

THE UNIVERSITY OF TEXAS AT EL PASO

Department of BS in Rehabilitation Sciences

SYLLABUS

COURSE INFORMATION

DRSC 3302: Health & Wellness in Rehabilitation Sciences

CRN: 23816

Term: **Spring 2024**

Delivery method: Hybrid

- Mondays. Online: 10:30 – 11:50 am (links on Blackboard “Zoom Lectures”).
- Wednesdays. In-person unless otherwise specified by the instructor 10:30 – 11:50 am.

Location: College of Business Admin 331

INSTRUCTOR INFORMATION

Georgina Sanchez-Garcia, PhD gsanchezgarci@utep.edu

Office Hours: Wednesdays 12:00 – 2:00 pm

Office Location: College of Health Sciences, Room: 455

TA Joshua Solorzano jasolorzano@miners.utep.edu



iClicker code <https://join.iclicker.com/QAWE>

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 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 lifestyles, 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:

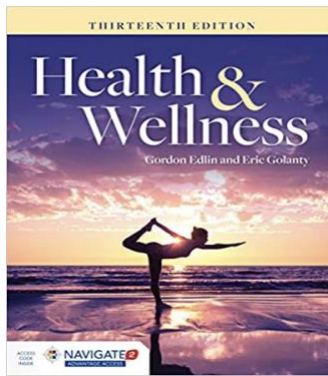
By the end of this course, students will be able to:

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
Engage as a community of writers who dialogue across texts	 Communication 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 MATERIAL:



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

ASSIGNMENTS & GRADING

This course follows a modular format where all materials for the week are grouped by module in one segment.

GRADE DISTRIBUTION

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

Activity	Points	Total Max Points
Attendance & Participation (26 classes)	5	130
Outline (10)	10	100
Discussion Post (3)	10	30
Quiz (4)	25	100
Exams (2)	200	400
Podcast (1)	100	100
Community Engagement Proposal (1)	100	100
Self-reflection (1)	40	40

TOTAL	1000
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SUMMARY OF ASSIGNMENTS

Important: Check Blackboard for further guidelines on assignments.

Attendance (5 points per class)

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 hinders showcasing your understanding of the course.

Outline (10 points each)

An outline is a useful tool for organizing the topics you plan to study and is usually divided into paragraphs along with supporting keywords or relevant information, such as a fact, author, or system. In preparation for each class, students should submit a one to two-page outline of the topic to be covered, as per the syllabus, on Blackboard before class.

Discussion Board Post (10 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 another fellow student to receive full credit.

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.

Exams (200 points each)

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

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.

Health & Lifestyle Video Podcast (100 points)

Groups of six students will research and create a 10–12-minute podcast on an assigned Health topic. Consider inviting a guest speaker to discuss the condition at hand. Ensure each member participates equally.

The podcast will be uploaded to a social media platform, and each team member must submit the link to the corresponding *assignment* tab in Blackboard (Week 10). All students must sign the photo/media release format provided on the website and return it to Technology Support. <https://www.utep.edu/technologysupport/learning-environments/learningstudio.html>

or at the following link:

https://my.visme.co/utills/goto/1471925821?url=https%3A%2F%2Fwww.utep.edu%2Fvpba%2F_Files%2Fdocs%2Fuseful-forms%2FGeneralPhotoRelease-Bilingual.doc

You can reserve the room at the UGLC by using the following link:

<https://my.visme.co/utills/goto/1471925821?url=https%3A%2F%2Fairtable.com%2FshrRNHtPXhZbFv6wB>

Community Engagement Wellness Proposal (100 points)

A group of six students will identify a particular community *need* that affects their wellness and propose it to the instructor for approval by the end of **Week 6 (part 1)**. The report should be presented in Word format following APA 7th—style, including the title page and reference list at the end. The length of the document can be between 10 to 12 pages. Before submitting it on Blackboard, revise your paper on the UTEP Writing Center <https://www.utep.edu/uwc/> phone (915) 747-5112, located on the library's second floor (make an appointment ahead of time).

The *need* to address must include the following information, which will be due by the end of **Week 13 (part 2)** and **submitted on Blackboard. Weeks 14 & 15 (part 3) presentation to class:**

- Identification of a need that impacts health in a community that the team chooses.
- A clear description of the identified problem 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.
- Proposal: considering your current knowledge and possibilities, *what can you all do now?*
- Students should prioritize the proposal to be implemented in the El Paso area.

In **Week 14 (part 3)**, each team will present the disability resource guide findings to the class in 10 minutes. Focus on key points, use visual aids such as PowerPoint, and graphics. Allow equitably participation for each team member

Self-reflection (40 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 create a mental model regarding your values, abilities, academic preferences, and aspirations—the preceding to support 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 1/17		Syllabus Review	C	Introductions Tour Learning Studio UGLC 110	

