

DRSC 3302: Health & Wellness in Rehabilitation Sciences (hybrid)

CRN: 16212

Fall 2021

Professor: Dr. Anita Parada, Ph.D., CBIS

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(915) 747-8225

Office Hours: Virtually via Zoom on Thursdays at 9-11 a.m. Mountain Time

(<https://utep-edu.zoom.us/j/83194046079?pwd=SjA3aDRMN3FUc2N0UUdWTnk0SIBBdz09>)

or in-person by appointment.

Course Information: What this class is about and what we will do

COURSE DESCRIPTION

DRSC 3302 is a required 3-credit core course for the Rehabilitation Sciences major. The primary goal of DRSC 3302 is to develop students' working knowledge of achieving wellness in order to overcome biological, psychosocial, and environmental obstacles in both personal and professional contexts and facilitate effective rehabilitation. The wellness is based on awareness and appreciation of healthy lifestyle, relationships, understanding and preventing diseases across the lifespan.

This class introduces biopsychosocial models of health, wellness and prevention in both physical and mental health contexts as well as models of health-related behavior change. Students explore how language, culture and environmental context influence health and rehabilitation, with applications to workplace and community wellness. This course facilitates students' participation in experiential learning in community as well as promotes student self-evaluation and self-management skills.

COURSE OBJECTIVES OR EXPECTED LEARNING OUTCOMES

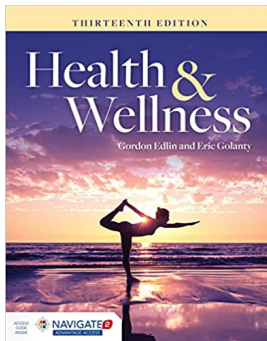
At the end of this course, students will be able to:

- Describe medical and wellness models of health, the World Health Organization's definition of health, and models of health behavior change.
- Discuss the importance of mental factors (brain, mind, and psychological hygiene; relationships) and related physical and psychological risks for well-being.
- Identify physical factors (diet, weight and physical activity) affecting well-being.
- Describe immunological, cardiovascular, genetic, environmental underpinnings of diseases and how biological diseases affect well-being.
- Discuss modern approaches to making decisions about health care including alternative medicine, working toward a healthy environment, empowering communities and reducing inequities.

LEARNING MODULES

This course is designed using a modular format—that is, each week is “packaged” as a single module so that all the materials, submission areas, discussions, quizzes, and link to live, online sessions are in one area for a given week regardless whether we meet in-person or online. In order to be graded, all weekly assignments (both individual and group) need to be submitted using Blackboard and by weekly deadlines specified below in *Course Assignments and Grading* section.

REQUIRED MATERIALS



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

ISBN-13: 978-1284144130

ISBN-10: 1284144135

COURSE ASSIGNMENTS AND GRADING

Assignments for this course are assessed according to rubrics. You can find these rubrics by clicking on the appropriate assignment link in Blackboard and choosing to “View Rubric” from the button beneath the Points Possible for the assignment.

Grade Distribution:

1000-900 = A 899-800 = B 799-700 = C 699-600 = D 599 and Below = F

- 300 points: Weekly Quizzes
- 150 Points: Weekly Participation in Blogs
- 150 Points: Weekly Participation in Group Activities
- 300 Points: Health Behavior Change Final Project
- 100 Points: Watching a Documentary Movie and Participation in Discussion

Weekly Quizzes: To monitor acquiring of knowledge on health and wellness related concepts and evidence students will be asked to complete weekly quizzes which cover assigned readings (textbook’s chapters) from the current weekly module. Weekly deadline for quizz is Monday at 11:59 pm.

Blog: Students will write a short online opinion pieces on some aspects of the material included in the current weekly module to advance critical thinking and communication

skills related to health and wellness topics. Weekly deadline for participation in individual Blog is Wednesday at 11:59 pm.

Group Activities: To promote understanding of the course's material, students will be required to participate in weekly group activities that include discussion boards (if online students need to submit both an initial post and responses their peers), small group assignments (e.g. search for evidence supporting a particular opinion, arguing with other groups, analyzing data and generating conclusions, generating own examples for the concepts or mechanisms discussed in the current weekly module). Weekly deadline for submissions of group assignments is Friday at 11:59 pm.

Health Behavior Change Final Project: To deepen understanding of concepts and models of wellness, and related behavior change and develop systematic approach for translating of academic knowledge into real-life problems, students will conduct an analysis of a self-selected, wellness-related issue important in the community which they identify with (either local or national or global or age or culture or interests). The analysis will include description of an issue and related behavior, literature review and or epidemiologic data evidence, reference to wellness models and evidence discussed over semester in this course, as well as discussion how to implement of one or more health behavior change models to improve the analyzed wellness issue.

Watching a Documentary Movie and Participation in Discussion: As effective communication is central to being an active member of society as well as effective professional, students will watch a documentary film on one of vivid disease prevention/treatment issues and then, discuss presented material in context of the course materials and their own opinions. This activity also provides a space for educating about informed advocacy.

All points collected on weekly assignments cannot be made up, so students are expected to stay active in the course by logging in at least three times a week.

