

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

CRN: 16264

Fall 2022

Professors: Dr. Alvaro N Gurovich, PT, PhD, FACSM
agurovich@utep.edu
(915) 747-7248

Dr. Laura Sanders, OT, PT, DPT
otpthybrid@gmail.com

Course Schedule:

Mondays: 10:30 – 11:50 am, UGLC 342 (face to face)

Wednesdays: 10:30 – 11:50 am, Synchronous Virtual via Zoom (links on Blackboard), unless specify in Schedule.

Office Hours:

Virtually via Zoom on Tuesdays at 10:00 am - 12:00 p.m. Mountain Time

<https://utep-edu.zoom.us/j/89121338568>

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

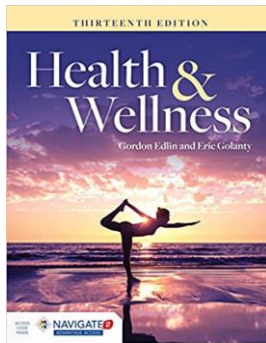
At the end of this course, students will be able to:

- 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 modular forma - 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 of 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

A = > 90.0%

B = 89.9%-80.0%

C = 79.9%-70.0%

D = 69.9%-60.0%

F = < 59.9%

- 14 Weekly Quizzes: 28% (2% each)
- 14 Weekly Participation in Blogs: 14% (1% each)
- 14 Weekly Participation in Group Activities: 14% (1% each)
- Health Behavior Change Final Project: 30%
- Watching a Documentary Movie and Participating in Discussion: 14%

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.

Blog: Students will write a short online opinion piece 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.

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).

Health Behavior Change Final Project: To deepen understanding of concepts and models of wellness and related behavior change and develop a 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 Participating 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:** My office is in the Campbell Building (off main campus); therefore, I will have virtual office hours for your questions and comments about the course. My office hours will be held on Tuesdays at 10:00 am - 12:00 p.m. Mountain Time (<https://utep-edu.zoom.us/j/89121338568>)
- **Email:** UTEP e-mail is the best way to contact. Teaching Assistant, Alejandro Toccoli (artoccoli@miners.utep.edu) is a contact person to email your questions related to course requirements, assignments, etc. If Alejandro cannot answer you, he will be in touch with me. Email me directly (agurovich@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/Blog:** 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:

- Attendance to Monday's face-to-face sessions is mandatory. Only excused absences (e.g., medical reasons) will be accepted. If you are going to miss a face-to-face session, you must communicate with us at least 24 hours in advance and 'face-time' with your group at 10:30 am.
- Wednesday's session will be synchronous virtual via Zoom. Lectures will be recorded and posted in Blackboard.
- Reading/Viewing all course materials to ensure understanding of assignment requirements
- Participating in engaging discussion with your peers on the discussion boards and group activities
- Completing weekly quizzes due deadline
- 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 might drop you from the course. I will provide 24 hours advance notice via email.

IN-PERSON AND ZOOM SESSIONS

The live class meetings will be held on Mondays and Wednesdays from 10:30 to 11:50 a.m. Mountain Time. The Wednesday sessions are 100% synchronous using Zoom link posted on Blackboard in the Zoom links folder. The Monday sessions are mandatory in person. Students who would like to participate in Monday sessions online must have accommodations approved by CASS or by the instructor.

The group activities require active participation of all group members and may be completed only synchronously during Monday sessions. If the group needs more time to complete the assignment, you will need to meet with your group members after scheduled class meeting times.

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

The in-person versus online option of class meetings may be modified at Dr. Gurovich’s discretion and current health policies.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Quiz, Blog/Discussion, and Group Assignments

- All individual Blog posts will be due on Thursdays until 11:59 pm Mountain Time; all quizzes will be due on Fridays at 11:59 p.m. Mountain Time; all group activities assignments will be due on Mondays until 11:59 pm Mountain Time.

Other Major Assignments

- Final Project will be due during Final Week, on Wednesday, November 30, 2022, at midnight (11:59 p.m. Mountain Time).
- Live Discussion based on watching documentary will be held on Monday, October 3 at 10:30 - 11:50 a.m. Mountain Time. Documentary will be accessible on Blackboard from Monday, September 26, 2022 until Sunday, October 2, 2022 at 11:59 p.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 earn 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, group activities, 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

All course quizzes will use Respondus Lock Down Browser and Respondus Monitor inside of Blackboard to promote academic integrity. Watch this [short video](#) to get a basic understanding of LockDown Browser and the optional webcam feature (which may be required for some exams).

For more information and to download and install LockDown Browser using this link: https://www.utep.edu/technologysupport/Files/docs/MM_Respondus-Student.pdf

Please review the following guidelines:

- The assessments will only be available until the dates and the times identified on the course schedule (From Wednesdays at noon until Fridays at 11:59 pm).
- 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 1 attempt to take the quiz. 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 quiz. No hats with visor (e.g. baseball caps). 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.

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. All quizzes are 10-minute long.
- 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

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.

