

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

CRN: 24277

Spring 2023

Professor:

Dr. Laura Sander, OTR, PT, DPT

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Course Schedule:

Mondays: 10:30 – 11:50 am, Synchronous Virtual via Zoom (links on Blackboard), unless otherwise specified in schedule.

Wednesdays: 10:30 – 11:50 am, Health Sciences & Nursing (HSSN) 211 face-to-face

Office Hours:

In person Wednesdays 12:00-2:00 pm HSSN 419 or by appointment

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

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

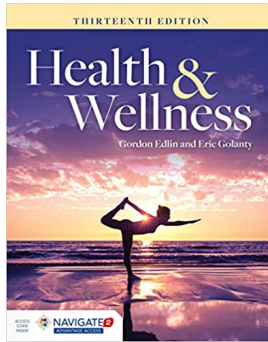
At the end of this course, students will be able to:

- 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 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 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.

SUGGESTED MATERIALS



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

ISBN-13: 978-1284144130

ISBN-10: 1284144135

The textbook is not required but is strongly suggested to enhance understanding of course content. Reading from other sources may be assigned for which links will be provided.

COURSE ASSIGNMENTS AND GRADING

Assignments for this course are assessed according to rubrics.

Grade Distribution

A = > 90.0%

B = 89.9%-80.0%

C = 79.9%-70.0%

D = 69.9%-60.0%

F = < 59.9%

- Final Comprehensive Exam: 28%
- 14 Weekly Quizzes: 28% (2% each)
- 14 Weekly Participation in Blogs: 14% (1% each)
- 14 Weekly Participation in Group Activities: 28% (2% each)
- Attendance: 2%

Final Exam and Weekly Quizzes: To monitor acquiring of knowledge of course content, students will be asked to complete weekly quizzes and a comprehensive final exam, both of which cover assigned readings and lecture content. Final exam and quizzes will be administered using Respondus Monitor Lockdown Browser. Quizzes cover content from the current weekly module. Quizzes are available on Blackboard after the completion of the Monday Zoom lecture and are due no later than the following Friday at 11:59 pm. **ENSURE** you have proper internet connectivity **PRIOR TO** starting the quiz. The quiz is set for 15 minutes and consists of 10 multiple choice questions randomly chosen from a pool of questions. The final exam is comprehensive. It will be a proctored exam and take place Friday, May 12, from 10:00-12:45 in HSSN 211. You must **ENSURE** that your face is in full view of the camera throughout all testing. Any testing attempts that are flagged by Respondus Monitor are at risk for a grade of ZERO. In this event, the student will be contacted and referred to [the Office of Student Conduct and Conflict Resolution](#) for independent review. All testing is to be completed on your own, without the assistance of another person, and no resources are allowed for reference.

Blog: To advance critical thinking and communication skills related to course content, students will write a short online opinion piece in response to a question or concept presented for your consideration based on the current weekly module. Blogs are available after the completion of the Monday Zoom lecture and are due the next day, Tuesday, by 11:59 pm. Blogs are an individual assignment.

Group Activities & Group Assignment: To develop professional behaviors and to promote understanding, analysis and synthesis of course content, students will be required to participate in face-to-face group activities and submit a graded weekly group assignment. Students will be randomly assigned to a small group. Students must **BE PRESENT** during every Monday session and **ACTIVELY PARTICIPATE** in a respectful manner to share varied opinions to generate examples and conclusions for the questions and concepts presented for your consideration. You are to search for evidence to support your thoughts, answers and solutions.

Group Assignment specifics: Your submission is to be 3 pages: a cover page, a 1-page summary, and a reference page. The cover page must list all contributing group members in order for each to receive credit for the assignment. Your thoughts must be clearly expressed on 1 page only. You must include at least ONE reference from a peer reviewed journal in AMA style to be cited in the body of the summary and on the reference page. The only reference you are required to cite is from the peer reviewed journal. If your group is unable to complete the assignment by the end of Wednesday class, the group can continue collaboration outside of the classroom. The group assignment is due Thursday by 11:59 pm.

Group Behaviors: The group must submit a “Team Contract”, which will be posted in Module 1 (see pp. 13-16 for specifics). If you will not be in class, it is up to you to communicate this with your group to determine together how you can still participate. It is incumbent upon the members of the group to determine if all members are contributing to the success of the group activities and group assignment. If your group deems that you did not contribute, they may choose to not include your name on the assignment, which will result in a grade of ZERO for you (not the entire group).

