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| **Healthy American MenuTo get week-by-week instructions, click on the dates below:** * [**Syllabus**](file:///Z%3A/hphd/healthyamerican/syllabus.asp)
* [**Week 1- January**](file:///Z%3A/hphd/healthyamerican/week01.asp) **27 - February 2        Introduction**
* [**Week 2 - February 3 - 9**](file:///Z%3A/hphd/healthyamerican/week02.asp) **What is Wellness?**
* [**Week 3 - February 10 - 16**](file:///Z%3A/hphd/healthyamerican/week03.asp) **Change-Becoming Who You Are, Authentically**
* [**Week 4 - February 17**](file:///Z%3A/hphd/healthyamerican/week04.asp) **- 23                      Activity and Exercise**
* [**Week 5 - February 24 - March 2**](file:///Z%3A/hphd/healthyamerican/week05.asp) **Nutrition**
* [**Week 6 - March 2 - 9**](file:///Z%3A/hphd/healthyamerican/week06.asp) **Developing Purpose**
* [**Week 7 - March 10 - 16**](file:///Z%3A/hphd/healthyamerican/week07.asp) **Sexual Health**
* [**Week 8 - March 17  - 23**](file:///Z%3A/hphd/healthyamerican/week08.asp) **Spring Break NO CLASS**
* [**Week 9 - March 24 - 30**](file:///Z%3A/hphd/healthyamerican/week09.asp) **Poverty Simulation**
* **W**[**eek 10 - March 31 - April 6**](file:///Z%3A/hphd/healthyamerican/week10.asp)**Goals and Objectives *BEHAVIOR CHANGE PROJECT!***
* [**Week 11  -**](file:///Z%3A/hphd/healthyamerican/week11.asp) **April 7 - 13                               Financial Health**
* [**Week 12  - April 14 - 20**](file:///Z%3A/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 -**
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|  Professors                                 Healthy American Office Assistants

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|   | **Kelly Schoonaert, Ph.D**.**Z:\coaching logo.jpg**kschoona@uwsp.edu715-346-2096**CPS 214**Office Hours:Mon.   1:00-200 p.m.Tues.    11:30-12:15Wed.   11:30-12:45Thurs.  By appointmentsFri.     1:00-3:00 (Most Fridays)   Brian Krolczyk, Ph.D.715-346-4801Brian.Krolczyk@uwsp.eduCPS 242BOffice Hours:   | This is a seperate office than the professor's offices where you can obtain help    Healthy American HP/W 102 Office Hours   CPS 218Mondays: 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 AccountYou 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%3A/privacy.asp) |
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| *If you have questions about the course or about your course progress, email* *hpw102q@uwsp.edu**.* |