

**Syllabus**

**SCHOOL OF ARTS AND SCIENCES**  
**SCI 306: Health and Wellness**

5 Credits  
Effective: Summer 2019/2020

*Access to the Internet is required.*  
*All written assignments must be in Microsoft-Word-compatible formats.*  
*See the library's APA Style Guide tutorial for a list of resources that can help you use APA style.*

## **FACULTY**

Faculty Name: FACULTY NAME

Contact Information: CONTACT INFORMATION

[INSTRUCTOR MAY INSERT PERSONAL MESSAGE IF DESIRED]

## **COURSE DESCRIPTION**

This course explores issues related to physical and mental health and wellness. Health prevention and decisions about health and healthcare are examined in the context of life cycle, alternative medicine, and society and environment.

## **COURSE RESOURCES**

Required and recommended resources to complete coursework and assignments are available from the [Course Document Lookup](#).

## **CITYU LEARNING GOALS**

This course supports the following City University learning goals:

- Diverse and global perspectives

## **COURSE OUTCOMES**

In this course, learners:

- Review guidelines and recommendations for health management
- Compare and contrast characteristics of mainstream and non-mainstream medicine
- Discuss aspects of psychological and physical health and wellness

## **CORE CONCEPTS, KNOWLEDGE, AND SKILLS**

- 8 Dimensions of Wellness
- Diverse perspectives of health/wellness
- Mainstream/non-mainstream medicine
- Physical health
- Psychological health

## OVERVIEW OF COURSE GRADING

The grades earned for the course will be derived using City University of Seattle's decimal grading system, based on the following:

<i>Overview of Required Assignments</i>	<i>% of Final Grade</i>
Course Activities	50%
Presentation	20%
Application Paper	30%
<b>TOTAL</b>	<b>100%</b>

## SPECIFICS OF COURSE ASSIGNMENTS

The instructor will provide grading rubrics that will provide more detail as to how this assignment will be graded.

### Course Activities

Class participation through discussion and other activities are integral parts of this course. To provide structure for balanced participation and allow maximum benefit of enhanced discussion activities and learning, the following are required: 1) Post initial responses to discussion questions; 2) Post at least two thoughtful and topic-relevant comments or questions in response to classmates' posts on at least two different days during the school week; and 3) Respond to any questions the instructor or classmates have regarding the original post by the end of the school week. Other activities that support course outcomes (quizzes, knowledge checks, etc.) may be assigned.

<i>Components</i>	<i>% of Grade</i>
Quality of Responses	25%
Quantity of Responses	25%
Timeliness of Responses	25%
Style and Mechanics	25%
<b>TOTAL</b>	<b>100%</b>

### Presentation

Students design a presentation public service announcement (PSA) informing the public on a topic relating to course content. The PSA informs the targeted audience of the topic or issue and may also attempt to convince the audience to have a change in beliefs or take action. The PSA may be submitted as a voiceover slide presentation or video, must be no longer than three minutes in length, and contain facts and data that the student has researched from at least three academic sources. Typical software used are PowerPoint or Kaltura, a video mashup tool integrated into the Blackboard LMS--exceptions may apply and are subject to instructor approval. Students are assessed on their ability to apply course concepts, synthesize supporting evidence, and communicate information that is accurate, organized, and credible. The presentation must include a reference page formatted in APA style.

<i>Components</i>	<i>% of Grade</i>
Organization and Coherence	30%
Style and Mechanics	20%
APA style (citations/reference list)	10%
Visual Design	10%
Use of course concepts	30%
<b>TOTAL</b>	<b>100%</b>

### Application Paper

Students research a health or wellness topic relating to course content and outline the impact and various perspectives of this topic as it relates to an individual, a family, and society. Students identify any dimensions of wellness that are affected and explain the short- and long-term outcomes or forecast for the topic. Students may select their own topic or choose one from a list provided by the instructor. This assignment helps students learn about a topic from various perspectives.

Students are assessed on their ability to apply course concepts, synthesize supporting evidence, reflect on diverse perspectives, and write cohesive paragraphs including a thesis statement that is fully supported throughout the paper. The paper consists of: 1) title page; 2) four- to five-page body; and 3) reference page. The essay must cite at least three credible and relevant sources. The essay must be formatted in APA Style, including a title page, page headers, one-inch page margins, and be double-spaced using Times New Roman 12-point font.

<i>Components</i>	<i>% of Grade</i>
APA Style (formatting)	10%
APA style (citations/reference list)	10%
Use of course concepts	30%
Organization and Coherence	30%
Style and Mechanics	20%
<b>TOTAL</b>	<b>100%</b>

## **COURSE POLICIES**

### **Late Assignments**

See policy under Course Information in Blackboard.

### **Participation**

See policy under Course Information in Blackboard.

### **Professional Writing**

Assignments require error-free writing that uses standard English conventions and logical flow of organization to address topics clearly, completely, and concisely. CityU requires the use of APA style.

## UNIVERSITY POLICIES

You are responsible for understanding and adhering to all of City University of Seattle's academic policies. The most current versions of these policies can be found in the [University Catalog](#) that is linked from the CityU Web site.

### **Title IX Statement**

City University of Seattle and its faculty are committed to supporting our students and seeking an environment that is free of bias, discrimination, and harassment. If you have encountered any form of sexual misconduct (e.g. sexual assault, sexual harassment, stalking, domestic or dating violence), we encourage you to report this to the University. If you speak with a faculty member about an incident of misconduct, that faculty member must notify CityU's Title IX coordinator and share the basic fact of your experience. The Title IX coordinator will then be available to assist you in understanding all of your options and in connecting you with all possible resources on and off campus.

To view CityU'S sexual misconduct policy and for resources, please visit the [Campus Safety and Title IX Page](#) in the my.cityu.edu portal.

### **Scholastic Honesty**

Scholastic honesty in students requires the pursuit of scholarly activity that is free from fraud, deception and unauthorized collaboration with other individuals. You are responsible for understanding CityU's policy on scholastic honesty and adhering to its standards in meeting all course requirements. A complete copy of this policy can be found in the [University Catalog](#) in the section titled *Scholastic Honesty* under *Student Rights & Responsibilities*.

### **Attendance**

Students taking courses in any format at the University are expected to be diligent in their studies and to attend class regularly.

Regular class attendance is important in achieving learning outcomes in the course and may be a valid consideration in determining the final grade. For classes where a physical presence is required, a student has attended if s/he is present at any time during the class session. For online classes, a student has attended if s/he has posted or submitted an assignment. A complete copy of this policy can be found in the [University Catalog](#) in the section titled *Attendance Policy for Mixed Mode, Online and Correspondence Courses*.

## SUPPORT SERVICES

### **Disability Services Accommodations Statement**

Students with a documented disability who wish to request academic accommodations are encouraged to contact Disability Support Services to discuss accommodation requests and eligibility requirements. Please contact Disability Support Services at [disability@cityu.edu](mailto:disability@cityu.edu) or 206.239.4752 or visit the [Disability Support Services](#) page in the my.cityu.edu portal. Confidentiality will be observed in all inquiries. Once approved, information about academic accommodations will be shared with course instructors.

## **Library Services**

CityU librarians are available to help you find the resources and information you need to succeed in this course. Contact a CityU librarian through the [Ask a Librarian](#) service, or access [library resources and services online](#), 24 hours a day, seven days a week.

## **Smarthinking**

As a CityU student, you have access to 10 free hours of online tutoring offered through Smarthinking, including writing support, from certified tutors 24 hours a day, seven days a week. Contact CityU's Student Support Center at [help@cityu.edu](mailto:help@cityu.edu) to request your user name and password.