



EXW 100x - Introduction to Health and Wellness Summer 2016

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.

Topics include:

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

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

Course Learning Objectives and Topics

At the end of the course, students should be able to:

1. Describe the role of health, nutrition, and wellness in their daily lives
2. Evaluate evidence that supports or disproves selected health claims
3. Give examples of how psychological, spiritual, and emotional health are connected to their overall wellbeing and physical health
4. Identify and manage personal health risks based upon current lifestyle choices

5. Identify and implement lifestyle changes that may enhance lifelong health

Grading

Interactives - 10%

There are 7 interactive exercises in the course, one per week, to provide you with practice and reflection about the concepts you are learning. Each interactive will have one or two questions that you must answer as part of your course grade.

Case Studies - 15%

There will be one case study per week with five questions related to the case presented. The case study questions count as 15% of your total grade.

Quizzes - 15%

There will be a weekly quiz, 10 questions, for 7 weeks. The quizzes count as 15% of your total grade.

Midterm - 25%

There will be a midterm available at the beginning of Week 4 that covers the content of Weeks 1 through 3 inclusive. The exam will consist of 30 multiple choice questions, you will have one attempt per question, and the exam will be timed (2 hours maximum). For ID Verified students seeking credit-eligibility, this will be a proctored exam.

Final Exam - 35%

There will be a final exam available at the end of the course. It will cover the content of Weeks 4 through 7 inclusive. The exam will consist of 40 multiple choice questions, you will have one attempt per question, and the exam will be timed (2 hours maximum). For ID Verified students seeking credit-eligibility, this will be a proctored exam.

Proctoring information will be provided.

Final grades are based on the number of points you earn on the interactives, case studies, quizzes, midterm and final exam. There is no extra credit available. You will be able to see your percentage of the total points to date on your edX progress page.

Final scores will be reported as follows:

A = 90% or higher

B = 80% or higher

C = 70% or higher

There will be no + or - added to grades.

Grades above 70% will result in a pass for the purposes of auditing or ID Verified certificate. **You must achieve a grade of C (70%) or higher in order to receive credit from ASU on your ASU transcript (should you choose this option).**

Recommended Prior Knowledge

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

Online Course Requirements

This is an online course. The content and learning activities will be found within the edX platform. There will be at least one optional live question and answer session through Google Hangout. All course interactions will utilize Internet technologies. It is your responsibility to watch the recorded lectures, complete the assigned readings, and complete the interactives, case studies, quizzes, and exams. You are encouraged to interact with your peers and course team in discussion forum conversations, and ask any questions you have in the discussion area.

Computer Requirements

Important Note: Due to limitations in VPN internet connectivity at non-U.S. locations, students registering for this course may experience timed outages that are beyond the control of Arizona State University. Due to VPN limitations in some countries, students interested in participating as an ID Verified student may not be able to complete all assessments, therefore may not be eligible to earn university credit.

This course is best accessed by a reasonably modern browser on a laptop or desktop computer. Course videos can be accessed using the edX App for iPhone and Android. More information on mobile at the link that follows here: <https://www.edx.org/mobile>

Students who are interested in taking the course for credit will need additional computer requirements and skills located at: <http://clientportal.softwaresecure.com/support/index.php?/Knowledgebase/Article/View/252/0/system-requirements-remote-proctor-now>

There is a practice proctored exam in the Before the Course Begins section. All students seeking credit-eligibility must take this exam to ensure their computer systems meet minimum requirements for virtual proctoring.

Course Communications

Communication will take place in discussion boards and course updates.

Course 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 edX 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 12-18 hours per week preparing for and actively participating in this course.

Submitting Assignments

All required assessments, unless otherwise announced by the instructor, MUST be submitted via edX. Each assessment will have a designated place for submission.

Assignment Deadlines

Late assignments will not be accepted at any point during the course. Establish your work schedule for this course during the first two days that the course is open to meet all course obligations.

Student Support

The link that follows here will take you to the edX Student Frequently Asked Questions page: <https://www.edx.org/about/student-faq>

Academic Integrity

Academic honesty is expected of all students in all examinations, papers, laboratory work, academic transactions, and records. The possible sanctions include, but are not limited to, appropriate grade penalties and course failure due to academic dishonesty. For more information, see <https://provost.asu.edu/node/20> and <https://www.edx.org/edx-terms-service>

Disclaimer: Syllabus Subject to Change Notice

This syllabus is to be used as a guideline only. Information contained in this document such as assignments, grading scales, due dates, and other materials are subject to change. Please refer to your instructor for the most recent version of the syllabus.