

HP/W 110: Introduction to Health Promotion

Fall Semester 2017
Monday and Wednesday, 8:00-8:50 a.m.
CPS 116, Starting Oct 30th

Instructor: Dr. Corey Huck, PhD, CSCS
Office: 101 CPS (School of HPHD)

Phone: 715-346-2515
Email: corey.huck@uwsp.edu

Course Description: Introduction to “wellness,” seven-dimension model of wellness, and to various career opportunities in the field of Health Promotion. The course is designed to assist students in deciding on Health Promotion as a career, and will identify skills and competencies required, content areas, areas of specialization, certification, professional organizations, journals, and strategies for success in the major and in the field.

Learning Outcomes: At the conclusion of this course, the student will be able to:

1. Define wellness, personally and professionally.
2. Define health promotion.
3. Demonstrate personal accountability for attendance.
4. Demonstrate respect for wellness professionals who are willing to share their expertise and career path in helping each student decide if health promotion/wellness is an appropriate field of study.
5. Recognize professional qualifications that employers value in entry-level professionals.
6. Describe a variety of job settings that hire health promotion graduates.
7. Appreciate that modeling a wellness lifestyle is essential for career success.

This is a pass/fail course. A passing grade does not change a student’s GPA; failing does.

A student must earn 75% of the total points available to pass this course. Students earn points by attending class and completing assignments. There are no tests/quizzes in this course and no final exam.

Class Points:

1. Wellness Philosophy Assignment (1 st day of class)	10 points
2. Definitions of Wellness Assignment (2 nd day of class)	10 points
3. Wellness Assessment Results and Personal Wellness Plan (Nov 15 th)	20 points
4. HPHD New Student Survey (due Nov 29 th)	10 points
5. Wellness Philosophy Assignment (last day of class, Dec 13 th)	20 points
6. <u>Attendance (10 pts for each class, 65% of the class)</u>	<u>130 points</u>
	200 points

You must earn 150 points or 75% to pass this course!!!!

Assignments: All assignments are to be turned in at the start of class on the day they are due. Late assignments will be deducted 2 pts for each day they are late. All written work must be word processed with proper spelling, punctuation, grammar, etc.

1. Wellness Philosophy Assignment (Due 1st day of class, Oct 30th)

Submit a typed paragraph answering the following question, “What is your personal philosophy for wellness?” or in other words... “What does wellness mean to YOU?” Please do not submit an organization’s definition for wellness or someone else’s philosophy of wellness. This is personal and there is no wrong answer!

2. Definitions of Wellness Assignment (Due 2nd day of class, Nov 1st)

Explore how organizations or professionals define the term, “wellness,” and submit 3 different definitions of “wellness.” Highlight which definition you like the best and explain why. This assignment will likely be a ½ page in length, but there are no requirements for length. Please type your responses and include the sources of your definitions. Be prepared to share these definitions in class the day they are due.

3. Wellness Assessment Results and Personal Wellness Plan (Due Nov 15th)

Go to the National Wellness Institute TestWell website below and click on College Assessment. Click on “Click here to begin.” Complete the assessment by choosing the most appropriate response for each item. Be honest. When you have responded to all items, click “Finish”. Next, click on “Holistic Lifestyle Questionnaire (HLQ) Report” which will generate your results. At the bottom of your results page, there is a printer icon and “print view”. Click this and print your results. Use your results to complete the Personal Wellness Plan assignment found in the Content section of D2L. *Attach page one of your printed results, which includes the graph, to your completed Personal Wellness Plan assignment and turn both documents in.*

<http://www.testwell.org/twfree.htm>

(Note: if clicking on the link does not take you directly to the website, cut and paste into your web browser.)

Wellness Assessment and Personal Wellness Plan due Nov 15th in class.

4. Department of Health Promotion and Human Development New Student Survey – follow this link or type into your web browser and complete the on-line survey. Answer all questions thoroughly and honestly.

<http://survey.uwsp.edu/TakeSurvey.aspx?SurveyID=84KH685M>

HPHD New Student Survey must be completed by November 29th.

5. Wellness Philosophy Assignment (Due last day of class, Dec 13th)

Now that you have completed this class, reflect on what you’ve learned and re-submit a typed paragraph answering the following question, “What is your personal philosophy for wellness?” or in other words... “What does wellness mean to YOU?” This is personal and there is no wrong answer!

Compare and contrast this response to how you answered this question on the first day of class.

