DRSC 3302   Health & Wellness in Rehabilitation Sciences (online)

CRN: 26887

Spring 2021

Professor: Dr. Anita Bialunska, PhD, CBIS

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Office Hours: Fri, 2 pm – 4 pm

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Course Description

Exploration of biopsychosocial models of health, wellness and prevention in both physical and mental health contexts. Integration of health-related behavior and models of change with psychosocial perspectives across the lifespan. Western and eastern approaches, traditional, and alternative belief systems will be examined. Influence of language, culture and environmental context on health and rehabilitation, with applications to workplace and community wellness through service-learning experiences. This course will promote student self-evaluation and self-management skills.

Textbook

Edlin, G. & Golanty, E. (2019). Health & Wellness, Thirteenth Edition. Burlington, MA: Jones & Bartlett Learning.

Course Goals

1. Introduce students to concepts of health, diseases, wellness, and models of health behavior change.
2. Develop a working knowledge of achieving wellness including healthy lifestyle, relationships, understanding and preventing diseases across the lifespan.
3. Gain confidence in making healthy choices and overcoming biological, psychosocial, and environmental obstacles.
4. Facilitate student participation in experiential learning in community to ground their understanding of the influence of language, culture, and environmental context on health and rehabilitation issues.

Student Learning Objectives

At the conclusion of the course, students will be able to:

1. Describe the medical and wellness models of health, list the key points of the World Health Organization definition of health, and understand models of health behavior.
2. Describe the environmental, mental, and emotional components of stress and define psychosomatic illness.
3. Discuss the importance of mental, mind, brain, psychological hygiene for well-being.
4. Identify diet, weight and physical activity related factors affecting well-being.
5. Describe healthy sexually and intimate relationships, understand their effects on health and wellness as well as importance of protection against related physical and psychological risks (STD, violence).
6. Describe immunological, cardiovascular, genetic, environmental underpinnings of diseases and how biological diseases affect well-being.
7. Discuss and implement in community modern approaches to making decisions about health care including alternative medicine, working toward a healthy environment, empowering communities and reducing inequities.

Course Format

This course is designed using a modular format—that is, each week is "packaged" as a single module so that all the materials, lecture videos, active learning assignments, submission areas, discussion posts are available on Blackboard in one area for a given week. Some modules *include* live online sessions (specific days see attachment no. 1).

Methods of Evaluation

Student learning outcomes and participation will be assessed by

Category	Details	Partial max points	Total max points
Discussion Boards	5 discussion boards - written posts have to be submitted due dates (see attachment no. 1)	5 points	25 points
Quizzes	15 kahoots to complete due dates (see attachment no. 1)	1 point	15 points
Test	2 tests with multiple-choice and true/false questions; covering material from	30 points Test 1 – modules 1-7	60 points

	textbook and health behavior change models lectures (modules 2 and 9); require LockDown Browser (see attachment no. 2)	To complete on Monday, March 8, 2021 30 points Test 2 – modules 8-15 To complete during Finals (Monday, May 10, 2021)	
Total			100 points

Assignments are posted on Blackboard, have to be submitted using Blackboard link by deadline specified in Course Schedule (attachment no. 1), and are assessed according to rubrics (click on the assignment link in Blackboard and choose to "View Rubric" from the button beneath the Points Possible for the assignment).

<u>There are no extra point opportunities for this course.</u>

Grades distribution

90-100 points = A
80-89 points = B
70-79 points = C
60-69 points = D
Below 59 points = F

Technology requirements

Course content is delivered via the Internet through the Blackboard learning management system. Ensure your UTEP e-mail account is working and that you have access to the Web and a stable web browser. Google Chrome and Mozilla Firefox are the best browsers for Blackboard; other browsers may cause complications. When having technical difficulties, update your browser, clear your cache, or try switching to another browser.

You will need to have access to a computer/laptop, scanner, a webcam, and a microphone. You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, and Java. Check that your computer hardware and software are up-to-date and able to access all parts of the course.

