

# HPW 110: Careers in Health Promotion and Wellness (1 credit)

Spring Semester 2022  
Monday and Wednesday, 12:00-12:50 p.m.  
In-Person Classes (CPS 116) begin March 28<sup>th</sup>

Professor: Dr. Corey Huck  
Office: 242 CPS (School of HSW)

[Book a Meeting with Professor Huck](#)  
Email: [corey.huck@uwsp.edu](mailto:corey.huck@uwsp.edu)

**Course Description:** Introduction to “wellness,” seven-dimension model of wellness, and to 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 required, content areas, areas of specialization, certification, professional organizations, journals, and strategies for success in the major and in the field.

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

1. Become self-aware of personal values, passion, mission, goals, and dreams.
2. Define health promotion and wellness using the SPECIES model.
3. Demonstrate personal accountability for attendance and engagement.
4. Describe a variety of job settings that hire health promotion graduates.
5. Recognize professional qualifications that employers value with entry-level professionals.
6. Demonstrate respect for wellness professionals and guest presenters who are willing to share their professional career path and lifelong journey.
7. Recognize and appreciate that modeling a wellness lifestyle is essential for career success.
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.

## **Class Points:**

1. Your Why- Self-Awareness Assignment (2 <sup>nd</sup> day of class, 3/30)	10 points
2. Definitions of Wellness Assignment (April 4 <sup>th</sup> )	10 points
3. Personality Test and Reflection (Apr 13 <sup>th</sup> )	10 points
4. Job Search and Career Reflection Assignment (May 4 <sup>th</sup> )	20 points
5. Personal Career Wellness Integration (May 7 <sup>th</sup> )	10 points
6. <u>Attendance (10 pts for each class, 2/3rds of the class)</u>	<u>130 points</u>
	190 points

**You must earn 142 points or 75% to pass this course!!!!**

**Assignments:** All assignments are to be turned in at the start of class on the day they are due. Late assignments will be deducted 2 pts for each day they are late. All written work must be word processed with proper spelling, punctuation, grammar, etc. and submitted to the respective Canvas assignment.

### **1. Self-Awareness Assignment (Due 2<sup>nd</sup> day of class, Mar. 30<sup>th</sup>)**

Reflect on and list your personal values, passion(s), mission, goals, and dreams. Template will be provided via email and Canvas. This is personal so there is no wrong answer!

## 2. Definitions of Wellness Assignment (Due Apr 4<sup>th</sup>)

Explore how organizations or professionals define the term, “wellness,” and submit 3 different definitions of “wellness.” Highlight which definition you like the best and explain why. This assignment will likely be a ½ page in length, but there are no requirements for length. Please type your responses and include the sources of your definitions. Be prepared to share these definitions in class the day they are due.

## 3. Personality Test and Reflection (Due Apr 13<sup>th</sup>)

Go to [16personalities.com](https://www.16personalities.com) (Links to an external site.) and take the free test, which only takes 10 minutes. Over 561,000,000 people have taken this test. This tool will help you gain a stronger sense of self-awareness and why you do things the way you do. These results can also help you build more meaningful relationships.

## 4. Job Search and Career Reflection Assignment (Due May 4<sup>th</sup>)

Use job search engines and identify 3 entry-level employment opportunities which align with lessons learned from assignments #1 and #3 above. Submit assignment components as outlined in Canvas.

## 5. Personal Career Wellness Integration (May 11<sup>th</sup>)

Now that you have nearly completed this class, reflect on what you’ve learned and summarize how your personal philosophy of “wellness” will be integrated/aligned with your dream job/lifestyle. Create a PowerPoint presentation or a short video to illustrate your summary. **Let Professor Huck know if you’d be willing to present to the class on the last day, May 11<sup>th</sup>.**

## 6. 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 schedule for days when there are guest speakers. You are encouraged to ask guest speakers questions with the “chat” function on Zoom and participate in any discussion or activity.

**Attendance is earned by attending class and submitting your notes for each class period!**

If you are late, you will not receive attendance points. Note that attendance is worth 10 points for each class session.

