American Public University System

The Ultimate Advantage is an Educated Mind

School of Public Service and Health

Department of Sport and Health Sciences
SPHS530
Program Design for Health & Wellness Management
3 Credit Hours
8 weeks
Prerequisite(s): None

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Instructor Information

Instructor:
Email:
Office Hours:

Course Description (Catalog)

This course examines administration aspects of health and wellness program design. Students learn to assess, develop, implement, evaluate, and modify health and wellness programs. Strategies for

improving muscular strength, endurance, and weight-loss will be critiqued. Program design tactics and appropriate rates of progression will be analyzed for beginners and adult populations.

Course Scope

This course appraises the theoretical and practical concepts of health and wellness program design. In addition to numerous illustrations within the resources of the classroom, there is a hands-on health and wellness program development experience to enhance learning. On successful completion of the course, you should be able to analyze the factors that comprise a successful health and wellness program.

Course Objectives

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

LO1: Apply current scientific knowledge to develop health and wellness programs for individuals and corporate groups.

LO2: Devise strategies to demonstrate and teach proper health and wellness habits.

LO3: Design a health and wellness program using goal specific measurements of fitness.

LO4: Appraise health and wellness programs designed to promote weight-loss.

LO5: Evaluate health and wellness programs designed to promote muscular strength and endurance.

Course Delivery Method

This SPHS530 Program Design for Health & 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 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.

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 texts 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	http://www.cdc.gov/Nchs/fastats/
American College of Sports Medicine	http://www.acsm.org/
National Strength & Conditioning Association	http://www.nsca-lift.org
National Association Sports Medicine	http://www.nasm.org/
American Council on Exercise	http://www.acefitness.org
IDEA Health & Fitness Association	http://www.ideafit.com
Healthy People 2020	http://www.healthypeople.gov/2020/default.aspx
Centers for Disease Control	http://www.cdc.gov/

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Evaluation Procedures

Graded Assignment	Percentage
Introduction Forum	**5**
Forums	**25**
Assignments	**30**
Final Project	**40**

Total	100

8 – Week Course Outline

Week	Topic(s)	Learning Objectives	Reading(s)	Assignment(s)
1	Introduction to Corporate Program Design	LO 1	Course Syllabus **Article:** Alexandra Williams, CORPORATE WELLNESS - Programming for Profit, IDEA Fitness Journal May2008, Vol. 5 Issue 5, p36 6p.	Introductions Forum 1
2	Teaching Health & Wellness Habits	LO 2	**Book:** ISBN-13: 9781450414845 James Gavin and Madeleine Mcbrearty (2013), Lifestyle Wellness Coaching-2nd Edition, Champaign IL, Human Kinetics. Chapter 1: Introduction to Lifestyle Wellness Coaching **Websites:** http://www.wellnesscorporatesolutions.com/services-health-coaching.html http://www.mayo.edu/mshs/careers/wellness-coach	Forum 2 WK2 Writing Assignment

3	Alignment of Goals and Measurements in Program Design	LO 3	**Website (pdf):** http://www.tuftshealthplan.com/employers/health/pdfs/worksite_wellness_program_development_guide.pdf	Forum 3
4	Program Design Factors that Affect Weight Loss and Management	LO 4	**Book:** ISBN-13: 9780736074346 ACSM's Worksite Health Handbook-2nd Edition A Guide to Building Healthy and Productive Companies, Champaign IL, Human Kinetics. CH38: Introducing Environmental Interventions at the Dow Chemical Company to Reduce Overweight and Obesity Among Workers **Website:** http://newsnetwork.mayoclinic.org/discussion/its-complicated-calories-and-other-factors-affect-weight-loss/	Forum 4 WK4 Writing Assignment
5	Designing Strength Training Program Session(s)	LO 5	**Articles:** Carter, Jeremy & Greenwood, Mike, Complex Training Reexamined: Review and Recommendations to Improve Strength and Power, Strength & Conditioning Journal 36(2) April 2014, page 11.	Forum 5

			James Fisher, James Steele, and Dave Smith, Evidence-Based Resistance Training Recommendations For Muscular Hypertrophy, Med Sport 17 (4): 217-235, 2013. Darren G. Candow and Darren G. Burk, Effect of short-term equal-volume resistance training with different workout frequency on muscle mass and strength in untrained men and women, Journal of Strength & Conditioning Research 21(1) 2007, page 204-7.	
6	Complementary Roles of Aerobic Exercise & Resistance Training for Weight Loss & Management	LO 4	**Articles:** Anderson Leandro Peres Campos, Lourenço dos Santos Del Ponte, Adriana Schüler Cavalli, Mariângela da Rosa Afonso, José Franscisco Gomes Schild., Felipe Fossati Reichert, Effects of concurrent training on health aspects of elderly women, Brazilian Journal of Kineanthropometry & Human Performance 2013, Vol. 15 Issue 4, p437-47. Kenji Doma & and Glen Deakin, The cumulative effects of strength and endurance	Forum 6 WK6 Writing Assignment

			training sessions on muscle force generation capacity over four days, Journal of Australian Strength and Conditioning 2013, Vol. 21, Issue 1, p34-38. **Website:** http://jap.physiology.org/content/113/12/1831	
7	Review of Literature on the Efficacy of Corporate Fitness Programs	LO 1	**Book:** ISBN-13: 9780736082860 Rod Dishman, Gregory Heath, and I-Min Lee (2013), Physical Activity Epidemiolgy 2nd ED, Champaign IL, Human Kinetics. CH17: Adopting and Maintaining a Physically Active Lifestyle, p503-541.	Forum 7
8	Course Wrap-up Development of Health & Wellness Program			Forum 8 Final Project

Please see the Student Handbook to reference the University's grading scale

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.

CITATION AND REFERENCE STYLE

Attention Please: Students will follow the APA Style Manual, 6th 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, 6th 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.

Academic Services

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**.

- *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** 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.

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.

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