Instructor: D. Rozena McCabe, PhD
Email: dmccabe@angelo.edu
Phone: 325-486-6199
Office: CHP 109 – To reduce risk of exposure to the virus for myself and my family, I will primarily be working from home. If you wish to meet, send me an email and request a virtual meeting.

Virtual Office Hours: The following times I will be in front of my computer available to answer emails. I will also be checking my emails throughout the day and will respond as soon as I am able. Please use your ASU email account and check it often.

- MWF 9:00 am – 11:00 pm
- TR 1:00 pm – 3:00 pm

Course Information

Course Description
The study of the aspects that make up total wellness. Subject areas will include the health-related aspects of physical fitness, proper nutrition, heart disease, substance abuse, and the influence of mental, emotional, and psychological factors on these aspects.

Course Credits
Three hours

Prerequisite and Co-requisite Courses
None

Prerequisite Skills
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are minimum requirements for this course. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort.

Course Delivery & Meeting Times
Meeting Days: MTWR
Meeting Time: 12:30 pm – 1:45 pm
Meeting Location: Monday/Wednesday – Rassman 105 and Tuesday/Thursday - Online
Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignments or activities validating outcome achievement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrate an understanding of the wellness approach to healthy living.</td>
<td>Chapter exams, labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Identify the benefits of living a wellness lifestyle.</td>
<td>Chapter exams, labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Assess personal wellness and develop a plan for improvement.</td>
<td>Labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Identify the benefits of good nutrition, portion control and hidden ingredients in many beverages and foods.</td>
<td>Labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Discuss the relationship between positive lifestyle changes and the healthy lifespan.</td>
<td>Labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
</tbody>
</table>

Required Texts and Materials

Additional readings from on-line sources may be required.

Top Hat
We will be using Top Hat Pro (www.tophat.com) for class participation. You will be able to submit answers to in-class questions using Apple or Android smartphones and tablets, laptops, or through text message. You can visit the Top Hat Overview (https://success.tophat.com/s/article/Student-Getting-Started-with-Top-Hat) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

An email invitation will be sent to you by email, but if don’t receive this email, you can register by simply visiting our course website: https://app.tophat.com/e/768885

Note: our Course Join Code is: 768885

Top Hat Pro may require a paid subscription, and a full breakdown of all subscription options available can be found here: www.tophat.com/pricing.

Should you require assistance with Top Hat Pro at any time please contact their Support Team directly by way of email (support@tophat.com), the in app support button, or by calling 1-888-663-5491. Specific user information may be required by their technical support team when troubleshooting issues.
**Technology Requirements**
To successfully complete this course, students need to understand the use of Blackboard for reviewing course materials and submitting assignments.

**Communication**
Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

**Written communication via email:** All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number.

**Grading**

**Evaluation and Grades**
Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Approximate Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Exams (25 pts each, lowest grade dropped)</td>
<td>250</td>
</tr>
<tr>
<td>Labs (10 pts each)</td>
<td>100</td>
</tr>
<tr>
<td>Personal Development Project (25 pts each)</td>
<td>50</td>
</tr>
<tr>
<td>Nutritional Analysis</td>
<td>20</td>
</tr>
<tr>
<td>Special Topic Assignments (pts vary by assignment)</td>
<td>80</td>
</tr>
<tr>
<td>Total</td>
<td>500</td>
</tr>
</tbody>
</table>

**Grading System**
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:
- **A** = 90.00-100 points
- **B** = 80.00-89.99 points
- **C** = 70.00-79.99 points
- **D** = 60.00-69.99 points
- **F** = 0-59.99 points (Grades are not rounded up)

**Teaching Strategies**
- Lecture, laboratory exercises, peer discussions, reflective writing, reading with a purpose, active learning strategies.
- Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved discovering, processing, and applying the course information at a level that contributes to the learning environment.
Assignment and Activity Descriptions

Chapter Exams
After each chapter of the textbook a 25 question multiple-choice exam will be administered in class. Each exam will assess the student’s knowledge of information in the textbook, information covered in class, and assigned vocabulary and concepts.

Labs
There will be 10 laboratories which are designed to supplement the lecture material. Laboratories include self-evaluation questionnaires and assessment of physical fitness.

Personal Development Projects
Regardless of your current wellness status, there is always room to improve. This project is designed to give you the flexibility to improve the dimensions of wellness most important to you. An assignment sheet will be provided with recommended wellness development activities. The student will write a reflection about the experience and share what they learned with their classmates.

Nutritional Analysis
The purpose of this assignment is to record all food consumed for three days and conduct a nutritional analysis of the record (macronutrient and micronutrient) and write a one-page reflection. A handout will be provided with the details of the assignment requirements.

Reflection Papers
There will be three one-page reflections based on special topic lecture presentations. For each topic the student will provide a summary of the important concepts of the topic and a reflection about how the topic is personally applicable to the student’s health.

Attendance
Face-to-face attendance on Monday and Wednesday is encouraged. However, due to COVID-19 you are asked not to attend class if you fail the health screening or start to feel ill at any time during the day. All lectures will be recorded and posted to Blackboard. Exams will be administered online during class time 12:30 pm to 1:45 pm on regularly scheduled class days. Failure to take the tests during this time slot will result in a score of zero.

Late Assignments
Exam and major assignment due dates are shown on the calendar/schedule or posted within Blackboard.

- **Chapter Exams**: No make-ups will be given on section exams unless prior arrangements have been made and approved.
- **Labs**: Laboratories must be submitted on the due date to receive full credit.
- **Nutrition Analysis, Personal Development Project, and Reflection Papers**: Late submission of these assignments will result in a progressive deduction of points.

