



HEP 100 - Introduction to Health and Wellness

Fall B 2021

I. COURSE OVERVIEW

This 3-credit hour health and wellness course focuses on the latest trends in health, exercise, and wellness. From stress management and emotional health, to overall well-being, we will explore personal health, health-related attitudes and beliefs, and individual health behaviors.

This course satisfies the Social-Behavioral Sciences (SB) general studies requirement at Arizona State University (ASU). This course may satisfy a general education requirement at other institutions; however, you are strongly encouraged to consult with your institution of choice to determine how these credits will be applied to degree requirements prior to transferring credit.

Learning Objectives and Topics

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

- Describe the role of health, nutrition, and wellness in their daily lives
- Evaluate evidence that supports or disproves selected health claims
- Provide examples of how psychological, spiritual, and emotional health are connected to their overall well-being and physical health
- Identify and manage personal health risks based on current lifestyle choices

- Identify and implement lifestyle changes that may enhance lifelong health

Topics include:

- Healthy Food Choices
- Physical Fitness
- The Importance of Sleep
- Stress Management
- Healthy Weight and Body Composition
- Infectious Disease
- Chronic Disease

II. WEEKLY ACTIVITIES AND TIME COMMITMENT

Class preparation means completing the assigned readings and reviewing all information required for that week. Attendance in an online course means logging into the course site on a regular basis and participating in all of the activities that are posted.

This 7.5 week, three credit course requires 135 hours of student work. Therefore, expect to spend approximately 18 hours per week preparing for and actively participating in this course. Class preparation means reviewing all material and completing all assessments required in a given week.

Course Content and Assignments

Video and Audio

- **Lectures** from your instructional team on specific topics, designed to help you learn key concepts
- **Guest lectures** by experts in the field
- **Optional videos and podcasts** to expand your knowledge on various topics

Readings

Our course makes use of open educational resources (OERs), no purchase necessary. You will find required weekly readings on the subject matter, along with optional items.

Graded Assignments

Graded assignments are required, and count towards the final grade for credit eligible students planning to earn ASU credit. Students *must* submit *all* assignments via the course site unless otherwise instructed. Each assessment has submission instructions.

Quizzes - 15%: There are **7** quizzes, one each week. Each quiz is open book, but must be completed by you (see the Academic Integrity section). The quizzes are multiple-choice and based on the week's readings, lectures, and video materials. The seven quizzes are 15% of your total grade. You may take a quiz at any time during the week but must complete it by the stipulated deadline.

Midterm Exam - 25%: The midterm is 25% of your total grade and covers content from weeks 1 through 3.

Final Exam - 35%: The final exam is 35% of your total grade and covers content from weeks 4 through 7. It is a proctored exam. (Proctoring is required for credit eligible students interested in pursuing ASU credit. More information follows below, as well as in both the "Before the Course Begins" and in the "Final Exam Overview" sections of the course.)

Interactives - 5%: There are **7** interactive exercises for the course, one per week. They will count as 5% of your total grade. Each interactive will have one or two questions you must answer to receive credit.

Case Studies - 10%: There are **7** case studies at the rate of one per week. Each case study is accompanied by 5 questions related to the case presented. These case studies count as 10% of your total grade.

Content Mastery - 5%: There are **7** interactive, content mastery exercises, at the rate of one per week. You must reach **level 0.1** on each interactive content mastery exercise to receive credit.

Reflection Board (via Yellowdig) - 5%: You are required to submit one post per week via our Introduction to Health and Wellness Reflection Board on Yellowdig. A topic will be provided based on that week's course content. You will provide your views and respond to other students' posts. Yellowdig allows you to add images, videos, and audio, along with your text response, to express your ideas.

We have included additional details about Yellowdig and general discussion guidelines in your "Before Your Course Begins" section.

Ungraded Assignments

These assignments are optional but strongly encouraged in order to maximize your learning, as well as interaction with your peers and course team.

Introductions: Please visit the "Introduce Yourself" subsection located in "Before the Course Begins," to tell the course team and class a little bit about yourself, your community, and what health means to you in the course's Introduce Yourself discussion forum.

Please note that there are no extra credit assignments or points awarded in this course.

