

# HPW 102

## Fall 2020

### Professor's Contact Information

## Dr. Kelly Schoonaert

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Zoom Meeting Connection: [Link \(Links to an external site.\) https://uwsp.zoom.us/j/7153462096?pwd=QnZUa2VpNzBTSEV1WHZYVnVpUStRUT09](https://uwsp.zoom.us/j/7153462096?pwd=QnZUa2VpNzBTSEV1WHZYVnVpUStRUT09)

### Week by Week Activities for the Semester

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|----------------------------|--|
| • Week 1 - September 1-6   | Introduction                                       |
| • Week 2 - September 7-13  | What is Wellness?                                  |
| • Week 3 - September 14-20 | What Motivates Your Actions? Who                   |
| • Week 4 - September 21-27 | Nutrition - Balance is the Key!                    |
| • Week 5 - September 28-4  | Living an Active Lifestyle; Activity and Exercise  |
| • Week 6 - October 5-11    | Sexual Health - Sex in the Time of Covid and other |
| •                          | fun topics   |
| • Week 7 - October 12-18   | Resiliency - Screen Time and Social Media          |
| • Week 8 - October 19-25   | Mid-term break                                     |
| • Week 9 - 26-Nov. 1       | Values, Vision and Mission                         |
| • Week 10- November 2-8    | Financial Wellness                                 |
| • Week 11 - November 9-15  | Healthy Sexuality                                  |

- Week 12 - November 16-22      Goals and Objectives    BEHAVIOR CHANGE PROJECT
  - Thanksgiving Week No Class
  - Week 13 - November 30-December 4   Behavior Change Project Due December 6
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- Finals: Take the final quiz on the Canvas site. You do not need to attend a final period in person. If you would like your file, containing your Behavior Change Project back please e-mail [kschoona@uwsp.edu](mailto:kschoona@uwsp.edu).

### Extra Credit Opportunities

## Assignments and Evaluation Criteria

### Tasks:

1. 150 points - Complete Testwell (Wellness survey done on line)
2. 150 points – Wellness Wheel Diagram and Analysis (Done in class during week 2)
3. 150 points – Talents, Abilities, and Gifts paper (Questions found on line)
4. 150 points - Nutrition Assessment and Analysis (Found on line)
5. 150 points - Complete EChug Assessment and Analysis (Survey found on line)
6. 500 points-Fitness Assessment
7. 500 points – SMART Goal, Objectives, Behavior Change Log (See samples on the web site)
8. 150 points – Budget and Spending Worksheets and Analysis (Forms found on D2L)
9. 150 points – Stress Assess Analysis (Found on line)
10. 150 points – Pick up packet (During the first 15 minutes of your finals period in CCC 101)
11. 100 points – Each QUIZZ on lectures and reading (2 lowest grades dropped)
12. 50 points – Attendance - per week attended   Reflections

Grades determined by a percentage of total points available. See chart below for percentile breakdown.

## Extra Credit Points Are Available

Extra credit assignments will be announced during class time, via email, on D2L, and/or on this page as they become available. To receive credit, you must turn in your report to The Box (outside of CPS 214) within one week of the event date. **No credit for late**

**papers.** To receive credit, you must **TYPE** in the upper left corner of the paper 1) your name, 2) student ID#, 3) section #, and 4) both the name and date of the activity you attended.

Note: Extra credit work in this course is strictly voluntary and by personal choice. There is a 300 point maximum for extra credit.

1. 50 points-Do both the EChug and the Stress Assess self evaluations in week 9.
2. 50 points - Work with a Student Health Coach for four weeks (20-30 minutes per week).
3. 30 points - **Donate** blood. Place your donor sticker (or other evidence that you donated) on a piece of paper. Note: You cannot receive extra credit points for donating plasma if you get paid for it.
4. 30 points\* - Attend an **academic or educational** event (speaker, lecture, seminar, workshop) available to the UWSP community (usually announcements on SMOD). Students may earn points this way three times (up to 900 points total). If you're not sure whether a speaker, lecture, seminar, or workshop will count for extra credit, email [hpw102q@uwsp.edu](mailto:hpw102q@uwsp.edu) .
5. 30 points\* – Attend an **arts event** announced at <http://www.uwsp.edu/cofac/> ([Links to an external site.](#)) or other locations across campus.

Students may earn points this way three times (up to 90 points total).

