Instructor: D. Rozena McCabe, PhD
Email: dmccabe@angelo.edu
Phone: 325-486-6199
Office: CHP 109
Office Hours: To protect myself and my family from the COVID virus, I request that we meet virtually whenever possible. You can email me to schedule an appointment. Please use your ASU email account and check it often.
Mon-Tue-Thur 1:45 pm – 5:00 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, Tuesday, Wednesday, Thursday – Vincent 241 or remote through Collaborate
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](http://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](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](https://app.tophat.com/e/768885)

Note: our Course Join Code is: 049653

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](http://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](mailto: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>80</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>Top Hat and Reflection Papers (points may vary)</td>
<td>200</td>
</tr>
<tr>
<td>Total</td>
<td>600</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 7 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 two one-page reflections papers. One will be on the topic of sleep and your health and the other will be on distracted driving. For each paper 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**
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. TopHat quizzes will be administered during the designated class time and you must be present either in person or remotely to receive credit. If you have an excused absence, I will arrange for you to make up the points.

**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 chapter 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.*

**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. 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* 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>LABS AND ASSIGNMENTS</th>
<th>CLASS TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Mar 22</td>
<td>Course Orientation and Introduction</td>
<td>Chapter 1: Physical Fitness &amp; Wellness</td>
</tr>
</tbody>
</table>
| Tue Mar 23 | Chapter 10: Stress Assessment & Management  
Stress: Portrait of a Killer video | |
| Wed Mar 24 | Chapter 10 Lab Due                 | Chapter 10: Stress Assessment & Management      |
| Thur Mar 25| Chapter 10 Test                    | Chapter 1: Physical Fitness & Wellness          |
| Mon Mar 29 | Chapter 1 Test  
Chapter 1 Lab Due | Chapter 1: Physical Fitness & Wellness  
The Wheel of Wellness |
| Tues Mar 30| Special Topic: “Sleep & Health”  
Personal Development Assigned | |
| Wed Mar 31 | Chapter 2 Test  
Chapter 2 Lab | Chapter 2: Behavior Modification               |
| Thur Apr 1 |                                    | Chapter 3: Nutrition - Nutrients               |
| Mon Apr 5 | Sleep Reflection Paper            | Chapter 3: Nutrition – Nutrients               |
| Tues Apr 6 | Chapter 3 Test  
Nutrient Analysis | Chapter 3: Nutrition – Food Labels            |
| Wed Apr 7 |                                    | Chapter 4: Body Composition                    |
| Thur Apr 8 | Chapter 4 Lab  
Chapter 4 Test | Chapter 4: Body Composition                    |
| Mon Apr 12| Personal Development  
Reflection and In-Class Report | Personal Development Project                   |
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues Apr 13</td>
<td>Special Topic: Relationship Health</td>
<td></td>
</tr>
<tr>
<td>Wed Apr 14</td>
<td>Special Topic: Sexual Health</td>
<td></td>
</tr>
<tr>
<td>Thur Apr 15</td>
<td>Chapter 5 Lab</td>
<td>Chapter 5: Weight Management</td>
</tr>
<tr>
<td>Mon Apr 19</td>
<td>3-min step test (in class) Chapter 5 Test</td>
<td>Chapter 5: Weight Management</td>
</tr>
<tr>
<td>Tues Apr 20</td>
<td></td>
<td>Special Topic: Financial Fitness</td>
</tr>
<tr>
<td>Wed Apr 21</td>
<td></td>
<td>Cardiovascular Disease: Terms and Concepts</td>
</tr>
<tr>
<td>Thur Apr 22</td>
<td>Chapter 6 Lab</td>
<td>Chapter 6: Cardiorespiratory Endurance</td>
</tr>
<tr>
<td>Mon Apr 26</td>
<td>Chapter 6 Test</td>
<td>Chapter 6: Cardiorespiratory Endurance</td>
</tr>
<tr>
<td>Tues Apr 27</td>
<td></td>
<td>Special topic: “Distracted Driving”</td>
</tr>
<tr>
<td>Wed Apr 28</td>
<td>Chapter 7 Test</td>
<td>Chapter 7: Muscular Strength &amp; Endurance</td>
</tr>
<tr>
<td>Thur Apr 29</td>
<td></td>
<td>Chapter 7: Muscular Strength &amp; Endurance</td>
</tr>
<tr>
<td>Mon May 3</td>
<td>Distracted Driving Reflection Paper</td>
<td>Special Topic: Environmental Health</td>
</tr>
<tr>
<td>Tues May 4</td>
<td></td>
<td>Chapter 8: Muscular Flexibility</td>
</tr>
<tr>
<td>Wed May 5</td>
<td>Chapter 8 Lab</td>
<td>Chapter 8: Muscular Flexibility</td>
</tr>
<tr>
<td></td>
<td>Chapter 8 Test</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Personal Development Reflection and In-Class Report</td>
<td>Personal Development Project</td>
</tr>
<tr>
<td>Thurs May 6</td>
<td></td>
<td>Special Topic: “Ears, Eyes, Mouth, and Skin”</td>
</tr>
<tr>
<td>Mon Mar 10</td>
<td>Chapter 13: Test – Final Exam 1:00 pm</td>
<td>Chapter 13: Addictive Behaviors</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; 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/
2 https://www.angelo.edu/catalogs/
3 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
4 https://www.angelo.edu/services/disability-services/
5 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