HPW 102 Healthy American

SPRING 2022

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>

[Settings](https://uwstp.instructure.com/courses/479110/pages/description-of-points-available?module_item_id=13373338)

Description of Points Available

Assignments and Evaluation Criteria

Tasks:

1. 150 points -  Complete Wellness self-Assessment  (Wellness survey done on line)
2. 150 points – Wellness Wheel Diagram and Analysis (Done in class 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. 500 points – Make (for 100 pts) and Keep (for 400 pts) Appointment for Fitness Assessment (HEC 033)
6. 600 points – BEHAVIOR CHANGE PROJECT--SMART Goal, Objectives, Behavior Change Log   (See samples on the web site)
7. 150 points – Budget and Spending Worksheets and Analysis  (Forms found on Canvas)
8. 100 points –  Each QUIZ on lectures and reading (2 lowest grades dropped)
9. 50 points – Attendance - per week attended   You must be on time and stay for the entire period to receive credits.

Grades determined by a percentage of total points available.  See chart below for percentile breakdown.

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 Canvas dropbox within one week of the event date or place it in an attendance crate in class.   To receive credit, you must  TYPE  both the name and date of the activity you attended. Write a paragraph about what it is, why you chose to attend, what you learned from it and how it affects your overall well-being.***

Note: Extra credit work in this course is strictly voluntary and by personal choice.  There is a 300 point maximum for extra credit.

1. 150 points - Work with a Student Health Coach for four weeks (20-30 minutes per week).
2. 20 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.
3. 50 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 90 points total).  If you’re not sure whether a speaker, lecture, seminar, or workshop will count for extra credit ask.
4. 50 points\* – Attend or participate as a contributor to 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).
5. 50 points\* – Attend as a **spectator** a UWSP athletics event. Students may earn points this way two times (up to 60 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 30 points.
6. 50 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 60 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).
7. 50 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 60 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).
8. 50 points\* - VOTE in an 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.  **\*Only in semesters where there is an election happening.** *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.*

Late Assignments - Automatic Deductions

* Failing to show up for your fitness assessment 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. All quizzes will be reopened during the break periods.
* Failure to complete behavior change logs or fitness assessment - **course failure**

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.  Of the 12 scheduled class sessions, students are required to attend 10. 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 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 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.  Students who wish further information or assistance should first contact the Healthy American Office Assistants during their office hours.

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%