

CMWL 2100-91 (CRN 80376): Introduction to Health and Community Wellness- Fall 2019

Instructor Information

Instructor: Sasha McBurse, MS, ACSM-CEP, EP-C	Online Hours: NA
Class Meeting Time & Location: Mondays 9:30 AM to 10:45 AM and Wednesdays (online) Newnan Center, Room 166	Telephone (direct): 678.839.6096 Telephone (dept): 678.839.6530
Office Location: Coliseum 2034 (Carrollton)	Westga email: smcburse@westga.edu
Office Hours: Tuesdays: 11:00am to 2:00pm Wednesdays: 8:30am to 11:00am (Newnan) Thursdays: 11:00am to 2:00pm Fridays: By appointment	Skype or Google+ name: N/A

Support for Courses

Hyperlinks are provided for accessibility throughout; full URLs are available at the end of the document.

[CourseDen D2L Home Page](#)

[D2L UWG Online Help](#) (8 AM – 5 PM)
Call: 678-839-6248 or 1-855-933-8946 or
email: online@westga.edu

[24/7/365 D2L Help Center](#)
Call 1-855-772-0423

[University Bookstore](#)

[Student Services](#)

[Center for Academic Success](#)

678-839-6280

[Distance Learning Library Services](#)

[Ingram Library Services](#)

[Accessibility Services](#)

678-839-6428

counseling@westga.edu

College of Education Vision

The College of Education at the University of West Georgia will be recognized for leading *Innovation in Teaching, Leadership, and Wellness*, with programs designed to transform lives and contribute to the betterment of society.

College of Education Mission

Locally connected and globally relevant, the Mission of the College of Education is to prepare graduates for professional careers in diverse settings within three dynamic areas of focus: *Teaching, Leadership, and Wellness*. With programs that range from undergraduate through doctoral study, the College of Education is committed to excellence in pedagogy, professional service, engaged partnerships, and applied research.

The vision and mission of the College of Education at UWG form the basis on which programs, courses, experiences, and outcomes are created. National and state standards (*National Wellness Institute*) are incorporated as criteria against which candidates are measured. This course's objectives, activities, and assignments are related directly to the appropriate standards.

Course Information

Course Description

This undergraduate course is an introduction to the Health and Community Wellness degree. Through this course, students will discover the many aspects of an undergraduate degree in Health and Community Wellness, including an overview of the classes required, the current and future opportunities available with a degree in this field, the potential opportunities, certifications, and work experiences students can pursue.

Credit Hours: 2.00

Prerequisites: none

Co-requisites: none

Texts, Readings, and Instructional Resources

Required Text(s): none

Course References:

Cottrell, R.R., Girvan, J.T. & McKenzie, J.F. (2015). *Principles and foundations of health promotion and education*. Upper Saddle River, NJ: Pearson.

Harrison, T.C. (2004). *Consultation for contemporary helping professionals*. Upper Saddle River, NJ: Pearson.

Mehr, J.J., & Kanwischer, R. (2011). *Human services: Concepts and intervention strategies, 11/E*. Upper Saddle River, NJ: Pearson.

Popple, P.R., & Leighninger, L. (2011). *Social work, social welfare, and American society, 8/E*. Upper Saddle River, NJ: Pearson.

Srebalus, D.J., & Brown, D. (2001). *A guide to the helping professions*. Upper Saddle River, NJ: Pearson.

Required Instructional Resource: TK20 Subscription

Please select the link to access a pdf guide on [how to purchase your account](#).

If you have purchased a subscription previously, DO NOT re-subscribe. Please try logging into your Tk20 account. For assistance, email tk20@westga.edu. You will receive account activation confirmation from Watermark Support as soon as your account has been activated. For additional information about this resource, and to access the “How to” guides, visit the [Tk20 webpage](#).

Approaches to Instruction

This course will include large and small group activities, a professional interview, volunteer and/or observation hours, in-class lecture, and additional activities. This course will be delivered approximately 50% online. This requires the online equivalent of 1,125 minutes of instruction (seat-time) and an additional 2,250 minutes of supporting activities. As such, students will be required to complete the following online activities during this course:

Activity	Instructional Equivalent
Discussions	200 minutes
Audio/video instruction	600 minutes
Online assignments	325 minutes

Additionally, it is anticipated that students will need to work independently for twice the number minutes listed above to complete the online activities.