General Policies Related to This Course
All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)
- [Angelo State University Catalog](#)
Required Use of Masks/Facial Coverings

As a member of the Texas Tech University System, Angelo State University has adopted the mandatory Facial Covering Policy to ensure a safe and healthy classroom experience. Current research on the COVID-19 virus suggests there is a significant reduction in the potential for transmission of the virus from person to person by wearing a mask/facial covering that covers the nose and mouth areas. Therefore, in compliance with the university policy students in this class are required to wear a mask/facial covering before, during, and after class. Faculty members may also ask you to display your daily screening badge as a prerequisite to enter the classroom. You are also asked to maintain safe distancing practices to the best of your ability. For the safety of everyone, any student not appropriately wearing a mask/facial covering will be asked to leave the classroom immediately. The student will be responsible to make up any missed class content or work. Continued non-compliance with the Texas Tech University System Policy may result in disciplinary action through the Office of Student Conduct.

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university’s Statement of Academic Integrity. 3

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student’s responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the Student Disability Services website. 4 The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 Grading Procedures 5 for more information.
Plagiarism

Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. Plagiarism is the action or practice of taking someone else’s work, idea, etc., and passing it off as one’s own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the ASU Writing Center.

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student’s responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

## Course Schedule

### TENTATIVE SCHEDULE OF READINGS AND MAJOR ASSIGNMENT DUE DATES

<table>
<thead>
<tr>
<th>DATE</th>
<th>FACE-TO-FACE CLASS IN RASSMAN 105</th>
<th>ONLINE/GROUP ASSIGNMENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 8</td>
<td>X</td>
<td>Video Assignment Stress: Portrait of a Killer</td>
</tr>
<tr>
<td></td>
<td>Monday</td>
<td></td>
</tr>
</tbody>
</table>

**Week 1**
Oct 12 – Oct 15

Introductions and Syllabus
Health Screenings and Keeping the Ram Fam safe

Group Assignment: What is the Story of Your Name? (20 pts)

**Wednesday**

Before class: Read Chapter 10
Lecture topic: Stress Assessment & Management

Chapter 10 Test
Chapter 10 Lab Due

**Monday**

Before class: Read Chapter 1
Lecture topic: Physical Fitness & Wellness
Personal Development Assigned

Chapter 1 Test
Chapter 1 Lab Due

**Tuesday**

**Week 2**
Oct 19 – Oct 22

Before class: Read Chapter 2
Lecture topic: Behavior Modification
Food Diary Assigned

Chapter 2 Test
Special Topic Assignment: “Sleep & Health”

**Wednesday**

**Week 3**
Oct 26 – Oct 29

Before Class: Read Chapter 3
Lecture topic: Nutrition – Nutrients

Special Topic: “Sugar”
Critiquing Health Information

**Thursday**

Before Class: Read Chapter 3
Lecture topic: Nutrition – Food Labels

Chapter 3 Test
Chapter 3 Food Diary Due

**Monday**

Before Class: Read Chapter 4
Lecture topic: Body Composition

Chapter 4 Test
Chapter 4 Lab – Individual assessment in lab

**Tuesday**

**Week 4**
Nov 2 – Nov 5

Before class: Read Chapter 5
Lecture topic: Weight Management

Special Topic: Relationship Health
Optional Special Topic: Sexual Health
Group Assignment: Personal Development Project

**Wednesday**

**Thursday**
### Week 5  
**Nov 9 – Nov 12**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
</table>
| Before Class: Read Chapters | Chapter 5 Lab  
Chapter 5 Test  
Special Topic: Financial Fitness |

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
</table>
| Before Class: Read Chapter 6  
Lecture topic: Cardiorespiratory Endurance | Chapter 6 Lab  
Chapter 6 Test  
Video Lecture: Cardiovascular Disease - Terms and Concepts |

### Week 6  
**Nov 16 – Nov 19**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
</table>
| Before Class: Read Chapter 7  
Lecture topic: Muscular Strength & Endurance | Chapter 7 Lab  
Chapter 7 Test  
Special topic video lecture: “Distracted Driving” |

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
</table>
| Before Class: Read Chapter 8  
Lecture topic: Muscular Flexibility | Chapter 8 Lab  
Chapter 8 Test |

### Week 7  
**Nov 23 – Nov 25**

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
</tr>
</thead>
</table>
| Before Class: Read Chapter 13  
Lecture topic: Addictive Behaviors | Group Assignment: Personal Development Project  
Special Topic: “Ears, Eyes, Mouth, and Skin” |

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter 13: Test – Final Exam (Online)</td>
<td>Thanksgiving</td>
</tr>
</tbody>
</table>

### Basic Needs
Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect his or her performance in the course, is urged to contact the Multicultural and Student Activities Programs Center ([multicultural@angelo.edu](mailto:multicultural@angelo.edu); 325-942-2729) or notify your professor.

### Student Evaluation of Faculty and Course
Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences. Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

### End of Syllabus

1. [https://www.angelo.edu/student-handbook/](https://www.angelo.edu/student-handbook/)
2. [https://www.angelo.edu/catalogs/](https://www.angelo.edu/catalogs/)
4. [https://www.angelo.edu/services/disability-services/](https://www.angelo.edu/services/disability-services/)
5. [https://www.angelo.edu/content/files/14197-op-1011-grading-procedures](https://www.angelo.edu/content/files/14197-op-1011-grading-procedures)
6 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
7 https://www.angelo.edu/dept/writing_center/academic_honesty.php
8 https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of