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## American Public University System

*The Ultimate Advantage is an Educated Mind*

<p><b>School of Public Service and Health</b></p> <p><b>Department of Sport and Health Sciences</b></p> <p><b>SPHS520</b></p> <p><b>Current Topics in Health and Wellness Management</b></p> <p><b>3 Credit Hours</b></p> <p><b>8 weeks</b></p> <p><b>Prerequisite(s): None</b></p>
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### Instructor Information

***Instructor:***

***Email:***

***Office Hours:***

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### Course Description (Catalog)

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This course appraises contemporary topics, concepts, principles, and theories affecting health and wellness dimensions relative to our culture and global population. Topics include disease treatment and prevention, nutrition, exercise and fitness, stress management, personal safety, and special populations. Students will explore current issues impacting personal health and wellness across society and generate strategies designed for improving quality of life and developing a healthy lifestyle for a widespread population.

### Course Scope

This course examines the theoretical and practical concepts of health and wellness management. In addition to numerous illustrations within the resources of the classroom, there is a hands-on video development experience to enhance learning. On successful completion of the course, you should be able to analyze the diet and physical activity factors that contribute to general health and wellness, along with prepare a program to promote physical activity in your community.

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### Course Objectives

After successfully completing this course, students will fulfill the following **Learning Objectives** (L.O.):

LO1: Assess risk factors associated with disease and general health and wellness.

LO2: Appraise the impact of exercise assessments.

LO3: Assess nutritional habits and their impact on a healthy lifestyle.

LO4: Produce strategies to reduce stress and encourage positive lifestyle change.

LO5: Analyze physical and emotional health and wellness concerns of specific populations.

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### Course Delivery Method

This SPHS520 Current Topics in Health and Wellness Management course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted

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and include Discussion Board questions (accomplished in groups through a threaded discussion board), examination, and individual assignments submitted for review by the Faculty Member). Assigned faculty will support the students throughout this eight-week course.

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**Course Materials**

**Required Readings:**

Weekly required readings are shown in the course eight week Outline.

**Additional Resources:**

See your syllabus, class lessons, and forums for additional resources.

**Websites**

In addition to the required course materials the following public domain Websites are useful. Please abide by the university’s academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

Site Name	Website URL/Address
Fast Stats	<a href="http://www.cdc.gov/Nchs/fastats/">http://www.cdc.gov/Nchs/fastats/</a>
American College of Sports Medicine	<a href="http://www.acsm.org/">http://www.acsm.org/</a>
National Strength & Conditioning Association	<a href="http://www.nscs-lift.org">http://www.nscs-lift.org</a>
National Association Sports Medicine	<a href="http://www.nasm.org/">http://www.nasm.org/</a>
American Council on Exercise	<a href="http://www.acefitness.org">http://www.acefitness.org</a>
IDEA Health & Fitness Association	<a href="http://www.idealift.com">http://www.idealift.com</a>
Healthy People 2020	<a href="http://www.healthypeople.gov/2020/default.aspx">http://www.healthypeople.gov/2020/default.aspx</a>
Centers for Disease Control	<a href="http://www.cdc.gov/">http://www.cdc.gov/</a>

**Forum Assignments:**

Throughout the course you will write responses to Forum prompts. These responses, also called **Posts**, will involve analyzing readings, comparing and contrasting the views of authors, and critiquing arguments presented by the readings or the class. Posts will be graded for accuracy of interpretation, rigor of argument, and clarity of expression. Unless otherwise noted, the following standards apply. Your initial post must be **500 or more words** in length. Developing conversations with at least **TWO** of your classmates is required as part of your grade for each

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question. The responses should be at least **250 words** in length. Initial posts should be made by Wednesday of each week. Each Forum is worth 100 points.

Responses and posts should abide by the University Netiquette policy. The purpose of the Forum activities is to expand your learning opportunities by engaging in academic and thought-provoking asynchronous conversation with your classmates and instructor. The instructor’s role is to facilitate the learning process by participating in the discussions and moving conversations by promoting an advanced level of inquiry.

**Writing Assignments:**

Assignments will be evaluated based on the individual grading rubrics provided with each assignment.

**Exams/Quizzes:**

There are no quizzes or exams in this course.

**Final Project:**

The detailed guidelines and grading rubric for the Final project are provided with the Final project.