6. 30 points\* – Attend as a **spectator** a UWSP athletics event. Students may earn points this way two times (up to 600 points total) and the 2 events **MUST** be different (1 hockey game and 1 track meet; but not 2 hockey games). Or, if you are **on an athletic team**, you may submit a paragraph one time about why you choose to play your sport, what benefit you derive from it, what hardships it presents and how you overcome them, how it enhances your overall wellness and your life. This would also be worth 300 points.
7. 30 points\* – **Volunteer** in the community. Volunteer opportunities can be created by the student or can be existing opportunities sponsored by community (YMCA, school, Boys and Girls Club, Salvation Army, Red Cross, American Cancer Society, Special Olympics, etc.) and/or UWSP organizations. The community served by your effort can be any community meaningful to you: home town, Stevens Point, UWSP, etc. Taking part in an event that benefits a non-profit, service, or community organization also counts. Example events include fun runs and other fundraising

events. Students may earn points this way two times (up to 600 points total) and the 2 types of events MUST be different (1 fun run and 1 day volunteering at the children's museum; but not 2 fun runs).

8. 30 points\* – Attend an event that exposes you to a **culture or ethnic heritage different from your own**. Students may earn points this way two times (up to 600 points total) and the 2 events MUST pertain to different cultures or ethnicities (e.g., Festival of India and Taste of Toj Roob; but not 2 Hmong events or 2 Indian events).
9. 30 points\* - VOTE in the upcoming election. Take a picture of yourself OUTSIDE the polling place OR of your envelope if you are voting absentee. PLEASE NOTE: Do NOT include a picture or reference to the people you have voted for. We have no interest in ascertaining that information, but engaging in civic society is part of social wellness.

**\*To earn extra credit for items 4-8 in the list above**, you must also TYPE 1 brief paragraph (no more than 1/2 a page) about your experience attending or taking part in this event. You can write anything, but do focus on something reflective about your thoughts and/or feelings surrounding the event, topic, or your role in that event. Example things you could write about include, why you went, was it worthwhile, did you learn anything, how did you feel about the subject/event/your contribution, did attending influence your personal life in any way, did it change your view on music, life, the arts, the subjects at hand, your community, people different from you, etc, etc, etc.

## Late Assignments - Automatic Deductions

- Failing to show up for your [fitness assessment \(Links to an external site.\)](#) appointment - you will be charged an additional \$6.50 for a [make-up \(Links to an external site.\)](#). Miss the make-up? Now you need to bring \$13.00 to your second make-up appointment.
- Late assignments (after due date) - minus 1/2 of the available points.
- Late quiz - no makeup possible. It is perfectly acceptable for students who miss class to take the quiz for that week. Remember: the 2 lowest quiz scores will be thrown out.
- Failure to complete behavior change logs or [fitness assessment \(Links to an external site.\)](#) - **course failure**

## Attendance

Class attendance (100 points per class) will be accounted for by in-class work that can only be handed in at the end of class. Of the 12 scheduled class sessions, students are

required to attend 10. Since students may miss up to two class sessions without penalty, there will be no “excused absences.” All absences will be judged equally, whether the student considers them “excused” or not. For example, students who know ahead of time that they will miss class due to competitions, performances, events, or other obligations (UWSP-related or not) will simply use the freebies on those occasions.

Extenuating circumstances will be considered on a case-by-case basis. Please contact the instructors to discuss your case.

## Online Assignments

Healthy American online assignments are BEST completed in any computer lab on campus. Although you may access assignments via the Internet where possible using your own computer, know that different personal computers have different networking capabilities (e.g., Macs vs. PCs). It is your responsibility to know BEFORE the assignment deadline if your own personal computer or network is not compatible with the University system. To ensure proper credit is obtained, we strongly suggest that you submit your work through a computer in a campus computer lab. All assignments must be turned in in a format that is compatible with the University supplied software systems.

## Student's Responsibilities

To achieve maximum credit for participation in this class, students are expected to attend all required class sessions and complete all assigned work according to instructions. The late work policy is stated above. The absence policy is stated above.

When students miss class, it is their responsibility to obtain information about the material covered and assignments. The Healthy American website and D2L both contain assignment information. Students who wish further information or assistance should first contact the Healthy American Office Assistants during their [office hours \(Links to an external site.\)](#) or via [hpw102q@uwsp.edu](mailto:hpw102q@uwsp.edu) .

It is the student’s responsibility to anticipate difficulties in meeting the expectation of the course. It is the student’s responsibility to discuss any concerns with the instructors in a TIMELY manner to ensure students can perform to the best of their ability. Should a student feel that extenuating circumstances prevent him/her from meeting the expectations of the course, the student must contact the instructors as soon as possible to discuss the situation.

## Grading Scale

A	92-100%
A-	88-91.9%
B+	85-87.9%
B	82-84.9%
B-	79-81.9%

C+ 76-78.9%  
C 73-75.9%  
C- 70-72.9%  
D+ 67-69.9%  
D 60-66.9%  
F below 60%

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*If you have questions about the course or about your course progress,  
email [hpw102q@uwsp.edu](mailto:hpw102q@uwsp.edu).*