Course Objectives and Learning Outcomes

The student will:

- 1) identify the professional roles and responsibilities of professionals working in the fields of health, fitness, wellness, education, and social welfare (NWI, Domains 2,3,4).
- 2) describe the current trends and issues related to community wellness, including community education and care, and fitness and wellness leadership (NWI, Domains 1,2,3)
- 3) describe the ethical issues and legal considerations of working for social change among diverse populations (NWI, Domains 3,5)
- 4) compare and contrast medical, psychiatric, and behavioral approaches to affecting social change (Domain 5)
- 5) identify the needs, opportunities, barriers, and potential experiences related to working in a variety of careers in the community wellness fields (Domains 1-5)

Assignments and Evaluation Procedures

**Always refer to CourseDen for additional assignment details and due dates.*

Rubric/completion directions for assignments are located in the "Directions for required assignments" module in Course Den.

Assignment	Course Objective(s)/ Key Assessment	Points	Assessment Tools	Submit via:	Due Date
1. Community Wellness Professional Interview	1 & 5	20	Rubric	CourseDen Dropbox	Sunday, Dec. 1 st by 10:00pm
2. Volunteer Hours	5	15	Rubric	CourseDen Dropbox	Friday, Nov. 15 th by 10:00pm
3. Article Reviews	1 & 2	2@10 pts each	Rubric	CourseDen Dropbox	#1 – Wednesday, Oct. 2 nd by 10:00pm #2 – Friday, Nov. 8 th by 10:00pm
4. Dream Job	1, 2, 5	1@20	Rubric	CourseDen Dropbox	Friday, Aug. 30 th by 10:00pm
5. Module Summaries	1-5	11@10 pts each	Rubric	CourseDen Dropbox	Fridays by 10pm-See calendar
6. Mid-term Exam	1-5	50	Answer key	In class	Monday, Sept. 30 th
7. Final Paper	1-5	50	Rubric	CourseDen Dropbox	Wednesday, Dec. 4 th by 10:00pm
8. Professionalism Tracker	1-5	10	Rubric	Course Den Dropbox	Wednesday, Dec. 4 th by 10:00pm

Grading Information and Policy

Students will be graded using the following scale:

A = 90-100%, B = 80-89%, C = 70-79%, F = 69% and below

295 – 266 points = A

265 – 236 points = B

235 – 207 points = C

206 – 177 points = D

176 points or less = F

Course Policies

Attendance Policy

In order to distribute Title IV funding (federal student aid), student attendance verification is required.

Students must complete the Pre-Test Exam and sign the Course Contract during Week 1 to be considered as attending class (see calendar for due dates). Students who do not complete BOTH assignments may be dropped from the class for non-attendance. Students who add classes during drop/add are responsible for ensuring that they are verified as being in attendance by contacting the course instructor and completing the above mentioned assignments.

Students are expected to attend every face to face class session, be on time, and stay for the entire class period. One absence will be allowed for unexcused purposes. For each unexcused absence beyond **one**, the result will be **an automatic deduction of one letter grade per absence**. More than 4 unexcused absences will result in automatic failure of the course. If a student misses a graded assignment on the day of the absence, the assignment cannot be made up and the points missed will be the points deducted, not the letter grade deduction. However, the total count of absences will still continue. School sanctioned events do not count toward absences and tardies, if approved in advance with proof of the event. You are responsible for all information, assignments, announcements and changes in the course content that may occur in your absence. **All excused absences require proper documentation and approval from the instructor. No documentation means the absence is not excused.**

Tardiness

Students are expected to be on time for class. You will be marked tardy if you arrive after the class has started. Tardies are deemed as 5 minutes late to class. **Two tardies are equal to one unexcused absence in the class.**

Leaving class early

Students are expected to stay for the entire class session. Leaving early will be treated as a tardy. This would be deemed as leaving class 5 minutes early. **Two tardies are equal to one unexcused absence in the class.**

Approvals

Approvals for late arrivals or early departures must be requested by the student at least 12 hours prior to class start time. Approval is up to the discretion of the instructor but should fall in line with guidelines of unexpected and/or unavoidable events. Supporting documentation should be provided by the student when requesting approval or upon return to class. Justification for upholding these standards can be found in the UWG Student Code of Conduct, Section 3.0.