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<b>Evaluation Procedures</b>	
<b>Graded Assignment</b>	<b>Percentage</b>
<b>Introduction Forum</b>	<b>5</b>
<b>Forums</b>	<b>25</b>
<b>Assignments</b>	<b>30</b>
<b>Final Project</b>	<b>40</b>
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<b>Total</b>	<b>100</b>

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**8 – Week Course Outline**

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<u>Week</u>	<u>Topic(s)</u>	<u>Learning Objectives</u>	<u>Reading(s)</u>	<u>Assignment(s)</u>
1	Obesity Trends	LO 1	<p>Course Syllabus</p> <p><b>Websites:</b>  <a href="http://frac.org/initiatives/hunger-and-obesity/obesity-in-the-us/">http://frac.org/initiatives/hunger-and-obesity/obesity-in-the-us/</a>  <a href="http://frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-food-insecure-people-vulnerable-to-obesity/">http://frac.org/initiatives/hunger-and-obesity/why-are-low-income-and-food-insecure-people-vulnerable-to-obesity/</a>  <a href="http://www.hsph.harvard.edu/obesity-prevention-source/obesity-consequences/economic/">http://www.hsph.harvard.edu/obesity-prevention-source/obesity-consequences/economic/</a></p>	Introductions Forum Week 1
2	Relationship between obesity and heart disease, and cancer	LO 1	<p><b>Book:</b> ISBN-13: 9780736082860            Rod Dishman, Gregory Heath, and I-Min Lee (2013), Physical Activity Epidemiology 2nd ED, Champaign IL, Human Kinetics,            CH12 Physical Activity and Cancer, pages 307-337</p> <p><b>Websites:</b>  <a href="http://healthyliving.msn.com/health-wellness/america-100-percent-fat-1">http://healthyliving.msn.com/health-wellness/america-100-percent-fat-1</a>  <a href="http://www.cdc.gov/nchs/f">http://www.cdc.gov/nchs/f</a></p>	Forum 2 Week 2 Writing Assignment

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			<a href="http://astats.leadingsources.com/leading-causes-of-death.htm">astats/leading-causes-of-death.htm</a> <a href="http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/bodyweightandcancerrisk/body-weight-and-cancer-risk-effects">http://www.cancer.org/cancer/cancercauses/dietandphysicalactivity/bodyweightandcancerrisk/body-weight-and-cancer-risk-effects</a> <a href="http://my.clevelandclinic.org/heart/prevention/nutrition/weight-management/the-lowdown-on-losing-weight.aspx">http://my.clevelandclinic.org/heart/prevention/nutrition/weight-management/the-lowdown-on-losing-weight.aspx</a> <a href="http://fitness.mercola.com/sites/fitness/archive/2013/10/18/exercise-may-prevent-heart-disease.aspx">http://fitness.mercola.com/sites/fitness/archive/2013/10/18/exercise-may-prevent-heart-disease.aspx</a>	
3	Exercise assessments	LO 2	<p><b>Book:</b>  ISBN-13: 9781450481021  Vivian Heyward, Ann Gibson (2014), Advanced Fitness Assessment and Exercise Prescription 7th Edition eBook  CH2 Preliminary Health Screening and Risk Classification</p> <p><b>Additional Documents:</b>  Informed Consent, Lifestyle Evaluation, Par-Q, and Medical Questionnaire.</p> <p><b>Websites:</b>  <a href="http://sportsmedicine.about.com/od/fitnesssevalandassessment/a/FitnessTest.htm">http://sportsmedicine.about.com/od/fitnesssevalandassessment/a/FitnessTest.htm</a></p>	Forum 3

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4	Diet and health	LO 3	<p><b>Websites:</b>  <a href="http://www.mayoclinic.org/healthy-living/weight-loss/expert-answers/weight-loss/faq-20058292">http://www.mayoclinic.org/healthy-living/weight-loss/expert-answers/weight-loss/faq-20058292</a>   <a href="http://www.who.int/features/factfiles/obesity/facts/en/index7.html">http://www.who.int/features/factfiles/obesity/facts/en/index7.html</a>   <a href="http://www.huffingtonpost.com/2014/04/17/healthy-relationship-to-food-habits_n_5107037.html">http://www.huffingtonpost.com/2014/04/17/healthy-relationship-to-food-habits_n_5107037.html</a>   <a href="http://uhs.berkeley.edu/facstaff/pdf/healthmatters/NutritionActionSugarBellyApril%202012.pdf">http://uhs.berkeley.edu/facstaff/pdf/healthmatters/NutritionActionSugarBellyApril%202012.pdf</a>   <a href="http://www.hsph.harvard.edu/news/press-releases/healthy-vs-unhealthy-diet-costs-1-50-more/">http://www.hsph.harvard.edu/news/press-releases/healthy-vs-unhealthy-diet-costs-1-50-more/</a> -   <a href="http://www.who.int/topics/diet/en/">http://www.who.int/topics/diet/en/</a></p>	Forum 4 WK 4 Writing Assignment
5	Stress management	LO 4	<p><b>Websites:</b>  <a href="http://www.webmd.com/diet/features/can-stress-cause-weight-gain">http://www.webmd.com/diet/features/can-stress-cause-weight-gain</a>   <a href="http://www.psychologytoday.com/blog/the-mindful-self-express/201308/why-we-gain-weight-when-we-re-stressed-and-how-not">http://www.psychologytoday.com/blog/the-mindful-self-express/201308/why-we-gain-weight-when-we-re-stressed-and-how-not</a></p>	Forum 5

