

**The University of Texas at El Paso**  
**Department of BS in Rehabilitation Sciences**  
**SYLLABUS**

**COURSE INFORMATION**

DRSC 3302: Health & Wellness in Rehabilitation Sciences

CRN: 24277

Term: Fall 2023

Delivery method: Hybrid

- Mondays. Online: 9:00 – 10:20 am, virtual unless otherwise specified in the schedule (links on Blackboard “Zoom Lectures”).
- Wednesdays. Face-to-face: 9:00 – 10:20 am. Location: Classroom Building, C-205.

**INSTRUCTOR INFORMATION**

Georgina Sanchez-Garcia, PhD

[gsanchezgarcia@utep.edu](mailto:gsanchezgarcia@utep.edu)

Office Hours: In-person Wednesdays 12:00 -1:30 pm or by appointment

Office Location: College of Health Sciences, Room: 455

Office Hours: 12:00 -1:30 pm or by appointment

**TA** Haley Gutermilch

[hcgutermilch@miners.utep.edu](mailto:hcgutermilch@miners.utep.edu)

**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. Wellness is based on awareness and appreciation of healthy lifestyle, relationships, and 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 the community as well as promotes student self-evaluation and self-management skills.

**COURSE OBJECTIVES AND UNIVERSITY LEARNING OUTCOMES:**

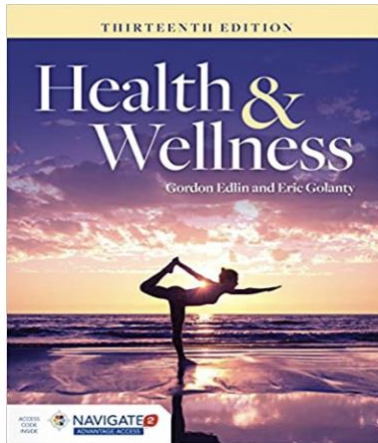
By the end of this course, students will be able to:

1. Describe medical and wellness models of health, the World Health Organization’s
2. Definition of health and models of health behavior change.

3. Discuss the importance of mental factors (brain, mind, and psychological hygiene; relationships) and related physical and psychological risks for well-being.
4. Identify physical factors (diet, weight, and physical activity) affecting well-being.
5. Describe the immunological, cardiovascular, genetic, and environmental underpinnings of diseases and how biological diseases affect well-being.
6. Discuss modern approaches to making decisions about health care, including alternative medicine, working toward a healthy environment, empowering communities, and reducing inequities.

Student Learning Objective	Outcome
Demonstrate the ability to consider different points of view and to work effectively with others to support a shared purpose	 Teamwork Skills
Draw on existing knowledge bases to “transform” knowledge.	 Critical Thinking Skills
Increase awareness of community challenges and, through the acquired knowledge, contribute to solving an identified problem.	 Social Responsibility

**REQUIRED MATERIALS:**



Edlin, G. & Golanty, E. (2019). Health & Wellness, Thirteenth Edition. Burlington, MA: Jones & Bartlett Learning. ISBN-13: 978-1284144130 ISBN-10: 1284144135

**ASSIGNMENTS AND GRADING**

This course uses a modular format, with each week containing all materials for that week in one place. Access **assignments rubrics** by clicking "View Rubric" **on Blackboard**.

**Grade Distribution**

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

Activity	Points	Total Max Points
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Attendance (in class and online)	5	150
Quizzes (4)	25	100
Discussion Posts (4)	20	80
Exams (2)	200	400
H & W Motion Video (1)	100	100
Community Engagement Proposal (1)	120	120
Self-reflection (1)	50	50
	<b>TOTAL</b>	<b>1 000</b>

## Summary of Assignments

### Attendance (150)

Class participation is essential in this course. Your attendance grade starts from zero points through weekly in-person and Zoom classes and Zoom classes and actual involvement. Missing five classes will result in a grade of “F” as it may hinder your ability to showcase your understanding of the course.

### Quiz (25 points each)

There will be 4 online quizzes that require Respondus Lockdown. Each quiz has a designated date and time. It's your responsibility to have a computer with Respondus Lockdown, a good internet/WiFi connection, and effective time management.

### Discussion Board Posts (20 points each)

Discussion posts will be based on writing self-reflections regarding learning material. For each discussion post, you must write a post and provide feedback to two others to receive full credit.

### Group Contract

We have two group projects that require full participation. To ensure professionalism and fairness, all teams must sign and submit a group contract via Blackboard, similar to an informed consent form with clients, so that all the parties agree with the treatment plans and follow the treatment regimen. This will be discussed more in the class.