Attendance: To develop professional behaviors, all students are **REQUIRED** to attend all Monday Zoom live sessions and Wednesday in-class sessions. Online attendance/time is monitored by Zoom software. In-class attendance will be monitored by iClicker. The instructor must be contacted in advance of the anticipated absence. In the event of an emergency or

extenuating circumstance, please contact the instructor as soon as you are able. Documentation may be required to receive an excused absence.

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 Health Sciences and Nursing Building, room 419. My office hours will be held after class on Wednesdays 12:00 - 2:00 p.m. or by appointment.
- **Email:** UTEP e-mail is the best way to contact me at lasander@utep.edu. Email your questions related to course requirements, assignments, as well as if you need to share or discuss student accommodations related to sensitive information. I will make every attempt to respond to your e-mail within 24-48 hours of receipt. When e-mailing, be sure to email from your UTEP student account and please put the course number in the subject line. In the body of your e-mail, clearly state your question. At the end of your e-mail, be sure to put your first and last name, and your university identification number.
- **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 to do to be successful in this class

ATTENDANCE AND PARTICIPATION

Attendance and participation in the course is determined through course learning activities and via Zoom attendance data. Your participation in the course is important not only for your learning and success but also to develop future professional behaviors. Participation is determined by completion of the following activities:

- Attendance to Monday's synchronous Zoom lecture session is **mandatory**. Lectures will be recorded and posted in Blackboard for your review as needed. Zoom monitors/tracks attendee logins/outs.
- Attendance to Wednesday's face-to-face sessions is **mandatory**. Attendance will be tracked by iClicker
- Reading/reviewing all course materials to ensure understanding of assignment requirements
- Completing all grading requirements
- Sharing thoughts/ideas via online blogs and group discussion
- Other activities as indicated in the weekly modules
- The instructor must be contacted 24 hours in advance of an anticipated absence.
- In the event of an emergency or extenuating circumstance, please contact the instructor as soon as you are able.
- Documentation may be required to receive an excused absence.
- Only excused absences (e.g., medical reasons) will be accepted.
- If you are going to miss a face-to-face session, you must communicate this with your group to determine how to participate for your grade. Details for acceptable participation is established via the "Team Contract" (see Module 1 & page 13-16 of Syllabus). You do not need to discuss details/reason for your absence with your group, as this is necessary only for the instructor. Students can opt to participate via 'face-time' (or other live method) during class time.

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

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 excused 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 Monday sessions are 100% synchronous using Zoom link posted on Blackboard in the Zoom links folder. The Wednesday sessions are mandatory in person. Students who would like to participate in Wednesday sessions online must have accommodations approved by CASS and/or by the instructor.

The group activities/assignments require active participation of all group members and may be completed only synchronously during Wednesday 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. Sander's discretion and current health policies.

DEADLINES, LATE WORK, AND ABSENCE POLICY

Weekly Quiz, Blog/Discussion, and Group Assignments

- All individual Blog posts will be due on Tuesdays until 11:59 pm. All group activities assignments will be due on Thursdays until 11:59 pm. All quizzes will be due on Fridays at 11:59 pm. All times are Mountain Time zone.

Final Comprehensive Exam

- The final exam is comprehensive. It will be a proctored exam and take place Friday, May 12, from 10:00-12:45 in HSSN 211

Attendance

- The instructor must be contacted 24 hours in advance of an anticipated absence.
- In the event of an emergency or extenuating circumstance, please contact the instructor as soon as you are able.
- Documentation may be required to receive an excused absence.
- Only excused absences (e.g., medical reasons) will be accepted

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. Difficulties with submissions will be investigated with Technical Support.

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](#). **You may NOT share any course content outside this course.**

CLASS RECORDINGS

The use of recordings will enable you to have access to class lectures after the live Zoom session. In the event you miss a live synchronous Zoom meeting **due to illness, documented emergency, or other extenuating circumstance**, you may view the full recording for a record of your attendance. If you anticipate an absence for a Zoom lecture, you must reach out to the instructor to discuss the option of an excused absence and viewing of a recording for record of attendance. 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 Assignment) –participate with assigned group members during Wednesday class meeting. Can be completed after class but must be submitted by Thursday at 11:59 p.m. Mountain Time but this will require ALL group members to continue to communicate and work together.

