

# HSW 101: Introduction to Health and Wellness Careers (1 credit)

Fall Semester 2023  
Monday and Wednesday, 12:00-12:50 p.m.  
In-Person Classes (CPS 116) begins October 30<sup>th</sup>

Professor: Dr. Corey Huck  
Office: 242 CPS (School of HSW)

Office hours: M&W 1-3pm  
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**Course Description:** Discover the various roles and responsibilities within the health and wellness industries and discover potential careers that match your skills and interests.

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

1. Discover how your values, passion, strengths, and dreams can help you realize your authentic purpose for life and work.
2. Define health sciences, health promotion, and wellness.
3. Demonstrate personal accountability for attendance and engagement.
4. Describe a variety of job settings that hire graduates from the Health Sciences and Wellness program.
5. Recognize professional qualifications that employers value with entry-level professionals.
6. Recognize and appreciate that self-awareness and self-care translate to high performance and career success.
7. Demonstrate respect for differences in views of personal health and for all diverse populations.

This is a pass/fail course. A passing grade does not change a student's GPA; failing does. *A student must earn >70% 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. Your Why- Self-Awareness Assignment (2 <sup>nd</sup> day of class, Nov 1st)	10 points
2. Definitions of Wellness Assignment (Nov 6 <sup>th</sup> )	10 points
3. Personality Test and Reflection (Nov 13 <sup>th</sup> )	20 points
4. Job Search and Career Reflection Assignment (Dec 4 <sup>th</sup> )	10 points
5. Personal Career Wellness Integration (Dec 13 <sup>th</sup> )	20 points
6. <u>Attendance (10 pts for each class, 2/3rds of the class)</u>	<u>140 points</u>
	210 points

**You must earn 150 points or 71% 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. and submitted to the respective Canvas assignment.

### 1. **Self-Awareness Assignment (Due 2<sup>nd</sup> day of class, Nov, 1<sup>st</sup>)**

Reflect on and list your personal values, passion(s), mission, goals, and dreams. Template will be provided via email and Canvas. This is personal so there is no wrong answer!

**2. Definitions of Wellness Assignment (Due Nov, 6<sup>th</sup>)**

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. Personality Test and Reflection (Due Nov, 13<sup>th</sup>)**

Go to [16personalities.com](https://www.16personalities.com) (Links to an external site.) and take the free test, which only takes 10 minutes. Over 561,000,000 people have taken this test. This tool will help you gain a stronger sense of self-awareness and why you do things the way you do. These results can also help you build more meaningful relationships.

**4. Job Search and Career Reflection Assignment (Due Dec, 4<sup>th</sup>)**

Use job search engines and identify 3 entry-level employment opportunities which align with lessons learned from assignments #1 and #3 above. Submit assignment components as outlined in Canvas.

**5. Personal Career Wellness Integration (Due Dec, 13<sup>th</sup>)**

Now that you have nearly completed this class, reflect on what you’ve learned and summarize how your personal philosophy of “wellness” will be integrated/aligned with your dream job/lifestyle. Create a PowerPoint presentation or a short video to illustrate your summary. **Let Professor Huck know if you’d be willing to present to the class on the last day, Dec, 13<sup>th</sup>.**

**6. Guest Speakers, Attendance and Participation:**

Throughout the semester UWSP Health Promotion alumni and faculty are invited to join our class remotely (via Zoom) 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 with the “chat” function on Zoom and participate in any discussion or activity.

**Attendance is earned by attending class and submitting your notes for each class period!**

If you are late, you will not receive attendance points. Note that attendance is worth 10 points for each class session.

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

- Connect with a student representative from the National Wellness Institute Student Chapter meeting – announcements will be made in class and via email regarding the appropriate contacts.
- Get to know the HSW 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. HSW 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.

**Canvas:** This course uses Canvas as UWSP’s Online Learning Management System. The course syllabus, schedule, assignments, and attendance are posted in their respective sections. Your grades will also be

posted in the grading section of canvas, so you can track your total points and attendance. Canvas can be found on by going to UWSP's home page and clicking on the "log-ins" tab on the upper right.

**Electronic Devices:** As a courtesy to your fellow students, guest speakers, and student presenters 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>

## HSW 101 Fall 2023 Course Calendar

Date	Topic/Speaker	Assignment due
Monday, Oct 30	<b>Professor Huck-</b> Introductions, Collective Expectations for Engagement, Course Syllabus w/ alignment of Learning Outcomes & Activities. Expectations and prep for assignment #1	
Weds., Nov 1	<b>Professor Huck-</b> Influence, promotion, systems-based thinking. Professions in Health Science and Wellness & job market. Prep for assignment #2.	<i>Assignment #1</i>
Monday, Nov 6	<b>Becky Konietzki, (CPS 240, 715-346-3233)</b> Academic & Career Advisor, HSW major, stackable credentials, tips for academic success, and Q&A <a href="mailto:bkonietz@uwsp.edu">bkonietz@uwsp.edu</a>	<i>Assignment #2</i>
Weds., Nov 8	<b>Exercise Performance, Fitness, &amp; Business Leadership (Kevin Kirshbaum, MS)</b> Lecturer at UWSP, former owner of D1 Training, Stevens Point.	
Monday, Nov 13	<b>Bellin Health Titletown</b> , Speakers: Cody Chase and Eleni Berken, Strength and Conditioning, Fitness, Personal Training, Integrative Health & Performance	<i>Assignment #3</i>
Weds., Nov 15	<b>Security Health Plan</b> , Speaker: Heather Erickson- health coaching fellowship program, health education, health insurance	
Monday, Nov 20	<b>Marshfield Clinic Health System</b> , Speakers: Dr. Scott Hebbing, WI Head of "All of Us" Research Program. Role of Genetics. Tammy Bieneck- Community Engagement Specialist	
Weds., Nov 22	<b>Virtual Learning Activity (no in-person class, Happy Thanksgiving)</b> <b>Watch recorded Video on Student Organizations- search for orgs of interest and submit evidence of contact/action</b>	
Monday, Nov 27	<b>Health and Wellness Coaching, Mental Health, Behavioral Health</b> (HSW faculty/instructor panel- Dr. Brian Krolczyk)	
Weds., Nov 29	<b>Worksite Wellness, Organizational Well-being, Community Health (HPW faculty/instructor panel)</b> (HSW faculty/instructor panel- Dr.'s Sallie Scovill and Corey Huck)	
Monday, Dec 4	<b>Applied Nutrition</b> , Speaker- Deborah Tang, M.S., Coordinator of the Food and Nutrition programs at UWSP.	<i>Assignment #4</i>
Weds., Dec 6	<b>Carley Prochaska, Dementia Care Specialist, Portage County, ADRC</b> , discussion about Health Care Administration and non-typical occupational opportunities. <a href="mailto:prochasc@co.portage.wi.gov">prochasc@co.portage.wi.gov</a>	
Monday, Dec 11	<b>Athletic Training (UWSP faculty/staff)</b> , discussion of the profession and details of UWSP's MS-AT program.  <b>&amp; Physical Therapy (Steve Johnson, DPT)</b> , discussion of the profession and details of UWSP's DPT program.	
Weds., Dec 13	<b>Final Class-</b> Sharing Assignment #5, wrap-up & course evaluations	<i>Assignment #5</i>