6. Guest Speakers, Attendance and Participation:

Throughout the semester UWSP Health Promotion alumni and faculty are invited to join our class as guest speakers to share their experiences and expertise. Reference the course schedule for days when there are guest speakers. You are encouraged to ask guest speakers questions and participate in any discussion or activity.

Attendance is earned on specific days by responding to the following questions:

- What did you learn today about wellness which you can apply to your life?
- What did you learn today about a how to be successful your future career?

Each response needs to be neatly written on the paper provided for you, with your name on it.

Please hand in your response sheet at the end of class. If you do not turn in a response sheet, you do not get credit for attendance that day. Note that attendance is worth 10 points!

Additional opportunities to assist in deciding if HPW is the major for you:

- Attend a National Wellness Institute Student Chapter meeting – announcements will be made in class and via email regarding the date, time and location of meetings.
- Get to know the HPW faculty who are happy to answer questions or provide you with insight about the health promotion field.

- Consider how you might include a semester abroad or international academic trip experience into your undergraduate program. HPW majors are encouraged to travel abroad in some capacity.
- Do volunteer work in the community that will provide you with experience in health promotion and will complement your academic preparation.
- Network with and/or shadow guest presenters or other professionals in the health promotion & wellness fields.

Desire to Learn: This course uses D2L, UWSP's Online Learning Management System. The course syllabus, schedule, and assignments are posted in the Content Section. Your grades will also be posted on D2L so you can track your total points and attendance. D2L can be found on your MyPoint portal on the Academics tab.

Electronic Devices: As a courtesy to guest speakers, student presenters and each other, cell phone use is not permitted during class. Please have your phone on vibrate if you are expecting an important call and leave the room to respond to the call.

Disabilities, religious beliefs and academic integrity:

- Students with disabilities should contact the Office of Disability Services during the first two weeks of the class if they wish to receive accommodation.
- Religious beliefs will be accommodated according to UWS 22.03 as long as you notify me within the first three weeks of the beginning of classes of the specific date(s) you request relief from an examination or academic requirement
- Academic integrity is important. Please see information on student academic misconduct in the Community Rights and Responsibilities booklet:
<http://www4.uwsp.edu/admin/stuaffairs/rights/rightsChap14.pdf>

HPW 110

Fall 2017 Course Calendar (Guest Presenters dates are tentative)

<i>Date</i>	Topic/Speaker	Assignment due
Monday, Oct 30	Intro to HPW 110 Syllabus and Assignment Review What is the difference between- Health, Health Promotion, Wellness?	<i>Assignment #1</i>
Weds., Nov 1	Dimensions of Wellness, wellness cloud, jobs & salaries in health promotion, professional organizations	<i>Assignment #2</i>
Monday, Nov 6	Certifications, POS, application process, power of networking	
Weds., Nov 8	HPW faculty/instructor panel (Kelly Schoonaert, Sallie Scovill)	
Monday, Nov 13	HPW faculty/instructor panel (Terry Aittama, Tom Wetter)	
Weds., Nov 15	Lindsay Worley , Wellness Director, Stevens Point YMCA, other YMCA guest presenter- Tiffany Praeger *Volunteer/Intern/job http://www.spymca.org/	<i>Assignment #3</i>
Monday, Nov 20	CPS Academic Advising Center HPW peer advisors (Rodel Magtanong, Allie Hurrish)	
Weds., Nov 22	No class, Happy Thanksgiving!	
Monday, Nov 27	Luke Witkowski , Wisconsin-Department of Health Services, Tobacco Prevention and Control Youth Programs Coordinator	
Weds., Nov 29	Kelsey Corrigan , Wellness Director, graduate of UWSP, HP/W program, and Brittany Czaikowski , Fitness Supervisor at Sentry Insurance, https://jobs.sentry.com/Who-We-Are/learn-about-sentry/wellness-center	
Monday, Dec 4	Cardiac Rehab, presenter TBD	<i>Assignment #4</i>
Weds., Dec 6	Spencer Lichon and Ryan Finnel , CSCS, Strength and Conditioning Services- Bellin Health Sports Medicine & D1, HPW grad, *Intern/job opps. http://www.bellinfitness.com/ , https://www.d1sportstraining.com/greenbay/main/	
Monday, Dec 11	Leah Gutknecht , LPC, CWP, Directory of Behavioral Health – Resource Development, Inclusa, Inc., Lone Rock, WI, leah.gutknecht@inclusa.org	
Weds., Dec 13	Final Class Discussion/Summary: Your questions answered Course Evaluations	<i>Assignment #5</i>