

Course Syllabus
Personal and Community Wellness
Summer II 2024

Course Title: Personal and Community Wellness

Course Number: ALHS 1300

Credits: 3 Hours

Days/Hours of Class: Online/Canvas

INSTRUCTOR INFORMATION

Name and Title: Sarah Alexander, M.S., CBE, RYT 200

Email Address: sarahalexander@uttyler.edu

Office Location: None

Office Hours: None

COMMUNICATION WITH INSTRUCTOR

I encourage you to contact me if you have any questions or concerns. You may contact me via email or 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.**

REQUIRED TEXTBOOK

Thomas Fahey, Paul M. Insel, Claire Insel, Walton T. Roth (2021). Fit & Well. New York: McGraw Hill Education. 14th 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

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 a 100% online course. You will be required to complete quizzes and submit assignments online using a platform called, CANVAS. Student learning experiences include but are not limited to: a) observation/analysis of personal and community wellness behaviors b) reading assigned textbook c) online engagement via Canvas through video projects, quizzes, and regular communication with the instructor.

ASSIGNMENTS:

Detailed assignment instructions and due dates are in Canvas. Read each link titled, “Expectations for...” in Canvas before submitting any assignments. Summer sessions are short and fast. There will be no late submissions for any assignments for this course. There will be no extra credit opportunities. Stay focused, submit your assignments early, and practice good time-management.

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. Because this is a summer course, no late submissions will be accepted. **See Expectations for Quizzes in Canvas for more information.**

VIDEO PROJECTS: These assignments involve critical thinking and creative application of specific concepts covered in the textbook and/or power points. 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) demonstrate thorough understanding of concepts. Use appropriate citations when necessary. No late submissions will be accepted. **See Expectations for Video Projects** in Canvas.

EXAMS: You will have a final exam at the end of the course. The exam will be timed and you will get your results back immediately upon completion. There will be no make-up exam opportunities or late submissions.

GRADING

1. Video Projects (40%) Quizzes (40%) Final Exam (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, 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.