### Exams (200 points each)

There are two exams, which are worth 200 points each. It consists of multiple choice, true and false, short-answered questions, approximately 30 questions.

**Important:** [Check Blackboard for more information on assignments under each week.](#)

### Community Engagement Wellness Proposal (100 points). Complete guidelines on Blackboard.

A group of six students will develop a community engagement proposal. Each group will choose a particular community *need* and propose it to the instructor for approval by the end of **Week 4 (part 1)**.

The *need* to address must include the following information, which will be due by the end of **Week 9 (part 2)** and **posted to Blackboard**:

- Identification of a need that impacts health in a community that the team chooses.
- A clear description of the problem identified in the community under study and how it is currently affecting its inhabitants or in the near future.
- Literature review on the health issue that is impacting the targeted community.
- Shortcomings you identified when reviewing materials.
- Students should prioritize the proposal to be implemented in the El Paso area.

**Health & Wellness Motion Video (120points)**

Students will form groups of six participants, and the topic will be assigned a Health and Wellness topic. Each group is to research their topic to develop a 10 to 12-minute motion video that will be uploaded to Blackboard on week 13. Here are links to some free apps.

Animaker: <https://www.animaker.com/>

Blender: <https://www.blender.org/features/animation/>

Synfig Studio: <https://www.synfig.org/>

**Self-reflection (50 points)**

Self-reflection is a way of learning. It allows you to analyze your personal and academic trajectory, make necessary adjustments, and confidently focus on your goals. You will write a one-page essay in APA-7 ed. regarding your values, biases, abilities, academic preferences, and aspirations—the preceding to argue why you can be a competent professional in the health sciences.

**Course Schedule**

Class Dates	Reading	Topics	Class Type	Class Activity	HW & Exams
Week 1 8/28		Syllabus Review	C	Introductions	
Week 1 8/30		Community Engagement	C	Groups formation	Tour Learning Spaces <b>UGLC - GALLA</b>
9/4                      LABOR DAY					
Week 2 9/6	Chapter 1 & 2	Health Models	C	Assign Motion View Topic	<a href="https://www.utep.edu/technologysupport/Resources/RoomReservations.html">https://www.utep.edu/technologysupport/Resources/RoomReservations.html</a>

<b>Week 3</b> 9/11	Chapter 3	Managing Stress	O		<b><i>Discussion Post # 1</i></b>
<b>Week 3</b> 9/13	Chapter 4	Mental Health	C	Mental State Examination	
<b>Week 4</b> 9/ 18			O		<b>QUIZ 1</b> <i>Open Book</i>
<b>Week 4</b> 9/20	Article	- Anxiety - Depression	C		<b>Part 1 of Community Engagement Topic Due</b>
<b>Week 5</b> 9/25	Article	CBT	O		<b><i>Discussion Post # 2</i></b>
<b>Week 5</b> 9/ 27	Chapter 5 & 6	Healthy Diet & Weight	C		
<b>Week 6</b> 10/2	Chapters 7	Movement & Physical Activity	O		<b>QUIZ 2</b>
<b>Week 6</b> 10/4	Chapters 8 & 9	Relationships	C		
<b>Week 7</b> 10/9	Chapters 10 & 11	-Fertility control -Sexually Transmitted D.	O		
<b>Week 7</b> 10/11			C	<b>Exam Review</b>	<b>Exam Review</b>
<b>Week 8</b> 10/16			O	<b>Exam 1</b>	<b>Exam 1</b>
<b>Week 8</b> 10/18	Chapter 12	Immunity	C		
<b>Week 9</b> 10/23	Chapter 15	Hereditary & Disease	O		<b>Part 2 of Community Engagement Proposal Due</b>
<b>Week 9</b> 10/25	Chapter 13 & 14	Cancer & Cardiovascular Condition	C		
<b>Week 10</b> 10/30	Chapter 16	Drugs & Opioids	O		<b><i>Discussion Post # 3</i></b>
<b>Week 10</b> 11/ 1	Article	Motivational Interview	C	Motivational Interview	