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			<p><a href="http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FourWaysToDealWithStress/Four-Ways-to-Deal-with-Stress">http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/FourWaysToDealWithStress/Four-Ways-to-Deal-with-Stress</a> UCM 307996 Article.jsp</p> <p><a href="http://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st">http://www.adaa.org/understanding-anxiety/related-illnesses/other-related-conditions/stress/physical-activity-reduces-st</a></p>	
6	Specific health concerns of seniors	LO 5	<p><b>Websites:</b></p> <p><a href="http://www.everydayhealth.com/news/most-common-health-concerns-seniors/">http://www.everydayhealth.com/news/most-common-health-concerns-seniors/</a></p>	Forum 6 WK 6 Writing Assignment
7	Implementing Physical Activity Strategies	LO 4	<p><b>Book:</b></p> <p>ISBN-13: 9781450424998</p> <p>Russ Pate and David Buchner (2014) Implementing Physical Activity Strategies</p> <p>CH11 Communication Strategies to Promote the 2008 Physical Activity Guidelines for Americans. Pages 91-102</p> <p><b>Websites:</b></p>	Forum 7

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			<a href="https://www.gov.im/media/18436/implementationplanhr.pdf">https://www.gov.im/media/18436/implementationplanhr.pdf</a>	
8	Course wrap-up Video implementation			Forum 8 Final Project

Please see the [Student Handbook](#) to reference the University's grading scale

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## Policies

Please see the [Student Handbook](#) to reference all University policies. Quick links to frequently asked question about policies are listed below.

[Drop/Withdrawal Policy](#)

[Plagiarism Policy](#)

[Extension Process and Policy](#)

[Disability Accommodations](#)

## WRITING EXPECTATIONS

All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.

- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).
- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.

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## **CITATION AND REFERENCE STYLE**

Attention Please: Students will follow the APA Style Manual, 6<sup>th</sup> Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 6<sup>th</sup> Edition.

## **LATE ASSIGNMENTS**

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

## **NETIQUETTE**

Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and "flaming." Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper "Netiquette" must persist. Remember that you are in a place for the fun and excitement of learning that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Sakai classroom may not fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- **Humor Note:** Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add "emoticons" to help alert your readers: ;-), :), ☺

## **DISCLAIMER STATEMENT**

Course content may vary from the outline to meet the needs of this particular group.

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The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to [librarian@apus.edu](mailto:librarian@apus.edu).

- **Charles Town Library and Inter Library Loan:** The University maintains a special library with a limited number of supporting volumes, collection of our professors' publication, and services to search and borrow research books and articles from other libraries.
- **Electronic Books:** You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- **Electronic Journals:** The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- **Turnitin.com:** [Turnitin.com](http://Turnitin.com) is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students' papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.
- **Tutor.com** is an award-winning online homework help and learning service that connects students to a certified tutor for one-on-one help. Get help with homework, studying, projects, essay writing, and test prep in every subject, including algebra, statistics, chemistry, physics, social studies, and English. There are thousands of academic and career services resources—worksheets, practice problems, videos in every subject, as well as financial literacy tips. They are available 24/7 so you can access them whenever you need extra help.

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**Request a Library Guide for your course (<http://apus.libguides.com/index.php>)**

The AMU/APU Library Guides provide access to collections of trusted sites on the Open Web and licensed resources on the Deep Web. These are specially tailored for academic research at APUS:

- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

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If a guide you need isn't available yet, let us know by emailing the APUS Library:  
[librarian@apus.edu](mailto:librarian@apus.edu)