EXW 100x - Introduction to Health and Wellness
Spring B 2017

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 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. 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 toward the final grade for ID Verified students planning to earn either credit or a verified certificate. Students *must* submit *all* assignments via the edX platform 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. It is a proctored exam. (Proctoring is required for ID Verified students interested in pursuing credit. More information follows below, as well as in both the "Before the Course Begins" and in the "Midterm Exam Overview" sections of the course.)

Final Exam - 35%: The final exam is 35% of your total grade and covers content from weeks 4 through 7. Like the midterm, it is a proctored exam. (Again, proctoring is required for ID Verified students interested in pursuing 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 - 10%: There are **7** interactive exercises for the course, one per week. They will count as 10% of your total grade. Each interactive will have one or two questions you must answer to receive credit.

Case Studies - 15%: 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 15% of your total grade.

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.

Weekly Challenges: As we cover different topics, and you familiarize yourself with the content, we encourage you to consider your own health and well-being in context by participating in our weekly challenges. These challenges are your opportunity to apply what you are learning in this course to your everyday life. We recommend keeping a journal to track your activity, and invite you to share your thoughts with your classmates via our reflection boards.

Reflection Boards: These are opportunities to share information and experiences on specific topics with your classmates, including your experiences with the weekly challenges. These boards are monitored, but are mostly a chance for you to interact with one another. (Remember to keep the conversation civil, and free of harsh judgement.) The primary reason the course team comments is to remind students to think beyond personal responsibility and education to other factors that impact behavior, such as time, money, support, accessibility, transportation, or cultural norms.

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 edX platform. There will be at least one, optional, live session via YouTube Live. (Live session(s) are recorded, and students can watch after the initial broadcast.) 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, and case studies.) 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 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%	Yes (ID Verified) No (Audit Track)	Yes
Final Exam (Weeks 4-	35%	Yes (ID Verified)	Yes

7)		No (Audit Track)	
Interactives	10%	No	Yes
Case Studies	15%	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 edX 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.

You must pass the course with a grade of C (70%) or higher, and be on the ID verified track, in order to be either eligible for credit from Arizona State University or receive a verified certificate.

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

V. GFA POLICIES

Assignment Deadlines: This is an online course. Your instructional team will provide all content and learning activities on our edX platform. 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.

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.

For time management tips, sign up for the GFA Orientation course and review the Time Management section. Please also review our "Tips for Student Success" video in the "Before the Course Begins" section.

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 edX's Terms of Service.

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 "Before the Course Begins" 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.**

VII. GENERAL AND TECHNICAL REQUIREMENTS

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. For more information about mobile, review edX on the Go.

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 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 to confirm system compatibility.

VIII. GENERAL AND TECHNICAL ASSISTANCE

Student Support and General Technical Issues: Please access the edX Help Center for solutions to common problems. Please also be sure to review our "Before the Course Begins" section for further information. If you are still experiencing issues, you can reach out to gfa@edx.org.

Accessibility: If you are a student with a disability, and you would like to request an accommodation, please send an email to accessibility@edx.org.

Proctoring: For students taking the midterm and final exams proctored, please do the following to address any technical issues:

1. Contact our proctoring partner, Software Secure, at 1-844-224-9759.
2. Send an email to edX at gfa@edx.org.

Both Software Secure and edX 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.

IX. TAKING THIS COURSE FOR ASU CREDIT OR edX VERIFIED CERTIFICATE

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

- ID verify by March 24, 07:00 UTC
- Opt in to proctoring for *both the midterm and final exams*
- Pass the course with a C or better (70% or higher)

Verified Certificate: Students wishing to take this course for a verified certificate are required to do the following:

- ID Verify by March 24, 07:00 UTC
- Pass the course with a C or better (70% or higher)

Cost: The course is 3 credits.

- ID verification: $49 USD/course
- Credit: $600 USD/course.

Important: Provided you have met all requirements for this course, you can purchase credit ($600 USD) from ASU for **up to one year** after you become credit eligible.

Your date of eligibility **may differ** from the course end date or the date certificates are issued. 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.

Note: Potential limitations of internet connectivity by some countries are beyond the control of Arizona State University and may limit the ability of an ID Verified 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 gfa@edx.org.