

CSRF 6357

Campus Health and Wellness Program

Fall 2021



Instructor: Dr. Ron Rainwater

Email: ronald.rainwater@angelo.edu

Phone: 325-518-8654

Office: CHP 102

Office Hours: By Appointment

Course Information

Course Description

Emphasis will be on planning, developing, and evaluating a comprehensive health and wellness promotion program. Major health issues on campuses in the United States will be discussed.

Course Credits

3 hours

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

Accessing Internet websites, using ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are expectations of the CSRF Program.

Program Outcomes

Upon completion of the program of study for the CSRF Program, the graduate will be prepared to:

1. Master Knowledge and Skills

Students will:

- Demonstrate advanced knowledge, skills, and values appropriate to the discipline.
- Demonstrate the ability to work as individual researchers/scholars as well as in collaboration with others.

- Demonstrate the ability to be creative, critical thinkers with the ability to apply new technologies as appropriate to the discipline.

2. Master Communication and Dissemination

Students will:

- Be required to demonstrate advanced oral and written communication skills, as appropriate, to the discipline.
- Demonstrate global perspectives appropriate to the discipline.

3. Master Leadership and Social Responsibility

Students will:

- Comprehend and practice the ethical principles appropriate to the discipline.
- Understand and value individual differences and have the skills for working effectively in a diverse, changing world.

Student Learning Outcomes

Student Learning Outcome By completing all course requirements, students will be able to:	Assignment(s) or activity(ies) validating outcome achievement:
Demonstrate effective communication skills on a professional level;	Lead class quote discussions and respond to classmates comments.
Think critically, identify and resolve problems that will benefit in future career path;	Create an innovative Campus Wellness Program.
Learn how to find and use field-based resources and develop a professional network.	Interview two Campus Wellness specialist
Gain basic understanding of the subject. (e.g., factual knowledge, methods, principles, generalizations, theories)	Mid-term and Final Exam

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted in Blackboard and with roughly half of the course delivered online via [Blackboard¹ Collaborate](#).

Required Texts and Materials

None

Recommended Texts and Materials

None

Technology Requirements

To successfully complete this course, students need to be able to use Blackboard Collaborate (which also requires a web cam and microphone).

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Topic Outline

See Class Schedule

Communication

Faculty will respond to email and/or phone 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 in your subject line.

Virtual communication: Office hours and/or advising may be done with the assistance of the telephone, cell phone, Collaborate, etc.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Leadership and Professionalism	10
Mid Term and Final Exam (15% each)	30
Interviews (10% each)	20
Sample Semester Plan	20
Creative Wellness Event	20
Total	100%

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

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

Discussion Board Activities: Discussion Boards provide an avenue for synthesis of material / information. A Discussion Board is provided in this course as a way to help students’ process course materials, express thoughts, and engage others opinions and ideas in a healthy and productive learning environment. Students are expected to respond to all discussion board assessments using the “**Online Discussion Rubric**” to support individual answers to the assigned questions throughout this course.

Assignment Submission

All assignments MUST be submitted through the Assignments link in the Blackboard site. This is for grading, documenting, and archiving purposes. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at ronald.rainwater@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

Late Work Policy

The course is set up on weekly modules. The week begins on Monday and ends on Sunday. Assignment due dates are shown on the calendar/schedule or posted within Blackboard. Late assignments are not accepted without prior approval of faculty. Faculty reserve the right to deduct points for late assignments that are accepted past the original due date.

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook²](#)
- [Angelo State University Catalog³](#)

Student Responsibility and Attendance

This class will meet face to face and online in Blackboard Collaborate during the regular class time:

There are readings which you will have to complete to be able to adequately participate in individual and group assignments. In order to complete this course successfully, you do have to participate in all course activities i.e. discussion boards, course projects, reflective logs, etc. Students are expected to engage in course activities and submit work by due dates and times. The hope is that students will make substantive contributions which reflect integration of assigned materials as well as any outside readings as appropriate. Scholarly contribution is an expectation. For planning purposes, this class will probably require a minimum of 6-9 study hours per week on average.

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](#).⁴

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](#).⁵ 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](#)⁶ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁷ 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](#).⁸

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](#)⁹ 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

Week/Date	Topic/Assignments/Assessments DUE
Week One	Introduction to Wellness Wellness Defined
Week Two	Wellness Assessment Assignments Due 9/1 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Three	Types of Wellness Programs Assignments Due 9/8 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Four	Wellness Training/Certifications Assignments Due 9/15 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Five	Market Wellness Plan Development Assignments Due 9/22 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Six	Program Funding Assignment Due September 29 by 6:00 pm <ul style="list-style-type: none"> • Interview #1 • Post and/or Respond to Quote
Week Seven	Trends and Issues Assignments Due 10\6 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Eight	Assignments Due 10/13 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote • Midterm Exam
Week Nine	Activity Selection Principles Assignments Due 10/20 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Ten	Facility Maintenance and Equipment Management Creative Wellness Event - Due 10/27 or 11/3 Assignments Due 10/27 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote

Week/Date	Topic/Assignments/Assessments DUE
Week Eleven	Problem Solving Strategies Creative Wellness Event - Due 10/27 or 11/3 Assignments Due 11/3 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Twelve	Problem Solving Strategies Assignment Due November 10 by 6:00 pm <ul style="list-style-type: none"> • Interview #2 • Post and/or Respond to Quote
Week Thirteen	Trends and Issues Assignments Due 11/17 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Fourteen	Designing Wellness Program Strategies Assignments Due 11/24 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote
Week Fifteen	Assignments Due 12/1 by 6:00 pm <ul style="list-style-type: none"> • Post and/or Respond to Quote • Sample Semester Plan
Week Sixteen	December 8: Final Exam

Grading Rubrics

- If you do not have rubrics built into your Blackboard course, then add that grading rubrics will be included in assignment instructions inside of the Blackboard Learning Management System.

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.

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)
3. Developing specific skills, competencies, and points of view needed by professionals in the field most closely related to this course
4. Developing skill in expressing oneself orally or in writing
5. Learning how to find, evaluate, and use resources to explore a topic in depth

End of Syllabus

¹ <https://blackboard.angelo.edu>

² <https://www.angelo.edu/student-handbook/>

³ <https://www.angelo.edu/catalogs/>

⁴ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁵ <https://www.angelo.edu/services/disability-services/>

⁶ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁷ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁸ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁹ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>