WILMINGTON UNIVERSITY
COLLEGE OF HEALTH PROFESSIONS
BASIC COURSE INFORMATION

COURSE NUMBER: HLT 321

COURSE TITLE: PERSONAL WELLNESS

IDEA ESSENTIAL ITEMS: Learning to Apply Course Material (to improve thinking, problem solving, and decisions).

Developing a clearer understanding of, and commitment to, personal values

IDEA IMPORTANT ITEMS: Gaining factual knowledge (terminology, classifications, methods, trends)

Learning how to find and use resources for answering questions or solving problems.

I. COURSE OBJECTIVES

With successful completion of this course, the student will be able to:

1. Explain the importance of wellness in relation to the Six Dimensions of Wellness
2. Identify the basic nutritional requirements for healthy individuals
3. Discuss how exercise affects health.
5. Discuss the importance self awareness in relation to personal wellness.
6. Identify factors which predispose individuals to unhealthy behaviors.
7. Identify the key components of health behavior change.
8. Explain the relationship between stress and mental health.
9. Evidence critical thinking skills in class discussion, written work, online assignments, and oral/visual/voice-enhanced presentations.

II. METHODOLOGY

A. Teaching Method Options
   Readings, Lecture, Multimedia, Discussion Board, and Group Activities

B. Evaluation Methods
   Rubrics and grading criteria are provided for all assignments. Please read the rubrics and the grading criteria before completing the assignments. Following the assignment criteria will optimize your efforts toward successful course completion.
Health Behavior Journal  (Objectives 1-9)

The log offers students the opportunity to carefully evaluate their own level of health and to develop goals and plans to meet those health needs. It is a personal instrument of self-reflection and is evaluated on the ability of the student to use learning to create life changes.

Book review  (Objectives 1-9)

The book review will be completed after reading the book ‘gifts of Imperfection’ by Brene Brown. The students will submit a 3-4 page paper in APA style answers provided questions related to the information gained from the reading. This assignment offers the student the opportunity to further explore an area of holistic health which has personal significance or usefulness. Guidelines will be given out by the instructor.

Behavior Change Paper  (Objective 1-9)

Using the behavior change contract, journal entries and wellness assessment as guidelines the student will analyze their chosen health behavior they changed/improved or added to their lifestyle throughout the past seven weeks. This offers the opportunity to carefully evaluate their level of health and to develop goals and plans to meet health needs. It is a personal instrument of self-reflection. The paper must be 4-5 pages and in APA format.

Complementary and Alternative Health Practice Paper (Objective 1-9)

After viewing the provided videos, websites, reading the designated articles, and assigned chapters the student will write a 2-3 page paper in APA style discussing their findings related to alternative medicine practices.

Class Participation  (Objective 1-9)

For class sessions to be valuable, meaningful participation is needed from all students.

III. POLICIES:

College of Health Professions Attendance Policy: Because class sessions are highly interactive, any student’s absence diminishes the quality of learning for everyone.

Students are expected to attend all in-class sessions and to log on and participate in all online sessions as the course format requires. Failure to do so may be considered an unexcused absence. Be apprised that faculty have the ability to monitor your access to Blackboard sessions. Please note that your weekly attendance is electronically tracked and is a criterion for your final course grade. Communication with your course faculty is essential.

College of Health Professions Response Time Policy:

Faculty will generally respond to all student communication within 24-48 hours unless a weekend or holiday. Please refer to your course faculty’s specific availability as noted within the course.

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Online Learning Considerations:

Online learning courses are offered in a seven week format which is designed to move the motivated student through the nursing curriculum at an accelerated pace. A significant amount of the student learning is done via independent assignments and requires the use of the Internet and the Blackboard course learning management system.

Resources for Online Students, including Blackboard Technical Support, can be accessed at: http://www.wilmu.edu/onlinelearning/dl_current.aspx

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