\* - VOTE in the upcoming election.  Take a picture of yourself OUTSIDE the polling place OR of your envelope if you are voting absentee.  PLEASE NOTE:  Do NOT include a picture or reference to the people you have voted for. We have no interest in ascertaining that information, but engaging  in civic society is part of social wellness.   **\*To earn extra credit for items 4-8 in the list above**, you must also TYPE 1 brief paragraph (no more than 1/2 a page) about your experience attending or taking part in this event. You can write anything, but do focus on something reflective about your thoughts and/or feelings surrounding the event, topic, or your role in that event. Example things you could write about include, why you went, was it worthwhile, did you learn anything, how did you feel about the subject/event/your contribution, did attending influence your personal life in any way, did it change your view on music, life, the arts, the subjects at hand, your community, people different from you, etc, etc, etc.   Attendance  Class attendance (50 points per class) will be accounted for by in-class work that can only be handed in at the end of class in the week it is due.  Of the 12 scheduled class sessions, students are required to attend 10. Since students may miss one 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 are BEST completed in any computer lab on campus. Although you may access assignments via the Internet where possible using your own computer, know that 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. The Healthy American website and D2L both contain assignment information. Students who wish further information or assistance should first contact the Healthy American Office Assistants during their [office hours (Links to an external site.)](http://www4.uwsp.edu/hphd/healthyamerican/syllabus.asp) or via [hpw102q@uwsp.edu](mailto:hpw102q@uwsp.edu) .  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)*.* |