Participation and class preparation

Your attentiveness and engagement in all class activities is required. Active participation is critical for success in this class. Students are expected to read course materials before each class period and bring appropriate materials to the classroom.

Extra Credit

Extra credit opportunities will be announced in lecture and in CourseDen throughout the semester.

Late Work

It is the student's responsibility to ensure that all requirements are completed in a timely manner. Students are expected to turn in all work by the deadline given. However, to allow for illnesses and emergencies, partial credit will be given for late assignments. Each day late will result in a heavier point deduction. Note that assignments submitted **any time** after the 10:00 p.m. deadline will result in the deduction noted. **After 3 days, a grade of zero will be recorded for that assignment. The final paper and professionalism tracker assignments are not accepted late.** Below is a list of point deductions per assignment per day late:

Assignment	1 day late	2 days late	3 days late
Professional Interview	-5 pts.	-10 pts.	-15 pts.
Volunteer hours	-3 pts.	-6 pts.	-8 pts.

Article review	-2 pts.	-4 pts.	-6 pts.
Dream job	-5 pts.	-10 pts.	-15 pts.
Module summary	-2 pts.	-4 pts.	-6 pts.

Professional Conduct

Professional Conduct and Dispositions

Students in this class are considered professionals-in-training and, as such, are expected to conduct themselves professionally. Professionalism includes behavior related to, but is not limited to, attendance, class participation, appearance, communication, ethics, responsiveness and reaction, participation and observation hours and professional development. The professional dispositions rubric is posted in Course Den.

Appearance for in-class sessions

As future health and wellness professionals, students are expected to come to class dressed appropriately. Specific appearance guidelines for in-class session include:

- Hats must be worn in the appropriate manner and way they were intended (students are not allowed to wear the hoods of pullovers/sweatshirts in class)
- No shredded or holey jeans
- No pajamas may be worn to class
- Midriff area must be covered
- Clothing/hats with inappropriate language is not allowed
- Earphones/headphones should be removed upon arrival to class

Cell phones and electronic equipment

The use of cell phones and computers, including texting and internet, is not permitted in this class, unless being used for a specific assignment. If you expect an emergency phone call, alert the instructor before class, and you may place your phone on silent or vibrate and answer it outside the classroom. **Any non-class-related use of electronic devices is considered unprofessional and is not accepted in this class. If you are found using any electronic device for non-class-related purpose, you will be asked to put it away or leave class. The inappropriate use of technology during class is considered unprofessional and will not be condoned in this class.**

UWG Policies

As of July 1, 2017, “campus carry” is in effect at all public universities in Georgia. UWG follows the University System of Georgia guidance. There are several restrictions to this law, which are explained on the [USG Campus Carry Guidance webpage](#). Answers to specific questions can be found under the “Additional Information” tab.

For important policy information on the UWG Honor Code, Email, and Credit Hour policies, as well as information on Academic Support and Online Courses, please review the information found in the [Common Language for Course Syllabi](#). Additions and updates are made as institution, state, and federal standards change, so please review it each semester.

Americans with Disabilities Act Statement:

If you are a student who is disabled as defined under the Americans with Disabilities Act and require assistance or support services, please seek assistance through the [Center for Accessibility Services](#). UWG also provides [Accessibility Statements for Technology](#) that you may be required to use for this course.

Communication Rules

Communication (written and verbal)

For main communication with the instructor, use the CourseDen email. If you email with your westga email, you must add your course ID and title in the subject, or you may not receive a response. I receive many emails each day, so CourseDen is most effective if you want to ensure a response. As future professionals, students are expected to communicate, both written and verbally, professionally and with proper grammar and punctuation. Failure to write and speak professionally with proper grammar and punctuation will NOT yield a response from the instructor.