If you do not have a word-processing software, you can download Word and other Microsoft Office programs (including Excel, PowerPoint, Outlook and more) for free via UTEP's Microsoft Office Portal. Click the following link for more information about Microsoft Office 365 and follow the instructions.

IMPORTANT:
If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP Help Desk as they are trained specifically in assisting with technological needs of students. Please do not contact me for this type of assistance. The Help Desk is much better equipped than I am to assist you!

Course Communication: How we will stay in contact with each other

Because this is an online class, we won't see each other in the ways you may be accustomed to: during class time, small group meetings, and office hours. However, there are a number of ways we can keep the communication channels open:

- **1st choice - Office Hours**: We will not be able to meet on campus, but I will still have office hours for your questions and comments about the course. My office hours will be held on Blackboard Collaborate and during the following times:
  <p align="center">Fridays: 2 pm -4 p.m. Mountain Time</p>
- **2nd choice Email**: using your UTEP e-mail address is the best way to contact. The first line of contact is Mrs. Amy Nava, second instructor in this course (anava11@miners.utep.edu). She will make every attempt to respond to your e-mail within 24-48 hours of receipt. When e-mailing, be sure to email from your UTEP student account and please put the course number in the subject line. In the body of your e-mail, clearly state your question. At the end of your e-mail, be sure to put your first and last name, and your university identification number.
- **Help Board**: If you have a question that you believe other students may also have, please post it in the Help Board of the discussion boards inside of Blackboard. Please respond to other students' questions if you have a helpful response.
- **Announcements**: Check the Blackboard announcements frequently for any updates, deadlines, or other important messages.

NETIQUETTE

As we know, sometimes communication online can be challenging. It's possible to miscommunicate what we mean or to misunderstand what our classmates mean given the lack of body language and immediate feedback. Therefore, please keep these netiquette (network etiquette) guidelines in mind. Failure to observe them may result in disciplinary action.

- Always consider audience. This is a college-level course; therefore, all communication should reflect polite consideration of other's ideas.

- Respect and courtesy must be provided to classmates and to the instructor at all times. No harassment or inappropriate postings will be tolerated.

- When reacting to someone else's message, address the ideas, not the person. Post only what anyone would comfortably state in a face-to-face situation.

- Blackboard is not a public internet venue; all postings to it should be considered private and confidential. Whatever is posted on in these online spaces is intended for classmates and professor only. Please do not copy documents and paste them to a publicly accessible website, blog, or other space.

Course Policies: What do you need to do to be successful in the course

ATTENDANCE AND PARTICIPATION

Attendance in the course is determined by participation in the learning activities of the course. Your participation in the course is important not only for your learning and success but also to create a community of learners. Participation is determined by completion of the following activities:

- Regular online attendance during scheduled live sessions (Mons or Weds 3:00-4:20 pm; see attachment no. 1 for specific dates); if you cannot work online synchronously you need to report your absence in advance to instructor (Mrs. Amy Nava anava11@miners.utep.edu) and watch recorded session later (session will be posted on Blackboard)

- Reading/Viewing all course materials (e.g., specific chapters from the textbook, posted videos, descriptions) before dates specified in course schedule (attachment no. 1); it is important to ensure understanding of requirements

- Participating in engaging discussion with your peers on the discussion boards (grading rubric provided in the "grading information" area of each forum)

- Other activities as indicated in the weekly modules

- Because these activities are designed to contribute to your learning each week, they cannot be made up after their due date has passed

EXCUSED ABSENCES AND/OR COURSE DROP POLICY

According to UTEP Curriculum and Classroom Policies, "When, in the judgment of the instructor, a student has been absent to such a degree as to impair his or her status relative to credit for the course, the instructor may drop the student from the class with a grade of "W" before the course drop deadline and with a grade of "F" after the course drop deadline." See academic regulations in the UTEP Undergraduate Catalog for a list of excuse absences.

Therefore, if I find that, due to non-performance in the course, you are at risk of failing, I will not drop you from the course. However, if you feel that you are unable to complete the course successfully, please let me know and then contact the Registrar's Office to initiate the drop process. If you do not, you are at risk of receiving an "F" for the course.

