HPW 102

Spring 2020

wednesday

1:00-3:00p.m.

Syllabus and course description

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oFFICE HOURS: mONDAY 11:30 A.M.-2:00 P.M.

Tuesday/THURSDAY 11:30 A.M.-12:30 PM

friday 12:00 p.m.-2:00 P.m. or By APPT.

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| The syllabus for Healthy American, can be found at <http://www4.uwsp.edu/hphd/healthyamerican/syllabus.asp>  To get week-by-week instructions, click on the dates below:     * [Week 1-](http://www4.uwsp.edu/hphd/healthyamerican/week01.asp)                       Introduction * [Week 2 -](http://www4.uwsp.edu/hphd/healthyamerican/week02.asp)                     What is Wellness? * [Week 3 -](http://www4.uwsp.edu/hphd/healthyamerican/week03.asp)                    Change-Becoming Who You Are, Authentically * [Week 4 -](http://www4.uwsp.edu/hphd/healthyamerican/week04.asp)        Activity and Exercise * [Week 5 -](http://www4.uwsp.edu/hphd/healthyamerican/week05.asp)         Nutrition * [Week 6 -](http://www4.uwsp.edu/hphd/healthyamerican/week06.asp)                      Developing Purpose * [Week 7 -](http://www4.uwsp.edu/hphd/healthyamerican/week07.asp)                     Sexual Health * [Week 8 -](http://www4.uwsp.edu/hphd/healthyamerican/week08.asp)                 Financial Health * [Week 9 -](http://www4.uwsp.edu/hphd/healthyamerican/week09.asp)                      Goals and Objectives * W[eek 10 -](http://www4.uwsp.edu/hphd/healthyamerican/week10.asp)                 Stress * [Week 11  -](http://www4.uwsp.edu/hphd/healthyamerican/week11.asp)  Spring Break * [Week 12  -](http://www4.uwsp.edu/hphd/healthyamerican/week12.asp)           Relationships * Week 13 -   Work on your Behavior Change Project |
| **Course Description/Outcomes**  The primary purpose of this course is to encourage students to explore and practice a balanced lifestyle. Students will become familiar with the "Stevens Point 7 Dimensions of Wellness Model". Participants will assess their personal lifestyle using several assessments and evaluate their current levels of wellness in body, mind, and spirit through each of the 7 dimensions.  Students will think about how these elements impact themselves as individuals, and as members of communities. Students will be asked to design, implement, and sustain a personal plan to address one behavior identified by them, that will enhance their wellness in a meaningful way. In addition, students will undertake an in-depth exploration of what it means to be healthy in a fast-paced, multidimensional society. Students will identify core values and behavioral intentions, examine choices relating to an outcome, pursue an outcome that has meaning for them and evaluate their success; skills that can be used now and in the future for achieving wellness.  **In addition to the Syllabus found at the Healthy American Website, students will be asked to complete a minimum of three Coaching sessions with a Student Success Coach who will work with them on the Behavior Change Project.**  **Students will read and discuss *Daring Greatly* by Brene Brown.**  **Texts**   * 1. An Invitation to Health, Diana Hales   2. Daring Greatly, Brene Brown   3. Excerpts from: Simply Perfect-Perfectly Simple, Jones, Jane, Ph.D.   b. Numerous handouts  Grading Scale can be found at the Healthy American web site. Here are some main ideas: Achieving High-Level Wellness is an individual, non-linear developmental, multi-dimensional process that occurs over the entire lifespan  Life is multi-dimensional and those dimensions are integrated…each dimension can impact other dimensions in many significant ways.  Understanding and using various ways to explore and assess dimensions in yourself and others is very important!  When finding Motivation I>E>S  Wellness is not about perfection in yourself or in others. Rather, it is about moving towards achieving a high quality of life and finding balance in body, mind, and spirit. |
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