Syllabus for HWM 780 Best Practices and Emerging Issues in Wellness

Important Note: The course site does not offer a way to compile pages and print them out. The information under the Syllabus heading in your course is all on separate pages. This document provides the syllabus information in one single document, but with one caveat: For the majority of the courses in this program, **all** of the information on those separate pages is repeated in this compiled document. However, lengthy guidelines, detailed rubrics and policies, and other very detailed information are not included in this document. **Please always check the course pages to make sure you have all of the information you need.**

Instructor Information

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Course Description

In this course, students will study emerging trends, innovations, and best practices in the health and wellness industry with emphasis on preventative health care. Students will investigate major health challenges, programs, and policies to determine the influence of social, economic, multicultural, and global pressures on successful wellness practices.

Course Learning Outcomes

At the end of the course, students should be able to:
1. Comprehend the rapidly changing nature of wellness practice in a business environment.
2. Identify changes in wellness best practices in the U.S.
3. Determine how to assess the impact of culture on wellness practices for an organization.
4. Understand how demographics of the workforce are changing globally and the effect on worksite wellness.
5. Examine the link between well-being, wellness, and engagement.
6. Investigate wellness practices of global companies, and international initiatives targeting preventive health.

Course Materials

While there is no required textbook for this course, you will have readings that come from external resources which include: articles, websites of researchers and other reputable institutions and organizations, documentaries and other videos embedded in the course.

Course Requirements

Readings/Viewings:
Readings come from external resources which includes articles, the websites of researchers and other reputable institutions and organizations, documentaries and other videos embedded in the course.

Assignments:
The assignments provide the opportunity to apply the skills and knowledge required for successful completion of the course. Assignments must be well organized, use scholarly tone, follow APA style, be consistent with graduate-level writing/communication style, and be turned in on time. Check your grades for feedback on assignments, and refer to the Course Calendar for all due dates.

Learning Reflections:
There are three reflective activities for the course. The purpose is to have you engage in the material and with other students. You will be asked to engage in a variety of reflections on the material and resources found in the lessons. You may also be encouraged to add additional resources from your own experience that represent best practice in the field. Your reflections will be a collection of notes, observations, thoughts and other relevant materials built-up over the length of the course. The purpose is to enhance your learning through the very process of writing and thinking about your learning experiences and reading and engaging with other students about their learning. Your reflections will reveal your personality and connect to life experiences while offering others a 'live picture' of your growing understanding of a subject or experience.

Briefcase Project:
This Briefcase Project is focused on documenting the achievement and mastery of specific course goals/objectives. Your semester long Briefcase Project will contain an organized collection of content, such as text, files, photos, videos, and more, to tell that story and build a personal "toolkit." This collected content, referred to as artifacts, are your evidence of what you have learned. You can be as creative as you wish in developing this "briefcase" and utilizing any tools, technology, or resources to create a unique method to address your topic of investigation.

At the end of the course you will report your results and discuss the outcomes and implications of the findings in your defined focus area. The goal is to develop a theory-based process which can be readily used or adopted by potential partners.

Policy on Late Assignments:
Students are expected to submit assignments by the due dates noted in the course. In extenuating circumstances, the student must contact the instructor 24 hours before the assignment is due to discuss the situation. In those circumstances, the appropriate course of

action will be discussed. If work is late you are subject to a reduced score. Each day late is reduced by 10% of the overall score.

Support for Students with Disabilities:
My highest priority is for our class and course work to facilitate participation and exchange. I am eager to make accommodations to guarantee persons with disabilities access to any of the class content. Please let me know as soon as possible if you have a disability for which accommodations will be needed.

Grading Policy

Assignments (6)	60
Learning Reflection Activities (3)	45
Briefcase Project	95
Total	200 Points

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59 or less %