BLACKBOARD COLLABORATE LIVE SESSIONS

This class requires that you participate in scheduled Blackboard Collaborate live sessions. The purpose of these sessions is for you to view live demonstrations of the course material and/or to participate in small discussion groups with your classmates. These sessions will be held at the dates specified in the Course Schedule (attachment no. 1).

Students are expected to participate in these sessions with at least a microphone (and webcam if possible). The sessions will be recorded and provided so that they can be reviewed by classmates at a later time. Students should not record the sessions and post them to any sites outside of Blackboard. If you are unable to attend a Collaborate session, contact TA Mrs. Amy Nava (anava11@miners.utep.edu) as soon as possible so that accommodations can be made when appropriate.

Please notify instructor before class if you know you will not be able to attend live session due to religious holidays so that we can arrange for work missed to be made up. You will **not** be penalized for absences due to the observance of religious holidays.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Assignments are required to be submitted prior to or by the designated due date (specified in course schedule attachment no. 1). No late work will be accepted if the reason is not considered excusable.

MAKE-UP WORK

Make-up work will be given only in the case of a documented emergency. Note that make-up work may be in a different format than the original work, may require more intensive preparation, and may be graded with penalty points. If you miss an assignment and the reason is not considered excusable, you will receive a zero. It is therefore important to reach out to me—in advance if at all possible—and explain with proper documentation why you missed a given course requirement. Once a deadline has been established for make-up work, no further extensions or exceptions will be granted.

ALTERNATIVE MEANS OF SUBMITTING WORK IN CASE OF TECHNICAL ISSUES

I strongly suggest that you submit your work with plenty of time to spare in the event that you have a technical issue with the course website, network, and/or your computer. I also suggest you save all your work (answers to discussion points, exams) in a separate Word document as a back-up. This way, you will have evidence that you completed the work and

will not lose credit. If you are experiencing difficulties submitting your work through the course website, please contact the UTEP Help Desk. You can email your back-up document as a last resort.

INCOMPLETE GRADE POLICY

Incomplete grades may be requested only in exceptional circumstances after you have completed at least half of the course requirements. Talk to me immediately if you believe an incomplete is warranted. If granted, we will establish a contract of work to be completed with deadlines.

ACCOMMODATIONS POLICY

The University is committed to providing reasonable accommodations and auxiliary services in order to provide equal opportunities to participate in programs, services, and activities in compliance with sections 503 and 504 of the Rehabilitation Act of 1973, as amended, and the Americans with Disabilities Act (ADA) of 1990 and the Americans with Disabilities Act Amendments Act (ADAAA) of 2008. Reasonable accommodations will be made unless it is determined that doing so would cause undue hardship on the University. Students requesting an accommodation based on a disability must register with the UTEP Center for Accommodations and Support Services (CASS). Contact the Center for Accommodations and Support Services at 915-747-5148, or email them at cass@utep.edu, or apply for accommodations online via the CASS portal.
After getting a letter of accommodations from the CASS student **has to meet with the professor** (same or next week) **during office hours** to discuss how to implement particular accommodations in this course.

SCHOLASTIC INTEGRITY

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student, possessing unauthorized materials during a test, or falsifying research data on laboratory reports. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another as ones' own. Collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. All suspected violations of academic integrity at The University of Texas at El Paso must be reported to the Office of Student Conduct and Conflict Resolution (OSCCR) for possible disciplinary action. To learn more, please visit HOOP: Student Conduct and Discipline.

CLASS RECORDINGS

The use of recordings will enable you to have access to class lectures, group discussions, and so on in the event you miss a synchronous or in-person class meeting due to illness or other extenuating circumstance. Our use of such technology is governed by the Federal

Educational Rights and Privacy Act (FERPA) and UTEP's acceptable-use policy. A recording of class sessions will be kept and stored by UTEP, in accordance with FERPA and UTEP policies. Your instructor will not share the recordings of your class activities outside of course participants, which include your fellow students, teaching assistants, or graduate assistants, and any guest faculty or community-based learning partners with whom we may engage during a class session. You may not share recordings outside of this course. Doing so may result in disciplinary action.