Responsive and reactive: Students are expected to maintain the highest professionalism in and out of the classroom. Professional responsive and reactive guidelines include:

- Receptive to feedback and open to discussions on how to improve and implement suggestions
- Respectful and sensitive towards other's opinion, even when that opinion differs from yours
- Refrains from negative sarcasm and remarks when working with others and the instructor
- Approaches the instructor in a polite and professional manner to discuss grades
- Works cooperatively with others in the class during group assignments
- Is open to hearing other's opinions and thoughts but still be willing to agree to disagree
- Is not dismissive to the instructor and other classmates
- Respects diversity

Communication and Meetings

My main office is located at Coliseum 2034 in Carrollton. If a student needs a meeting in Newnan, a space will be provided and the student will be notified. My office hours are as follows:

Tuesdays: 11:00am to 2:00pm

Wednesdays: 8:30am to 11:00am (Newnan)

Thursdays: 11:00am to 2:00pm

Fridays: By appointment

Additional office hours can be scheduled by appointment. Please feel free to meet with me about any class concerns.

Network Etiquette:

Communication in an online class takes special consideration. Please read the short list of tips below that apply to your communication to your instructor AND fellow classmates:

- Be sensitive and reflective to what others are saying.
- Don't use all caps. It is the equivalent of screaming.
- Don't flame - These are outbursts of extreme emotion or opinion.
- Think before you hit the post (enter/reply) button. You can't take it back!
- Don't use offensive language.
- Use clear subject lines.
- Don't use abbreviations or acronyms unless the entire class knows them.
- Be forgiving. Anyone can make a mistake.
- Keep the dialog collegial and professional.
- Writing center is your best friend if you need it.

<https://www.westga.edu/academics/coah/writing/#>

Expected Response Times

I will make every attempt to return major assignments within 7-10 days, but the amount of feedback required may extend that time. You can expect response time for contact within 48 hours, unless an email or call is received after Friday at 5:00pm. In that case, the earliest response will be the following Monday.

Class Schedule Information (tentative and subject to change)

Week	Begin Date	End Date	Topic/Activity/Reading Assignment	Assignment Name and Due Date/Location
1	8/14	8/19	Wednesday – Online (8/14) Syllabus Review, Course Contract, Pre-Test	Signed Course Contract and Pre-test due Monday, Aug. 19th by 10:00pm
2	8/19	8/21	Monday – Introduction to Health and Community Wellness degree/program & dimensions of wellness Wednesday – Online – Module 1 Summary	Module 1 Summary due Friday, Aug. 23rd by 10:00pm
3	8/26	8/28	Monday – Professionalism Wednesday – Online – Dream Job Paper	Dream Job Paper due Friday, Aug. 30th by 10:00pm
4	9/2	9/4	Monday – No class (Labor Day Holiday) Wednesday – Online – Module 2 Summary	Module 2 Summary due Friday, Sept. 6th by 10:00pm
5	9/9	9/11	Monday – Organizations that shape our profession Wednesday – Online – Module 3 Summary	Module 3 Summary due Friday Sept. 13th by 10:00pm
6	9/16	9/18	Monday – Community organizing, building	Module 4 Summary due Friday, Sept. 20th by 10:00pm

