

# Spring 2025 Course Syllabus

## Personal and Community Wellness

Course Number: ALHS 1300.060

Credits: 3 Hours

Days/Hours of Class: No meeting day/time

### INSTRUCTOR INFORMATION

Name and Title: Sarah Alexander, M.S., CBE

Email Address: [sarahalexander@uttyler.edu](mailto:sarahalexander@uttyler.edu)

### COMMUNICATION WITH INSTRUCTOR

I encourage you to meet with me before class if you have any questions or concerns. You may also contact me via the messaging feature in Canvas, which will automatically forward to my email. I will utilize Canvas to contact you throughout the semester. I will post updates and send important information about assignments and schedule changes through **Canvas Announcements**. **Important: It is your responsibility to check your email, Canvas messages, and Canvas Announcements frequently.**

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### **REQUIRED** TEXTBOOK

Thomas Fahey, Paul M. Insel, Claire Insel, Walton T. Roth (2021). Fit & Well. New York: McGraw Hill Education. 14<sup>th</sup> Edition, ISBN: 9781264013081

You may order this book from various sources, including the UT Tyler Bookstore: <http://uttyler.bncollege.com/>  
Phone: 800-UTTYLER (800-888-9537) or 903-566-7070  
Fax: 903-566-1435

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### COURSE DESCRIPTION:

Personal and Community Wellness: Study of individual, societal and cultural considerations in health and wellness; emphasis on health-related factors that a) the individual can affect and b) on individual decision-making.

### METHOD OF INSTRUCTION

This is an online course with no required meeting days/times. You are required to complete all assignments online using a platform called, CANVAS. Student learning experiences include but are not limited to: a) reading assigned textbook b) completion of online projects, quizzes and exams and c) necessary communication with the instructor.

### **ASSIGNMENTS:**

*Detailed assignment instructions and due dates are in Canvas. You must review each link titled, "Expectations for..." in Canvas before submitting your assignments.*

**QUIZZES:** There will be weekly, timed, multiple-choice quizzes over assigned chapters this semester. Do NOT collaborate with other students on quizzes. Cheating will not be tolerated.

**EXAMS:** There will be a midterm and final exam in this course. The exams will be timed, and you will get your results back immediately upon completion. There will be no make-up exam opportunities or late submissions.

**VIDEO PROJECTS:** These assignments involve critical thinking and creative application of specific concepts covered in the textbook and/or lectures. You may be required to 1) work in a small group, 2) apply concepts in real-world environment, 3) report on personal experience and 4) physically and orally demonstrate understanding of concepts. Use appropriate citations when necessary.

## **GRADING**

1. Projects (30%) Quizzes (50%) (Exams 20%)
  
2. Grading
  - A= 90-100%
  - B=80-89
  - C=70-79
  - D=60-69
  - F=59 and below

## **COURSE CALENDAR**

To view the course schedule, you may go to Canvas and find the course Calendar, located on the far-right menu. I reserve the right to modify this syllabus or course schedule at any time. If there are any changes or modifications, you will be notified in a timely manner via canvas announcement. You are responsible for paying **attention to announcements** as well as checking your canvas inbox/student email; It is crucial to your success in the course.

## **TECHNICAL SUPPORT**

If you have technical difficulties and need help, UT Tyler's IT Support department provides technical support for this course. **To reach IT Support** you can email [itsupport@uttyler.edu](mailto:itsupport@uttyler.edu), or call (903) 565-5555 during business hours. Please note, they are not available 24/7. **For Canvas support**, click the Help button on the Global Navigation menu to the left to reach support via phone, online chat, or email. Canvas support is available **24/7** but is rarely helpful. Submit your video projects early to avoid technical issues and late penalties.