TECHNOLOGY REQUIREMENTS

Course content is delivered via the Internet through the Blackboard learning management system and includes in-person meetings. 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 to access the course's materials to participate and submit assignments (also during in-person meetings); in addition, you need to have an access to a webcam, and a microphone to participate in live, online sessions. You will need to download or update the following software: Microsoft Office, Adobe Acrobat Reader, Windows Media Player, QuickTime, Zoom, 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

There are a number of ways we can keep the communication channels open:

- **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 Zoom using this link: <https://utep-edu.zoom.us/j/83194046079?pwd=SjA3aDRMN3FUc2N0UUdWTnk0SIBBdz09> and during the following times:
Thursdays: 9-11 a.m. Mountain Time
- **Email:** UTEP e-mail is the best way to contact. Teaching Assistant, Jessica Valencia (jvalencia@miners.utep.edu) is a contact person to email your questions related to course requirements, assignments, etc. If Jessica cannot answer you, she will be in touch with me. Email me directly (abialunska@utep.edu) only if your issue is linked to sharing/discussing/accommodating sensitive information. We will make every attempt to respond to your e-mail within 24-48 hours of receipt. When e-mailing us, 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.
- **Discussion 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:

- Reading/Viewing all course materials to ensure understanding of assignment requirements
- Participating in engaging discussion with your peers on the discussion boards (grading rubric provided in the “grading information” area of each forum) and group activities
- Participating in scheduled in-person/Zoom sessions
- 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 drop you from the course. I will provide 24 hours advance notice via email.

IN-PERSON AND ZOOM SESSIONS

The lecture meetings will be held on Mondays from 10:30 to 11:50 a.m. Mountain Time; you can watch them using Zoom link <https://utep-edu.zoom.us/j/81936480409?pwd=RIFia2RianpLa3BzUFBTODUveHUyZz09> or later using a link to recorded video posted on Blackboard.

This class requires that you participate in scheduled live class meetings with group activities.

The live class meetings will be held on Wednesdays (see dates below) from 10:30-11:50 a.m. Mountain Time, in-person in a classroom no. 108 located in the Liberal Arts Building, online using Zoom link provided in Blackboard in weekly modules (<https://utep-edu.zoom.us/j/88638866653?pwd=THJTOE5LdHBFWUFISUU3cnhlcFpjZz09>).

The purpose of these sessions is for you to view live demonstrations of the course material and/or to participate in group activities with your classmates.

August 25, September 1, September 8, September 15, September 22, September 29, October 6, October 13, October 20, October 27, November 3, November 10, November 17, November 24, December 1

These dates and/or in-person option may be modified at Dr. Parada's discretion and current health policies.

Students are expected to, at least occasionally, participate in the in-person sessions. The demonstration sessions will be recorded and provided so that they can be reviewed by classmates at a later time. The group activities require active participation of all group members and may be completed by and submitted to Blackboard by Friday at 11:59 p.m. Mountain Time. Students should not record the sessions and post them to any sites outside of Blackboard.

If you are unable to attend a live session, please let me know as soon as possible so that accommodations can be made when appropriate.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Quiz, Blog/Discussion, and Group Assignments

- All quiz will be due on Mondays at midnight (11:59 p.m. Mountain Time); all individual Blog post assignments will be due on Wednesdays at midnight (11:59 p.m. Mountain Time); all group activities assignments will be due on Fridays at midnight (11:59 p.m. Mountain Time). No late work will be accepted if the reason is not considered excusable.

Other Major Assignments

- Final Project will be due on Friday, December 3, 2021 at midnight (11:59 p.m. Mountain Time). No late work will be accepted if the reason is not considered excusable.
- Live Discussion based on watching documentary will be held on Wednesday, October 6 at 11:00-11:50 a.m. Mountain Time. Documentary will be accessible on Blackboard from Monday, October 4, 10:30 a.m. Mountain Time to Wednesday, October 6, 11:00 a.m. Mountain Time.

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, quizzes, and essays) 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 me 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 to students, staff, faculty, job applicants, applicants for admissions, and other beneficiaries of University programs, services and activities with documented disabilities in order to provide them with 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](#).

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 (quizzes) 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.

Please review the following guidelines:

- The assessments will only be available at the times identified on the course calendar.
- You may take the quiz at any time on Mondays at 10:30 a.m.-11:59 p.m. Mountain Time.
- A reliable Internet connection is essential to completing the quiz. If you must go to a location to take the quiz (such as the library), be sure to follow their health and safety requirements.
- You have 2 attempts to take the quiz. Once the window closes, your answers will be saved, and no changes can be made. The higher score will be recorded.
- 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 quiz. Blocking the camera will disable the quiz.
- No notes or textbook materials are permitted during the quiz. 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 quiz.

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.

COVID-19 PRECAUTIONS

Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID 19 testing.

The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org

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.
- [Math Tutoring Center \(MaRCS\)](#): Ask a tutor for help and explore other available math resources.
- [History Tutoring Center \(HTC\)](#): Receive assistance with writing history papers, get help from a tutor and explore other history 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.