

HP/W 110: Careers in Health Promotion and Wellness

Fall 2020

Monday and Wednesday, 8:00-8:50 a.m.

Online via Zoom, Starting October 26

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Course Description: Introduction to wellness, the Seven Dimension Model of Wellness and various career opportunities in the field of Health Promotion. The course is designed to assist students in deciding on Health Promotion as a career and will identify skills and competencies for success in the major and in the field.

Learning Outcomes: At the conclusion of this course, the successful student will be able to:

1. Define wellness and the seven dimensions of wellness (SPECIES).
2. Demonstrate personal accountability for attendance.
3. Demonstrate respect for health promotion professionals who are willing to share their expertise and career path in helping each student decide if health promotion is an appropriate field of study.
4. Recognize professional qualifications that employers value in entry-level professionals.
5. Describe a variety of job settings that hire health promotion graduates.
6. Appreciate that modeling a wellness lifestyle is essential for career success.
7. Create a personal plan for improving selected dimensions of personal wellness
8. Demonstrate respect for differences in views of personal health and for all diverse populations.

This is a pass/fail course. A passing grade does not change a student's GPA; failing does.

A student must earn 75% of the total points available to pass this course. Students earn points by attending class and completing assignments. There are no tests/quizzes in this course and no final exam.

Canvas: Canvas is used as a course management tool in this class. You will find the syllabus, calendar, assignments, and grades posted in Canvas. Please check the grade book to track your total points and progress in the course. Canvas is found by clicking on the "log-ins" tab in the upper right corner of the UWSP home page.

Cell phone use: Research supports that having visual access to a cell phone diminishes our ability to learn. Checking social media, texts, emails, and other messages is unprofessional and disrespectful to our class community, whether we are virtual or in the classroom. Please turn off your phone during class; I will do so as well. If you are expecting an important message, please have your phone on vibrate and leave class to respond to the call. Thank you for following these guidelines as they help create a positive learning community.

Disability and Accommodations

In accordance with [federal law and UW System policies](#), UWSP strives to make all learning experiences as accessible as possible. If you need accommodations for a disability (including mental health, chronic or temporary medical conditions), please visit the Disability and Assistive Technology Center, <https://www.uwsp.edu/datc/Pages/default.aspx> to determine reasonable accommodations and notify faculty. After notification, please discuss your accommodations with me so that they may be implemented in a timely fashion. **DATC contact info:** datctr@uwsp.edu, 715/346-3365; 609 Albertson Hall, 900 Reserve Street

Reporting Incidents of Bias/Hate

It is my intent that students from all diverse backgrounds and perspectives be well-served by this course and that the diversity that students bring to this class be viewed as a resource, strength, and benefit. It is my intent to present materials and activities that are respectful of diversity: gender identity, sexuality, disability, age, socioeconomic status, ethnicity, race, nationality, religion, and culture. Your suggestions are encouraged and appreciated. Please let me know ways to improve the effectiveness of the course for you personally, or for other students or student groups. If you have experienced a bias incident (an act of conduct, speech, or expression to which a bias motive is evident as a contributing factor regardless of whether the act is criminal) at UWSP, you have the right to report it: <https://www.uwsp.edu/dos/Pages/Anonymous-Report.aspx> You may also contact the Office of the Dean of Students directly at dos@uwsp.edu. Diversity and College Access is available for resources and support of all students: <https://www.uwsp.edu/dca/Pages/default.aspx>

Religious beliefs will be accommodated according to UWS 22.03 as long as you notify me in advance of the specific date(s) you request an absence from class or extension on an academic requirement.