<b>Week 11</b> 11/ 6	Chapters 17 & 18	Tobacco & Alcohol	O		<b>QUIZ 3</b>
<b>Week 11</b> 11/ 8	Article	Self-reflection	C	- Self-concept - Self-esteem - Self-efficacy	
<b>Week 12</b> 11/ 13	Chapter	Aging & dying	O	Case Study	<b><i>Discussion Post # 4</i></b>
<b>Week 12</b> 11/ 15	Chapter 23	Violence	C	Anger management	
<b>Week 13</b> 11/ 20	Chapter 24	Environment	O		<b>All motion videos should be uploaded to Blackboard</b>
<b>Week 13</b> 11/ 22	Article	Mindfulness	C		
<b>Week 14</b> 11/ 27			O		<b>QUIZ 4</b>
<b>Week 14</b> 11/ 29		Health Motion Video	C		<b>Groups Presentations</b>
<b>Week 15</b> 12/ 4		Health Motion Video	O		<b>Groups Presentations</b>
<b>Week 15</b> 12/ 6		<b>Exam Review</b>	C		<b>Exam Review</b>
<b>Week 16</b> 12/11			O		<b>Self-reflection Essay Due</b>
<b>Week 16</b> TBA		<b>Final Exam</b>	C		<b>Final Exam</b>

## TECHNOLOGY REQUIREMENTS

Course content is delivered via the Internet through the Blackboard. 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.

You will need a computer/laptop, scanner, webcam, USB, thumb drive, and microphone. Ensure that you have Microsoft Office, Adobe Acrobat Reader, Windows Media Player, and QuickTime installed or updated. Check that your hardware and software are up-to-date and compatible with the course.

If you do not have 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 [Microsoft Office 365](#)

**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 the 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**

I am available for office hours every Wednesday from 12:00 – 1:30 p.m. Office location:

For any inquiries, email me or Hayley (TA), and we will respond promptly. If we do not reply within 48 hours, please send another email. However, use your “buddy system” for non-urgent questions such as: 1) *When is the assignment due?* 2) *Do we have in-person class?* 3) *What chapters are in the mid-term or final exam?*

- **Office Hours:** Wednesday 12:00 - 1:30 p.m., or by appointment. Please send me an email and provide several dates/times available. CHS: Room 455
- **Email:** [gsanchezgarci@utep.edu](mailto:gsanchezgarci@utep.edu)
- Before emailing me, it is strongly encouraged that you,
  - Review the syllabus or
  - Check the Blackboard announcement. If you still can't find the answers you want, write an email to me indicating the course name.
- **Announcements:** Check the Blackboard announcements or your UTEP email frequently for any updates and important messages

## **ATTENDANCE AND PARTICIPATION**

Our class meets **in person** every Wednesday from 9:00 to 10:20 am, beginning August 28th to December 6th, at the Classroom Building, room C-205. Our **online meetings** are every Monday via Zoom from September 11 through December 4. Likewise, from 9:00 -10:20 am.

Attendance in person and Zoom class. Your participation is important not only for your learning and success but also for creating a community of learners. Participation is determined by:

- Reading the book chapters, synthesizing, writing your questions or arguments, and preparing to participate in class.
- Participating in engaging in discussion with your peers on the discussion boards
- Participating in scheduled Blackboard Collaborate 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.

## **ILLNESS PRECAUTIONS**

Please stay home if you have symptoms of a communicable illness. If you are feeling unwell, please let me know as soon as possible so that we can work on appropriate accommodations.

## **EXCUSED ABSENCES AND/OR COURSE DROP POLICY**

According to UTEP Catalog, “At the discretion of the instructor, a student can be dropped from a course because of excessive absences or lack of effort. A grade of “W” will be assigned before the course drop deadline and a grade of “F” after the course drop deadline.” See Policies and Regulations in the UTEP Undergraduate Catalog for a list of excused 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-hour advance notice via email.

### **OR**

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.

## **DEADLINES, LATE WORK & ABSENCE POLICIES**

### **Assignments**

- Writing assignments will be due on the Syllabus indicated dates via Blackboard. 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, quizzes, exams, and essays) in a separate Word document file as a backup. 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 backup 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 for 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, email them at [cass@utep.edu](mailto: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 one's 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](#).

## **GUIDANCE ON ARTIFICIAL INTELLIGENCE**

The use of generative AI tools such as Chat GPT is permitted in this course for the following activities, which must be noted or cited:

[insert list of activities for which using AI is allowed in your course]

However, you may not use AI tools to complete the following activities:

[insert list of activities for which using AI is not allowed in your course]

Students must cite any borrowed content sources to comply with all applicable citation guidelines copyright law and avoid plagiarism. Instances that violate these guidelines will be referred to the Office of Student Conduct and Conflict Resolution.

## **PLAGIARISM DETECTING SOFTWARE**

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

**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.
- [The Miner Learning Center](#): Join peer-led study sessions in person or online to review content and discover study strategies in core curriculum courses.
- [UTEP Edge](#): UTEP's cross-campus framework for student success and empowerment – develops students' assets through high-impact experiences made possible by the expertise and dedication of faculty, staff, alumni, and community partners.