TEST PROCTORING SOFTWARE

Two course assessments (the midterm and final exams) will make use of Respondus Lock Down Browser and Respondus Monitor inside of Blackboard to promote academic integrity. You are encouraged to learn more about how to use these programs prior to the first test (see attachment no. 2).

Please review the following guidelines:

- The assessments will only be available at the times identified on the course calendar.
- A reliable Internet connection is essential to completing the exam. If you must go to a location to take the exam (such as the library), be sure to follow their health and safety requirements.
- You have 1 attempt to take the test. Once the window closes, your answers will be saved, and no changes can be made.
- Respondus Lockdown Browser will require that all internet tabs are closed prior to the start of the test.
- Respondus Monitor requires a webcam and microphone.
- You will be required to show the webcam your student ID prior to the start of the test.
- Your face should be completely visible during the test. Blocking the camera will disable the test.
- No notes or textbook materials are permitted during the test. Respondus Monitor requires you to take a video of your surrounding area (desk, chair, walls, etc.)
- You should not have conversations with other people and/or leave and return to the area during the test.

PLAGIARISM DETECTING SOFTWARE

Some of your course work and assessments may submitted to SafeAssign, a plagiarism detecting software. SafeAssign is used review assignment submissions for originality and will help you learn how to properly attribute sources rather than paraphrase.

COPYRIGHT STATEMENT FOR COURSE MATERIALS

All materials used in this course are protected by copyright law. The course materials are only for the use of students currently enrolled in this course and only for the purpose of this course. They may not be further disseminated.

Course Resources: Where you can go for assistance

UTEP provides a variety of student services and support:

Technology Resources

Help Desk: Students experiencing technological challenges (email, Blackboard, software, etc.) can submit a ticket to the UTEP Helpdesk for assistance. Contact the Helpdesk via phone, email, chat, website, or in person if on campus.

Academic Resources

- UTEP Library: Access a wide range of resources including online, full-text access to thousands of journals and eBooks plus reference service and librarian assistance for enrolled students.

- University Writing Center (UWC): Submit papers here for assistance with writing style and formatting, ask a tutor for help and explore other writing resources.

- RefWorks: A bibliographic citation tool; check out the RefWorks tutorial and Fact Sheet and Quick-Start Guide.

Individual Resources

- Military Student Success Center: Assists personnel in any branch of service to reach their educational goals.

- Center for Accommodations and Support Services: Assists students with ADA-related accommodations for coursework, housing, and internships.

- Counseling and Psychological Services: Provides a variety of counseling services including individual, couples, and group sessions as well as career and disability assessments.

Attachment no. 1 Course Schedule (Subject to Change)

This calendar provides an overview of the course. More details and a weekly checklist are available in the weekly modules in Blackboard.

Live Session (bolded dates) when attendance is required from 3:00 pm to 4:20 pm
Quizzes – 15 kahoots based on readings, lectures, and other short videos in the current module
Discussion Boards – written posts submitted on Blackboard with description and rubrics
Test – part 1 (midterm) and 2 (finals) – cover material from textbook, all assigned to read chapters