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

- Connect with a student representative from the National Wellness Institute Student Chapter meeting – announcements will be made in class and via email regarding the appropriate contacts.
- 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.
- Once COVID-19 is cleared, do volunteer work in the community that will provide you with experience in health promotion and will complement your academic preparation.
- Network with and/or shadow guest presenters or other professionals in the health promotion & wellness fields.

**Canvas:** This course uses Canvas as UWSP’s Online Learning Management System. The course syllabus, schedule, assignments, and attendance are posted in their respective sections. Your grades will also be

posted in the grading section of canvas, so you can track your total points and attendance. Canvas can be found on by going to UWSP's home page and clicking on the "log-ins" tab on the upper right.

**Electronic Devices:** As a courtesy to your fellow students, guest speakers, and student presenters cell phone use is not permitted during class. Please have your phone on vibrate if you are expecting an important call and leave the room to respond to the call.

**Disabilities, religious beliefs and academic integrity:**

- Students with disabilities should contact the Office of Disability Services during the first two weeks of the class if they wish to receive accommodation.
- Religious beliefs will be accommodated according to UWS 22.03 as long as you notify me within the first three weeks of the beginning of classes of the specific date(s) you request relief from an examination or academic requirement
- Academic integrity is important. Please see information on student academic misconduct in the Community Rights and Responsibilities booklet:  
<http://www4.uwsp.edu/admin/stuaffairs/rights/rightsChap14.pdf>

## HPW 110 Spring 2022 Course Calendar

Date	Topic/Speaker	Assignment due
Monday, Mar 28	<b>Dr. Corey Huck</b> - Introductions, Collective Expectations for Engagement, Course Syllabus & Assignment Review Review and discuss assignment #1	<i>Assignment #1</i>
<b>Weds., Mar 30</b>	<b>No class, free workday for assignments #2 and #3</b>	
Monday, April 4	<b>Professor Huck</b> - Definitions of Wellness and Health Promotion, developing our wellness cloud, systems and fields within health promotion fields	<i>Assignment #2</i>
Weds., Apr 6	<b>Professor Huck</b> - Professional organizations, certifications, job market analysis, systems-based thinking	
Monday, Apr 11	<b>Health and Wellness Coaching, Mental Health, Behavioral Health (HPW faculty/instructor panel)</b> (Dr.'s Brian Krolczyk and Kelly Schoonaert)	
Weds., Apr 13	<b>Worksite Wellness, Organizational Well-being, Community Health (HPW faculty/instructor panel)</b> (Dr.'s Sallie Scovill and Corey Huck)	<i>Assignment #3</i>
Monday, Apr 18	<b>HPW students from National Wellness Institute- Student Chapter</b> (Mackenzie Raab, co-president with team of students)	
Weds., Apr 20	<b>Becky Konietzki, (office CPS 216A, 715-346-3233)</b> HSW Academic & Career Advisor, professional development, campus resources, skill development, application to the major, GPA & course selection advice <a href="mailto:bkonietz@uwsp.edu">bkonietz@uwsp.edu</a>	
Monday, Apr 25	<b>Exercise Physiology (Dr. Tom Wetter, PhD)</b> Grad of UW Madison, professor at UWSP for 15+ years, retiring in May 2022.	
Weds., Apr 27	<b>Kevin Kirshbaum, M.S.</b> general manager, <a href="http://D1Training.com">D1 Training</a> , <a href="mailto:d1stevenspoint@d1training.com">d1stevenspoint@d1training.com</a> - business operations, sales, management, fitness director, personal training, strength and conditioning, integration w/ clinics, "ins" and "outs" of operating a gym.	<i>Assignment #4</i>
Monday, May 2	<b>Athletic Training (Dr. Beth Kinslow and Danelle Smith)</b> , discussion of the profession and details of UWSP's MS-AT program.	
Weds., May 4	<b>Physical Therapy (Dr. Kathy Zalewski, PT, PhD, MPA)</b> , discussion of the profession and details of UWSP's new DPT program.	
Monday, May 9	<b>Applied Nutrition (Deborah Tang, M.S.)</b> Coordinator of the Food and Nutrition programs at UWSP.	<i>Assignment #5</i>
Weds., May 11	<b>Final Class</b> - Sharing Assignment #5, wrap-up & course evaluations	