III. COURSE REQUIREMENTS AND COMMUNICATION

Course Requirements

Recommended Prior Knowledge: To be successful in this course, we recommend English language fluency and computer literacy.

Online Course Requirements: You will find all content and learning activities within the course site.

All course interactions use Internet technologies. It is your responsibility to watch all required videos and assigned readings, and complete all graded assessments (quizzes, exams, interactives, case studies, and content mastery exercises.) You are encouraged to interact with your peers and course team in the discussion forums, and ask questions there as well.

Course Communication

All communication will take place in discussion boards, course updates, and on the course home page.

Each week, there will be a dedicated discussion board called “General Questions Discussion Forum,” where you can post general questions and comments about the subject matter, as well as direct inquiries for the instructor and course team. Please use this forum to ensure a timely response.

IV. STUDENT EVALUATION

Here is the breakdown of your grade:

Item (number)	Weight	Proctored	Graded
Quizzes (7)	15%	No	Yes
Midterm Exam (Weeks 1-3)	25%	No	Yes
Final Exam (Weeks 4-7)	35%	Yes (credit eligible)	Yes
Interactives (7)	5%	No	Yes
Case Studies (7)	10%	No	Yes

Content Mastery (7)	5%	No	Yes
Graded Reflection Board Assignments	5%	No	Yes

Final grades are based on the number of points you earn on the course activities listed above. There is no extra credit available. You can see your percentage of the total points to date on your course progress page. Final scores will be absolute as follows: 90% or better will receive an A, 80% or better a B, 70% or better a C, below 70% is a failing grade. There will be no + or - added to grades.

Credit Eligibility: You must pass the course with a grade of C (70%) or higher, and be on the Credit Eligible Track. Please note that exams that fail the proctoring review will result in an assignment grade of 0. **A student earning an overall grade of a C or higher who fails proctoring is not eligible for credit.**

*Note: You have **up to one year to purchase credit** after you become eligible. Please see Section IX, below, "Taking this Course for Credit," for specifics on deadlines.*

V. UNIVERSAL LEARNER COURSE POLICIES

Assignment Deadlines: This is an online course. Your instructional team will provide all content and learning activities within the course. All course interactions will use Internet technologies; it is your responsibility to review all content, fulfill all assignments on time, and ask any questions you have in our designated discussion area. All deadlines are listed in UTC time. For more information, please see section VI, "UTC Time Zone" below.

Late assignments will not be accepted at any point during the course. We recommend that you establish your time management schedule for this course during the first two days that the course is open to meet all course obligations.

Subject to Change Notice: This syllabus is to be used as a guide only. Information contained here, such as assignments, grading scales, deadlines, and other materials are subject to change. It is your responsibility to read the course announcements regularly to be aware of any changes or updates in the course.

Academic Integrity: Academic honesty is expected of all students in all coursework and exams. The possible sanctions include, but are not limited to, appropriate grade penalties, course failure (indicated on the transcript as a grade of E), course failure due to academic dishonesty (indicated on the transcript as a grade of XE), loss of registration privileges, disqualification, and dismissal. For more information, review ASU's [Academic Integrity Policy](#) and [Terms of Use](#).

Title IX: Title IX is a federal law that provides that no person be excluded on the basis of sex from participation in, be denied benefits of, or be subjected to discrimination under any education program or activity. Both Title IX and university policy make clear that sexual violence and harassment based on sex is prohibited. An individual who believes they have been subjected to sexual violence or harassed on the basis of sex can seek support, including counseling and academic support, from the university. If you or someone you know has been harassed on the basis of sex or sexually assaulted, you can find information and resources at <https://sexualviolenceprevention.asu.edu/faqs>.

As a mandated reporter, I am obligated to report any information I become aware of regarding alleged acts of sexual discrimination, including sexual violence and dating violence. ASU Counseling Services, <https://eoss.asu.edu/counseling>, is available if you wish to discuss any concerns confidentially and privately

VI. UTC TIME ZONE

To accommodate students from across the globe, all deadlines are posted in UTC time, the global standard. Please see the "Course Information and Support" or

“Important Deadlines” subsections in the “Before the Course Begins” section for a detailed explanation.