Module	Dates	Topic	Reading to complete and by	Assignment to complete and due dates
1	**1/20**	Syllabus, Schedule	Syllabus and Course Schedule by 1/20	• Discussion Board 1 by 1/21 11:59 pm • Quiz 1 by 1/22 11:59 pm
2	1/25 **1/27**	Health and Wellness Health Behavior Change	Eldin & Golanty, Ch. 1 by 1/25 3:00 pm	• Quiz 2 by 1/26 11:59 pm
3	2/1 **2/3**	Body-Mind Harmony	Eldin & Golanty, Ch. 2 by 2/1 3:00 pm	• Quiz 3 by 2/2 11:59 pm • Discussion Board 2 by 2/5 11:59 pm
4	2/8 **2/10**	Mind well-being	Eldin & Golanty, Ch. 3, 4 by 2/8 3:00 pm	• Quiz 4 by 2/9 11:59 pm
5	2/15 **2/17**	Body well-being	Eldin & Golanty, Ch. 5, 6, 7 by 2/15 3:00 pm	• Quiz 5 by 2/16 11:59 pm
6	2/22 **2/24**	Heredity Disease, Immunity, Infections	Eldin & Golanty, Ch. 12, 15 by 2/22 3:00 pm	• Quiz 6 by 2/23 11:59 pm
7	3/1 **3/3**	Sexuality, Relationships	Eldin & Golanty, Ch. 8 ,9 ,10 by 3/1 3:00 pm	• Quiz 7 by 3/2 11:59 pm
8	3/8 3/10	Mid-term test Cardiovascular health	Eldin & Golanty, Ch. 14 by 3/8 3:00 pm	• available on Mon, 3/8, 9:00 am - 8:00 pm, max time to complete 60 min, must begin by 7:00 pm • Quiz 8 by 3/11 11:59 pm
	3/15-19	Spring Break		

9	3/22 3/24	STDs and Community-based model of change	Eldin & Golanty, Ch. 11 by 3/22 3:00 pm	• Quiz 9 by 3/23 11:59 pm
10	3/29 3/31	Substances	Eldin & Golanty, Ch. 16, 17, & 18 by 3/29 3:00 pm	• Quiz 10 by 3/30 11:59 pm • Discussion Board 3 by 4/2 11:59 pm
11	4/5 4/7	Accidents Violence	Eldin & Golanty, Ch. 21, 23 by 4/5 3:00 pm	• Quiz 11 by 4/6 11:59 pm
12	4/12 4/14	Injuries Cancers	Eldin & Golanty, Ch. 13 by 4/12 3:00 pm	• Quiz 12 4/13 11:59 pm • Discussion Board 4 by 4/16 11:59 pm
13	4/19 4/21	Aging Neuroplasticity	Eldin & Golanty, Ch. 22 by 4/19 3:00 pm	• Quiz 13 by 4/20 11:59 pm
14	4/26 4/28	Environment	Eldin & Golanty, Ch. 24 by 4/26 3:00 pm	• Quiz 14 by 4/27 11:59 pm • Discussion Board 5 due 4/30 11:59 pm
15	5/3 5/5	Health Management	Eldin & Golanty, Ch. 19 and 20 by 5/3 3:00 pm	• Quiz 15 due 5/4 11:59 pm
Final	5/10	Final Test	Comprehensive Test – Textbook	Test available on Mon, 5/10, 9:00 am – 8:00 pm, max time to complete 60 min, must begin by 7:00 pm

Attachment no. 2   LockDown Browser Syllabus Instructions

This course requires the use of LockDown Browser for online exams and webcam. Watch this underline short video to get a basic understanding of LockDown Browser and the optional webcam feature (which may be required for some exams).

Then download and install LockDown Browser using this link:

https://www.utep.edu/technologysupport/_Files/docs/MM_Respondus-Student.pdf

To take an online test, start LockDown Browser and navigate to the exam. (You won't be able to access the exam with a standard web browser.) For additional details on using LockDown Browser, review Student Quick Start Guide (PDF)

Finally, when taking an online exam, follow these guidelines:
- Select a location where you won't be interrupted
- Before starting the test, know how much time is available for it, and that you've allotted sufficient time to complete it
- Turn off all mobile devices, phones, etc. and don't have them within reach
- Clear your area of all external materials — books, papers, other computers, or devices
- Remain at your desk or workstation for the duration of the test
- LockDown Browser will prevent you from accessing other websites or applications; you will be unable to exit the test until all questions are completed and submitted

Additional requirements

- the use of a webcam and having id while taking exam
- you aren't allowed to utilize during exams any materials (notes, textbooks, websites, other electronic devices than the one which is used for exam with LockDown Browser)
- you aren't allowed to work with somebody else during taking the exam test.