			and promotion programming Wednesday – Online – Module 4 Summary	
7	9/23	9/25	Monday – Health disparities and social determinants Wednesday – Online – Module 5 Summary	Module 5 Summary due Friday, Sept. 27th by 10:00pm
8	9/30	10/2	Monday – Midterm exam in class Wednesday – Online – Article Review #1	Article #1 Review due Wednesday, Oct. 2nd by 10:00pm Fall Break Oct. 3rd-6th
9	10/7	10/9	Monday – Safety and health in the workplace/worksites wellness Wednesday –Online – Module 6 Summary	Module 6 Summary due Friday, Oct. 11th by 10:00pm Last Day to Withdraw without penalty is Wednesday, Oct. 9th
10	10/14	10/16	Monday – Community mental health Wednesday – Online– Module 7 Summary	Module 7 Summary due Friday, Oct. 18th by 10:00pm
11	10/21	10/23	Monday –Maternal, Infant and Child Health Wednesday – Online– Module 8 Summary	Module 8 Summary due Friday, Oct. 25th by 10:00pm
12	10/28	10/30	Monday – Health and wellness coaching Wednesday – Online– Module 9 Summary	Module 9 Summary due Friday, Nov. 1st by 10:00pm
13	11/4	11/6	Monday – Child and school health Wednesday –Online– Module 10 Summary	Module 10 Summary and Article Review #2 due Friday, Nov. 8th by 10:00pm
14	11/11	11/13	Monday – Older adults Wednesday – Online – Volunteer Hours	Volunteer Hours due Friday, Nov. 15th by 10:00pm
15	11/18	11/20	Monday – Personal fitness Wednesday – Online – Module 11 Summary	Module 11 Summary due Nov. 22nd by 10:00pm
16	11/25	11/27	Thanksgiving Break	Professional Interview due Sunday, Dec. 1st by 10:00pm
17	12/2	12/4	Monday – Documentary—Are you fully charged? Wednesday – Final paper and professionalism tracker	Final Paper and Professionalism Tracker due Wednesday, Dec. 4th by 10:00pm
<p>**Note: All times are estimates. Dates may change at the instructor’s discretion: all changes will be posted in the News/Announcements section of CourseDen. Assignments and projects due dates are in bold. Please make sure to follow the calendar on Course Den to keep up with the schedule and to know when to meet in the classroom and when to meet online! Your instructor will update the course calendar each weekend if needed.</p>				

Additional Support Information

Technical Support

Technical support for CourseDen, as well as the technological requirements, accessibility statements, privacy statements, tutorials, and other information can be found at [UWG Online Student Help](#).

Center for Academic Success

The [Center for Academic Success](#) (CAS) provides services, programs, and opportunities to help all undergraduate students succeed academically. The CAS offers free appointment-based peer tutoring in core courses, as well as supplemental instruction (SI)—which is peer-facilitated collaborative learning—in a variety of disciplines. Students seeking help with study skills and strategies can attend workshops through the Academic Success Workshop series, or work individually with either a staff or peer Academic Coach. Beginning Fall 2014, the CAS will also offer “Back on Track,” a voluntary academic recovery program designed for students who want to improve their grades and academic standing. The Center for Academic Success is located in UCC 200, and can be reached at 678-839-6280. Our email address is cas@westga.edu.

Smarthinking

Smarthinking offers online tutoring services and resources (including the Writing Center) for UWG students/instructors in all courses. A link to Smarthinking is available in CourseDen under Resources in the navigation bar.

Student Services

Here is a great resource of [Student Services](#) for all students at UWG, whether or not they are taking online courses. This link provides students with most of the information they need. If a student is experiencing distress and needs some help, check out [UWG Cares](#).

Full URL Support for Courses

- **CourseDen D2L Home Page**
<https://westga.view.usg.edu/>
- **D2L UWG Online Help** (8 AM – 5 PM)
<http://uwgonline.westga.edu/students.php>
online@westga.edu
- **24/7/365 D2L Help Center**
<https://d2lhelp.view.usg.edu/>
- **University Bookstore**
<http://www.bookstore.westga.edu/>
- **Common Language for Course Syllabi**
<https://www.westga.edu/administratio>
[n/vpaa/common-language-course-syllabi.php](https://www.westga.edu/administratio)
- **UWG Cares**
<http://www.westga.edu/UWGCares/>
- **Center for Disability**
<https://www.westga.edu/student-services/counseling/accessibility-services.php>
- **Student Services**
<http://uwgonline.westga.edu/online-student-guide.php>
- **Center for Academic Success**
<http://www.westga.edu/cas/>
- **Distance Learning Library Services**

- <https://www.westga.edu/library/resource-sharing.php>
 - **Ingram Library Services**
<http://www.westga.edu/library/>
 - **Proctored Exams**
<http://uwgonline.westga.edu/exams.php#student>
 - **Student Services**
- <https://uwgonline.westga.edu/online-student-guide.php>
 - **UWG Accessibility Statements for Technology**
<https://docs.google.com/document/d/16Ri1XqaXiGx28ooO-zRvYPraV3Aq3F5ZNJYbVDGVnEA/edit?ts=57b4c82d#heading=h.yrqeffvts1f>