Module	Dates	Topic	Readings	Assignments to complete and due dates
0	01/18	Syllabus, Schedule, Library UWC orientation	Syllabus and Course Schedule	LockDown Browser mock quiz by 01/20 11:59 pm
1	01/23 – 27	Health Models, Behavior Change Theories, Mind-Body Connection	Eldin & Golanty, Ch. 1 & 2	<ul style="list-style-type: none"> • Blog 1 by 1/24 11:59 pm • GA 1 & Team Contract by 1/26 11:59 pm • Quiz 1 by 01/27 11:59 pm
2	01/30 - 02/03	Stress & Mental Health	Eldin & Golanty, Ch. 3 & 4	<ul style="list-style-type: none"> • Blog 2 by 1/31 11:59 pm • GA 2 by 2/2 11:59 pm • Quiz 2 by 2/3 11:59 pm
3	02/06- 02/10	Nutrition & Healthy Weight	Eldin & Golanty, Ch. 5 & 6	<ul style="list-style-type: none"> • Blog 3 by 2/7 11:59 pm • GA 3 by 2/9 11:59 pm • Quiz 3 by 2/10 11:59 pm
4	02/13- 02/17	Physical Activity & Healthy Sexuality	Eldin & Golanty, Ch. 7 & 8	<ul style="list-style-type: none"> • Blog 4 by 2/14 11:59 pm • GA 4 by 2/16 11:59 pm • Quiz 4 by 2/17 11:59 pm
5	02/20- 02/24	Healthy Pregnancy & Fertility Control	Eldin & Golanty, Ch. 9 & 10	<ul style="list-style-type: none"> • Blog 5 by 2/21 11:59 pm • GA 5 by 2/23 11:59 pm • Quiz 5 by 2/24 11:59 pm
6	02/27- 03/03	Sexually Transmitted Disease & Community-Based Model of Behavior Change	Eldin & Golanty, Ch. 11 & Module Handout	<ul style="list-style-type: none"> • NO MONDAY ZOOM! • Watch Documentary by 2/27 • Blog 6 by 2/28 11:59 pm • GA 6 by 3/2 11:59 pm • Quiz 6 by 3/3 11:59 pm
7	03/06- 03/10	Understanding and Preventing Diseases Part I (Infections, Immunity, and Heredity)	Eldin & Golanty, Ch. 12, 15	<ul style="list-style-type: none"> • Blog 7 by 3/7 11:59 pm • GA 7 by 3/9 11:59 pm • Quiz 7 by 3/10 11:59 pm
SPRING BREAK	03/13- 03/17			<ul style="list-style-type: none"> • ENJOY!!! • BE SAFE!!

8	03/20-03/24	Understanding and Preventing Diseases Part II (Cancers)	Eldin & Golanty, Ch. 13	<ul style="list-style-type: none"> • Blog 8 by 3/21 11:59 pm • GA 8 by 3/23 11:59 pm • Quiz 8 by 3/24 11:59 pm
9	03/27-03/31	Understanding and Preventing Diseases Part III (Cardiovascular Diseases)	Eldin & Golanty, Ch. 14	<ul style="list-style-type: none"> • Blog 9 by 3/28 11:59 pm • GA 9 by 3/30 11:59 pm • Quiz 9 by 3/31 11:59 pm
10	04/03-04/07	Drug Use and Abuse	Eldin & Golanty, Ch. 16, 17, 18	<ul style="list-style-type: none"> • Blog 10 by 4/4 11:59 pm • GA 10 by 4/6 11:59 pm • Quiz 10 by 4/7 11:59 pm
11	04/10-04/14	Accidents and Violence	Eldin & Golanty, Ch. 21, 23	<ul style="list-style-type: none"> • Blog 11 by 4/11 11:59 pm • GA 11 by 4/13 11:59 pm • Quiz 11 by 4/14 11:59 pm
12	04/17-04/21	Injuries and Aging	Eldin & Golanty, Ch. 22	<ul style="list-style-type: none"> • Blog 12 by 4/18 11:59 pm • GA 12 by 4/20 11:59 pm • Quiz 12 by 4/21 11:59 pm
13	04/24-04/28	Health Care Decisions	Eldin & Golanty, Ch. 19, 20	<ul style="list-style-type: none"> • Blog 13 by 4/25 11:59 pm • GA 13 by 4/27 11:59 pm • Quiz 13 by 4/28 11:59 pm
14	05/01-05/05	Healthy Environment	Eldin & Golanty, Ch. 24	<ul style="list-style-type: none"> • Blog 14 by 5/2 11:59 pm • GA 14 by 5/4 11:59 pm • Quiz 14 by 5/5 11:59 pm
	05/12	Final Exam	Face to face	<ul style="list-style-type: none"> • HSSN 211 • 10:00 am - 12:45 pm • UTEP Final Exam Schedule

DRSC 3302 Full Value Commitment

Working in teams is only effective and enjoyable when everyone contributes equally, consistently, with quality, and fully commits to working together. A Full Value Commitment (FVC) is an agreement among team members. Its purpose is to set the tone and foundation for interaction between the team members for the entire semester. It is your task to develop a FVC for your team. You must also create the consequences if someone does not adhere to the agreement. Show that everyone in the team agrees with the rules and the consequences of not adhering to the rules by signing at the bottom of the document.