Academic integrity is essential. Please see information on student academic conduct here: <https://www.uwsp.edu/dos/Pages/Student-Conduct.aspx>

Assignments - All assignment descriptions are in Canvas, in the Graded Assignments module. They are also in the Syllabus feature in Canvas. *Assignments must be turned in on time to earn full credit. There is a two point per day deduction for late assignments, including the guest speaker reflections discussed below.*

Guest Speakers, Attendance and Participation

Throughout the semester UWSP Health Promotion alumni and faculty are invited to join our class remotely, via Zoom, as guest speakers to share their experiences and expertise. Reference the course outline for days when there are guest speakers. You are encouraged to ask guest speakers questions by raising your hand or through the chat function in Zoom and participate in any discussion or activity.

On days that there are guest speakers, ten points can be earned by responding to questions posted in Canvas for each date. Responses must be submitted electronically in Canvas by 11:59 p.m. on the date the speaker was in class to receive full credit.

Total Attendance Points = 90 (10 pts. X 9 days; see course outline for designated dates)

Additional opportunities to assist in deciding if HPW is the major for you:

- Attend a National Wellness Institute Student Chapter meeting – announcements will be made in class and via email regarding the date, time and location of meetings. During the Covid-19 epidemic meetings will be held virtually via Zoom.
- Get to know the HPW faculty who are happy to answer questions or provide you with insight about the health promotion field.
- Consider how you might include a semester abroad or international academic trip experience into your undergraduate program. HPW majors are encouraged to travel abroad in some capacity.

- Do volunteer work in the community that will provide you with experience in health promotion and will complement your academic preparation. There may be virtual opportunities during the Covid-19 pandemic.
- Network with and/or job shadow guest presenters or other professionals in the health promotion and wellness fields.

Class Points:

Attendance and Participation (10 points per day x 9 days)	90 points
Assignment #1 – What is Wellness?	10 points
Assignment #2 – Reflection on a Career	10 points
Assignment #3 – Wellness Assessment and Personal Plan	25 points
Assignment #4 – Leaving Your Comfort Zone	15 points
<u>Assignment #5 - Final Reflection</u>	<u>10 points</u>
Total	160 points

Remember, this is a Pass/Fail course. You must earn 75% of total points, or 120 points to pass.

Fall 2020 Course Calendar		
Date	Topic/Speaker	Assignment due
M 10/26	Intro to HPW 110 Syllabus and Assignment Review What is Health Promotion and Wellness?	
W 10/28	Intro to the 7 Dimensions of Wellness	Assignment #1 What is Wellness?
M 11/2	Brian Krolczyk, PhD, HPW Faculty Tom Wetter, PhD, HPW Faculty	<i>Attendance Points</i> Assignment #2 Reflection on a Career
W 11/4	UWSP No Class Day	
M 11/9	Sallie Scovill, PhD, HPW Faculty Kelly Schoonaert, PhD, HPW Faculty	<i>Attendance Points</i>
W 11/11	Corey Huck, PhD, HPW Faculty and Program Director Becky Konietzki, HPHD Academic & Career Advisor, bkonietz@uwsp.edu	<i>Attendance Points</i>
M 11/16	Rachel Hirsch Senior Health and Wellness Consultant US Health Center	<i>Attendance Points</i> Assignment #3 Wellness Assessment and Personal Plan
W 11/18	Spencer Lichon. Charge Position Strength and Conditioning Eleni Seitz, NASM-PES, Personal Trainer Bellin Health Tiletown Sports Medicine & Orthopedics	<i>Attendance Points</i>
M 11/23	Jessica Tayloe, BS, NBC-HWC, Wellness Coach Healics, Inc.	<i>Attendance Points</i>
W 11/25	No Class	
M 11/30	Dustin Thompson, CSP, ASP, Owner and Consultant Keeping Safety Simple, LLC	<i>Attendance Points</i>
W 12/2	Keith Lester, Club Director Anytime Fitness of West Bend	<i>Attendance Points</i> Assignment #4 Leaving Your Comfort Zone
M 12/7	National Wellness Institute – Student Chapter Officers Intro to our student org and finding your major activity	<i>Attendance Points</i> Assignment #5 Final Reflection
W 12/9	Summary: Your questions answered Course Evaluations	

There is no final exam or final meeting in this course