Remember, it is your responsibility to understand UTC and determine the due dates and times for your timezone. Make sure you address this, ideally before the first set of assignments is due, and definitely before the midterm, to avoid any unnecessary stress. **Deadline extensions will *NOT* be granted for misunderstanding UTC time.**

Please note that countdown timers are provided as a resource, but should not be relied on for official due dates. Students are required to follow the course schedule for all assignment deadlines. No extensions will be granted.

VII. GENERAL AND TECHNICAL REQUIREMENTS

This course is best accessed by a reasonably modern browser on a laptop or desktop computer. You can also access course videos via a browser on your mobile device.

Students who are interested in taking the course for credit will need additional computer requirements and skills to access the remote proctor service. Please see the [PSI Software Secure](#) site, which details Proctor Now’s requirements.

If you are not certain about your system, it is highly recommended that you complete the practice proctored exam in the “Before the Course Begins” section to confirm system compatibility.

VIII. GENERAL AND TECHNICAL ASSISTANCE

Student Support and Accessibility: Please access the [Learner’s Guide](#) for solutions to common problems, and review the “Student Support” page in the “Before the Course Begins” section for further information.

Proctoring: For students taking the Final exam proctored, please do the following to address any technical issues:

1. Contact our proctoring partner, Software Secure, at 1-855-436-2039 for US and Canada and 1-617-658-2879 for International (Outside the US and Canada).
2. Send an email to ASU at ulcourses@asu.edu and provide your Software Secure ticket number and issue details.

Both Software Secure and ASU must be informed of the issue to ensure resolution.

Please put “Problem with proctored exam” in the subject line. Also, provide as much information as possible, including screenshots, error messages, and urgency due to upcoming deadlines.

Tutoring: Tutoring is available through the [University Academic Success Program \(UASP\)](#) office, and based on the assignments in this course, it may be valuable to you. Tutoring is \$25 per semester, and can be paid for via NelNet. If you work for an organization that covers parts of the cost of Universal Learner Courses, such as Uber and Starbucks, then this fee may be covered under your existing benefits. To see if you qualify, contact ulcourses@asu.edu.

Access to tutoring expires at the end of the semester (including in self-paced courses) and must be renewed if you are interested in continued access. For questions, please reach out to ulcourses@asu.edu. To learn more and purchase tutoring, please visit <https://ea.asu.edu/services/tutoring/>.

360 Life Services: [360 Life Services](#) is a comprehensive wellness program designed for online learners that offers free, 24/7 counseling and crisis intervention in person or by phone. Learners are provided up to 3 free counseling sessions, per situation/issue, per year. You can also chat at your convenience with topic specialists in legal, personal finance, childcare, education and more. This confidential resource supports your education, career and personal needs.

Access [360 Life Services](#) through My ASU or call directly at 833-223-9883.

IX. TAKING THIS COURSE FOR ASU CREDIT

ASU Credit: Students wishing to take this course for ASU credit are required to do the following:

- Opt to Upgrade by Tuesday, October 19, at 7:00 UTC
- Pass proctoring for ***the final exam***
- Pass the course with a C or better (70% or higher)

Please note that exams that fail the proctoring review will result in an assignment grade of 0. A student earning an overall grade of a C or higher who fails proctoring is not eligible for credit. If your proctored exam is marked suspicious, you have up to 75 days from when you completed the exam to appeal the decision. After that time, appeals will not be accepted or reviewed.

Purchasing Credit

Important: *Provided you have met all requirements for this course, you can purchase credit from ASU for **up to one year** after you become credit eligible.*

*Your date of eligibility **may differ** from the course end date. Please visit your course progress page, specifically the “Requirements for Course Credit” section, to see the status of your credit eligibility.*

Please review “Credit Eligibility and Proctoring” in your “Before the Course Begins” section for additional details.

Limited Internet Connectivity Statement

Potential limitations of internet connectivity by some countries are beyond the control of Arizona State University and may limit the ability of a credit eligible student residing in those countries to complete all the assessments, and therefore potentially impede the eligibility to earn college credit. Students impacted by such limitations should contact ulcourses@asu.edu.