Here are some example rules and consequences your colleagues from Kinesiology created in previous semesters to help you get started.

Full Value Commitment

1. Be punctual, always give 100% and attend all class sessions
2. Let group know ahead of time when you will be absent or if a problem arises
3. Work hard, cooperate, and do your part of the work as best you can
4. If you can't get it done contact your team and ask for help
5. Stay focused on the subject in class, don't daydream
6. Be prepared and pro-active
7. Be open to receive and provide constructive criticism to everyone
8. Be open minded to the other team members ideas and value their contribution
9. Be reliable and make sure you are well prepared
10. Respect all team members and value each other's ideas and opinions without judging them
11. Be honest
12. Try to create consensus and agreement among team members. Criticizes ideas, not the person, integrates members' ideas with what is known, Asks for rationale and justification, probes and asks complex questions
13. Never interrupt a person when s/he is giving an idea or thought
14. No put downs through humiliating remarks or body language; show respect for others' ideas and opinions
15. Set team goals and pursue them
16. If you are assigned to do something, do it and don't procrastinate
17. If you have a problem with a group member, bring it up and have a group discussion; Describe positive and negative feelings; don't make assumptions
18. Turn off beepers and cell phones
19. Contribute ideas frequently
20. Encourage and ask for participation from others
21. Summarize and integrate different ideas from team members
22. Check for understanding with other team members
23. Relate new info to what has been learned or was known
24. Give direction to the team's work and keep members on task

Consequences of not adhering to your commitment

1. If a team member did not provide substantively to an assignment s/he won't receive credit for assignment.
2. If a team member breaks any of the parts in the FVC s/he given a verbal feedback.
3. After one excused incident, the team member will again receive feedback and encouragement to change the negative behavior

4. Upon the third incident, the professor will be informed and requested to intervene.
5. If one cannot contribute as expected one should remove oneself from the team and drop the class.
6. If a team member's behavior is completely unacceptable in the opinion of the rest of the team s/he can be removed from the group.
7. The team member will receive only partial credit if s/he only contributed partially to an assignment. This is to be determined by the rest of the team.
8. If a team member comes unprepared to a meeting, she or he will have to bring a healthy snack for the entire team for the next meeting.
9. If a team member did not complete a task he was supposed to have completed, he will have to come up with the punishment and the entire team must agree with them.

TEAM CONTRACT

Team Name: _____

1. Create what you believe to be the *most important behaviors* an excellent team member should display. Write these in “Expected Behavior”. You may create fewer than 8 expected behaviors if the entire team agrees.
2. Then discuss what the consequences will be if a team member does not adhere to the expected behaviors. Write these in next table.
3. All team members must sign the form and a copy will stay in your Team Folder.

Expected Behaviors
1.
2.
3.
4.
5.
6.
7.
8.

Consequences of Team Members not Living up to Expected Behaviors
1.
2.
3.
4.

Team Members Signatures

1. _____ 2. _____

3. _____ 4. _____

5. _____ 6. _____

Petition to Fire a Team Member

As a team you can use this petition to request that a member be fired from your team for clearly stated reasons concerning the behavior of that person. Unanimous agreement among all other members is required before the process can be started. If all remaining members agree unanimously that one member should be fired, the following actions will need to be taken.

- 1) The team will present the petition in person to the rest of the class. They will give clear evidence and logical reasons as to why the member should be removed from their team, including a complete and accurate list of violations of their FVC.
- 2) Following the team's presentation, the member whose removal is being petitioned will have an opportunity to respond to the petition.
- 3) Following these presentations each member of the rest of the class will vote anonymously to accept or reject the petition. A majority of 66% is needed to approve the petition. Any percentage less than 66% leads to rejection of the team's petition.
- 4) If the petition is rejected, the member in question has to remain on the team and the team will have to develop a written agreement that will function as a contract and will be signed by all members.
- 5) If the petition is accepted by the class, the member in question loses his or her membership on the team.
- 6) The removed member can request to be adopted by another team. S/he may select the team s/he wants to join. The team must unanimously accept the request. One dissenting voice leads to rejection of the request.
- 7) If none of the remaining teams will unanimously accept the member, this person will not receive the Team grade scores and will have to complete the class outside any team, or may drop the class.

On this date _____ we,

_____, _____
_____, _____
_____, _____

petition that _____ be removed from our team for the
(name of student)
following reasons:

Attached are the violations of our Team FVC.