Tentative Course Schedule

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

GA (Group Activity) – group discussions, small group assignments - to participate with assigned group members during a class meeting on Monday; can be completed later (submitted by Mondays at 11:59 p.m. Mountain Time) but requires all group members to communicate and work together.

Module	Dates	Topic	Reading to complete by taking a quiz	Assignment to complete and due dates
0	8/22	Syllabus, Schedule	Syllabus and Course Schedule	LockDown Browser mock quiz by 8/23 11:59 pm
1	8/24 – 29	Health and Wellness Intro	Eldin & Golanty, Ch. 1	<ul style="list-style-type: none"> • Blog 1 by 8/25 11:59 pm • Quiz 1 by 8/26 11:59 pm • GA 1 by 8/29 11:59 pm
2	8/31 - 9/5	Health Behavior Change Mind-Body Communication	Eldin & Golanty, Ch. 2	<ul style="list-style-type: none"> • Blog 2 by 9/1 11:59 pm • Quiz 2 by 9/2 11:59 pm • <u>GA 2 by 9/6 11:59 pm</u>
3	9/7 – 12	Mind well-being	Eldin & Golanty, Ch. 3 and 4	<ul style="list-style-type: none"> • Blog 3 by 9/8 11:59 pm • Quiz 3 by 9/9 11:59 pm • GA 3 by 9/12 11:59 pm
4	9/14 – 19	Body well-being	Eldin & Golanty, Ch. 5, 6, 7	<ul style="list-style-type: none"> • Blog 4 by 9/15 11:59 pm • Quiz 4 by 9/16 11:59 pm • GA 4 by 9/19 11:59 pm
5	9/21 – 26	Sexuality, Relationships	Eldin & Golanty, Ch. 8, 9, 10	<ul style="list-style-type: none"> • Blog 5 by 9/22 11:59 pm • Quiz 5 by 9/23 11:59 pm • GA 5 by 9/26 11:59 pm
6	9/28 - 10/3	STDs, Community-Based Model of Behavior Change	Eldin & Golanty, Ch. 11	<ul style="list-style-type: none"> • Blog 6 by 9/29 11:59 pm • Quiz 6 by 9/30 11:59 pm • GA 6 by 10/3 11:59 pm • <u>Watch Documentary by 10/2 11:59 pm</u> • <u>Live Discussion on 10/3 at 10:30 am</u>
7	10/5 – 10	Understanding and Preventing Diseases Part I (Infections, Immunity, and Heredity)	Eldin & Golanty, Ch. 12, 15	<ul style="list-style-type: none"> • Blog 7 by 10/6 11:59 pm • Quiz 7 by 10/7 11:59 pm • GA 7 by 10/10 11:59 pm
8	10/12 – 17	Understanding and Preventing	Eldin & Golanty, Ch. 13	<ul style="list-style-type: none"> • Blog 8 by 10/13 11:59 pm • Quiz 8 by 10/14 11:59 pm • GA 8 by 10/17 11:59 pm

		Diseases Part II (Cancers)		
9	10/19 - 24	Understanding and Preventing Diseases Part III (Cardiovascular Diseases)	Eldin & Golanty, Ch. 14	<ul style="list-style-type: none"> • Blog 9 by 10/20 11:59 pm • Quiz 9 by 10/21 11:59 pm • GA 9 by 10/24 11:59 pm
10	10/26 - 31	Drug Use and Abuse	Eldin & Golanty, Ch. 16, 17, 18	<ul style="list-style-type: none"> • Blog 10 by 10/21 11:59 pm • Quiz 10 by 10/28 11:59 pm • GA 10 by 10/31 11:59 pm
11	11/2 - 7	Accidents and Violence	Eldin & Golanty, Ch. 21, 23	<ul style="list-style-type: none"> • Blog 11 by 11/3 11:59 pm • Quiz 11 by 11/4 11:59 pm • GA 11 by 11/7 11:59 pm
12	11/9 – 14	Injuries and Aging	Eldin & Golanty, Ch. 22	<ul style="list-style-type: none"> • Blog 12 by 11/10 11:59 pm • Quiz 12 by 11/11 11:59 pm • GA 12 by 1/14 11:59 pm
13	11/16 – 21	Healthy and Health Care Decisions	Eldin & Golanty, Ch. 19, 20	<ul style="list-style-type: none"> • Blog 13 by 11/17 11:59 pm • Quiz 13 by 11/18 11:59 pm • GA 13 by 11/21 11:59 pm
14	<u>11/23 - 11/28</u>	<u>Final Project - essay</u>		<ul style="list-style-type: none"> • Final Project by 11/30 11:59 pm
15	11/30 – 12/5	Healthy Environment	Eldin & Golanty, Ch. 24	<ul style="list-style-type: none"> • Blog 14 by 12/1 11:59 pm • Quiz 14 by 12/2 11:59 pm • GA 14 by 12/5 11:59 pm
	12/7	Final lecture	Face to face	