Week 2 1/22		Community engagement	O	Teams Formation Group Contract	Media release signed and uploaded https://my.visme.co/utills/goto/1471925821?url=https%3A%2F%2Fwww.utep.edu%2Fvpba%2F_files%2Fdocs%2Fuseful-forms%2FGeneralPhotoRelease-Bilingual.doc
Week 2 1/24	Chapters 1 & 2	Health models	C	Topics for group podcast	<i>Outline (due before class)</i> Studio Reservation https://www.utep.edu/technologysupport/Resources/RoomReservations.html
Week 3 1/29	Chapter 3	Managing Stress	O	https://youtu.be/bPhYl1fC7Uw	<i>Outline (due before class)</i> Discussion post # 1 due
Week 3 1/31	Chapter 4	Mental Health	C	CBT Technique	<i>Outline (due before class)</i>
Week 4 2/5	Article	Anxiety Depression	O		QUIZ 1
Week 4 2/7	Chapter 5 & 6	Healthy Diet & Weight	C		<i>Outline (due before class)</i>
Week 5 2/12	Chapters 7	Movement & Physical Activity	O		<i>Outline (due before class)</i>
Week 5 2/14	Chapters 8 & 9	Relationships	C		Discussion Post # 2 due
Week 6 2/19	Chapter 10	Fertility control	O		QUIZ 2
Week 6 2/21	Chapter 11	Sexually transmitted diseases	C		<i>Outline due (before class)</i> Part 1 of Community Engagement Topic Due
Week 7 2/26	Chapter 12	Immunity	O		

Week 7 2/28			C	Exam Review	Exam Review
Week 8 3/4	Chapter 13	Cancer	O		<i>Outline (due before class)</i>
Week 8 3/6			C	Midterm Exam	MIDTERM EXAM
SPRING BREAK 3/11 – 3/15					
Week 9 3/18	Chapter 14	Cardiovascular condition	O		<i>Outline (due before class)</i>
Week 9 3/20	Chapter 15	Hereditary & Disease	C		
Week 10 3/25	Chapter 16	Drugs & Opioids	O		Podcast Due
Week 10 3/27	Chapter 18	Alcohol	C		<i>Outline (due before class)</i>
Week 11 4/1	Chapters 17	Tobacco	O		QUIZ 3
Week 11 4/3	Article	Self-reflection	C		<i>Discussion Post # 3 due</i>
Week 12 4/8	Chapter 22	Aging & dying	O	Case Study	<i>Self-reflection mental model due</i>
Week 12 4/10	Chapter 23	Violence	C	Anger management	<i>Outline (due before class)</i>
Week 13 4/15	Chapter 24	Environment	O		Part 2. Community Engagement Proposal Due
Week 13 4/17	Article	Resilience	C	https://youtu.be/HJvDrT6N-mw?si=H7iK6KYiqOk0R38W	
Week 14 4/22			O	Q & A on presentation	QUIZ 4

Week 14 4/ 24			C		Part 3. Community Engagement Proposal Group Presentation
Week 15 4/ 29			O		Part 3. Community Engagement Proposal Group Presentation
Week 15 5/ 1			C	Exam Review	Exam Review
Week 16 TBA		Final Exam	C		FINAL EXAM

TECHNOLOGY REQUIREMENTS

Course content is delivered via the Internet through 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 – 2:00 p.m. Office location: CHS 455

For any inquiries, email Joshua (TA) or me, 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 topics are in the mid-term or final exam review?*

- **Office Hours:** Wednesday 12:00 - 2:00 p.m. CHS: Room 455
- **Email:** gsanchezgarci@utep.edu
- Before emailing Joshua jasolorzano@miners.utep.edu or me:
 - Review the syllabus or
 - check the Blackboard announcements
 - If you still can't find the answers you want, write an email to the TA or me indicating the course name 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.

- **Announcements:** Check the Blackboard announcements or your UTEP email frequently for any updates and 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 the 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 in these online spaces is intended for classmates and professors only. Please do not copy documents and paste them to a publicly accessible website, blog, or other space.

ATTENDANCE AND PARTICIPATION

Our **online meetings** are every Monday via Zoom from 10:30 to 11:50 am.

Our class meets **in person** every Wednesday from 10:30 to 11:50 am, beginning January 17 at the College of Business Admin. 331.

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 course material, synthesizing, writing your questions or arguments, and preparing to participate in class.
- Participating in engaging in discussion with your peers on the discussion board
- 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 dates indicated in the syllabus 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 if 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 to students with documented disabilities. Students who become pregnant may also request reasonable accommodations, by state and federal laws and regulations and University policy. Accommodations that constitute undue hardship are not reasonable. To make a request, please register with the UTEP Center for Accommodations and Support Services (CASS). Contact CASS at 915-747-5148, 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 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

Some AI technologies or automated tools, particularly generative AI such as ChatGPT or DALL-E, can be beneficial during the early brainstorming stages of an activity, and you are welcome to explore them for that purpose. However, keep in mind that AI-generated ideas are not your own and may hinder your ability to think critically and creatively about a problem. It is also important to remember that these technologies often “hallucinate” or produce materials and information that are inaccurate or incomplete—even providing false citations for use.

That said, you are not allowed to submit any AI-generated work in this course as your own. If you use any information or materials created by AI technology, you are required to cite it like you would any other source. Consider how this will affect your credibility as a writer and scholar before doing so. Any direct use of AI-generated materials submitted as your own work will be treated as plagiarism and reported to the Office of Student Conduct and Conflict Resolution (OSCCR).

COURSE RESOURCES. Where you can go for assistance.

UTEP provides a variety of student services and support. Please refer to the QR code below for a listing of campus resources.

