HWS 250: Personal Skills for Healthy Living

Online

Department Physical Activity and Health

Course Syllabus

Instructor: Dr. Kelly Rice
E-mail: krice@eou.edu

COURSE DESCRIPTION: The course explores current health/wellness issues and focuses on ways to decrease risk and promote a high state of health/wellness. Topics include mental health, stress management, sexual health, social health, healthy lifestyles, and consumer health.

OBJECTIVES:

Upon completion of this course students will be able to:

- Access information and resources to meet specific health needs and solve health-related problems.
- Demonstrate personal responsibility to follow procedures that enhance health and reduce risk.
- Analyze influences on health-related choices (i.e., personal/family/cultural values, media, technology, peers, body image, emotional, environments [physical and social, including substance use], and public health policies).
- Communicate effectively, using peer resistance, assertiveness, conflict resolution skills, and negotiation and refusal skills to avoid unsafe situations.
- Set short- and long-term goals that promote healthy living.
- Use a decision-making model to make lifelong health decisions.
- Advocate to self, peers, family, and community members the importance of participating in health-enhancing behaviors and abstaining from unsafe behaviors.

TEXTBOOK:


Grading Scale
The following grading scale will be used for the final grade:

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>80-89.9%</td>
<td>B</td>
</tr>
<tr>
<td>70-79.9%</td>
<td>C</td>
</tr>
<tr>
<td>60-69.9%</td>
<td>D</td>
</tr>
<tr>
<td>Below 59.9%</td>
<td>F</td>
</tr>
</tbody>
</table>

Grades will be posted on Blackboard in the Grade Center.
**Assessment**
The final grade will consist of the following categories and weights:

<table>
<thead>
<tr>
<th>Category</th>
<th>Weight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weekly Assignments</td>
<td>130 pts.</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>50 pts.</td>
</tr>
<tr>
<td>Final Exam</td>
<td>50 pts.</td>
</tr>
</tbody>
</table>

**Reading Assignments**
All reading assignments need to be completed at the beginning of the week they are assigned. Weekly discussions may draw on readings and should become an important part of your knowledge base.

**Weekly Assignments**
Each week, you will receive one or more questions, statements, or worksheets dealing with the topic for the week. Most of the assignments come straight from the book and more instructions are located within Black Board. I strongly recommend looking through each assignment at the start of each week. These assignments are intended to help you gain a better understanding of the week’s topic and evaluate yourself. You should submit assignments via Blackboard (the assignment link)—not e-mail. I will return assignments to you via Blackboard with comments in red or blue in the body or at the end of the document.

**Due Dates**
All assignments are due on Sunday no later than 11:59pm. You can find a detailed schedule of reading and assignment due dates in Black Board. I will not be accepting late work.

**Written Assignment Information**
All assignments should be word processed using Microsoft Word.

Paper format consists of the following:

- APA or AMA format
- Minimum of a one, double-spaced page in length, unless otherwise specified
- No extra space between paragraphs (in other words, only one hard return—double-spaced all the way through)
- Font size no larger than 12 pt. (either Times New Roman or Arial)
- 1” top, bottom, and side margins
- Separate title page following APA or AMA guidelines

If you have never done a header, here’s how you do it:

- In Word 2003, you need to go to View, Header and Footer. That will put a blue line at the top of your page. You should put just your first and last name and assignment name in that spot above the blue line. To get out of the Header function, just go to View, Header and Footer again.
- In Word 2007 and 2010, go to the Insert tab and click on Header. Click on Edit Header. Then you can put your first and last names and assignment name in the spot above the blue line.
If you have extra spaces between paragraphs, here’s how you can correct it in Word:

- In Word 2003, go to Format, Paragraph, and make sure that you have “0 pt” Before and After paragraphs instead of “Auto” (dropdown menu).
- In Word 2007 and 2010, go to the Page Layout tab and change After to 0 pt.

If you quote, paraphrase, and/or summarize information, you should use in-notes in the body of the paper in the following format:

- (Author’s last name, “Article Title” or Book Title, publication year).
- OR if using AMA you would indicate a number (……….1……..10…….) the author information is listed in your reference list.
- You can find more information on APA and AMA within Black Board

All weekly assignments/papers must be submitted through the Blackboard assignment link and must be turned in on or before the due date.

Pierce Library Use
Pierce Library at EOU is an excellent resource for students. You can explore the library website through Blackboard. You can also email Answerland at http://pierce.eou.edu/answerland with questions about Library services and requests for research assistance. Additional contact information for the library can be found on the Ask a Librarian page beneath Help.

Exam/Midterm
These will be open book and open notes. You will have at least 4 days to complete your exam/midterm. More information will be posted in Black Board.

Plagiarism
EOU academic policy referring to plagiarism states: “Plagiarism or representation of the work of others as one’s own is forbidden. The faculty member will make clear the format for properly citing sources of information not original by the student. Violations of the Academic Honesty Code may result in both academic and behavioral penalties including possible suspension or expulsion from the University. An automatic grade of zero for any work which is a violation of the Academic Honesty Code will be assigned by the instructor. The instructor may also assign a grade of “F” for the course after discussion with the respective college dean.”
Plagiarism includes copying, summarizing, or paraphrasing someone else’s material or ideas without giving credit to the writer/author. Copying and pasting from the internet is not appropriate in papers for this class.

Statement on Academic Misconduct
Eastern Oregon University places a high value upon the integrity of its student scholars. Any student found guilty of an act of academic misconduct (including, but not limited to, cheating, plagiarism, or theft of an examination or supplies) may be subject to having his or her grade reduced in the course in question, being placed on probation or suspended from the University, or being expelled from the University—or a combination
of these. Please see Student Handbook at: http://www.eou.edu/saffairs/handbook/honest.html.

**Statement on Americans with Disabilities**
If you have a documented disability or suspect that you have a learning problem and need accommodations, please contact the Disability Services Program in Loso Hall 234. Telephone: 541-962-3081.

**The Power of Change**
I have all right to change any information on the Syllabi if I feel it is the best for the class! This includes the addition of assignments and readings.