
Montana State University Billings
College of Allied Health Professions
Department of Health and Human Performance
Fall Semester 2006
SYLLABUS

COURSE TITLE: High Level Wellness Through Decision Making
COURSE NUMBER: HHP 433
ROOM NUMBER: Room 121 PE
DAY/TIME: M 6:00-9:00 p.m.

INSTRUCTOR: Dr. Agnes B. Samples
PHONE: (406) 896-5826
E-MAIL: asamples@msubillings.edu
OFFICE: 118 PE Building
OFFICE HOURS: MWF 9:20-10:20 a.m.
WF 2:00-3:00 p.m.
M 5:00-6:00 p.m.
Other office hours available by appointment.

COURSE DESCRIPTION:

This is a **seminar** class and requires personal involvement with the course content. This course introduces the concept of wellness and presents strategies for adoption of a wellness lifestyle. Through selected readings and discussions, students will explore various strategies and programs to enhance personal effectiveness and well-being. Research and literature from diverse fields will be examined for means to higher performance. Students will take an active role in the course by experiencing techniques and adapting strategies to their personal lives.

COURSE OBJECTIVES:

The student will be able to:

1. develop an awareness for the many definitions of wellness.
2. construct a personal definition of wellness.
3. develop an understanding and appreciation for the dimensions of wellness.
4. conduct a self-analysis of principles relating to personal wellness.
5. explore various strategies for improving physical well-being.
6. explore various strategies for improving mental/emotional well-being.
7. explore various strategies for improving spiritual well-being.
8. identify resources that contribute to living a wellness lifestyle.

TEXT:

Covey, S.R. (2004). The 8th habit: From effectiveness to greatness. New York: Free Press.

REFERENCE:

American Psychological Association. (2001). Publication manual of the American Psychological Association (5th ed.). Washington, DC: Author.

*Additional information can be found at: <http://www.apastyle.org/stylehelper/>

COURSE POLICIES:

Students who have a documented disability or believe they need accommodations to complete course assignments should contact the instructor and/or the office of Disability Support Services (406) 657-2283 during the first week of the course to provide the prior notice needed to make appropriate arrangements.

ONE-MINUTE FEEDBACK:

Occasionally I will use a one-minute feedback memo to assess teaching effectiveness. The memos are anonymous and take one minute to complete. Information gathered from these memos will be discussed at the next class meeting.

EXPECTATIONS:

To do well in the class, attendance is essential. If you miss a class, realize that you do so at your own academic risk. Academic misconduct (which includes cheating, plagiarism, fabrication, or misrepresentation) or personal misconduct, as explained in Part IX Code of Conduct of the Student Handbook, will be handled according to specified procedures. Cheating will result in the grade of an “F” (failure) in the course.

MISSED AND/OR LATE ASSIGNMENTS:

Five points will be deducted each day an assignment is late.

ATTENDANCE:

If you are absent it will be very difficult, in some cases impossible, to make up material missed. Students who miss class do so at their own academic risk. Students are expected to manage their attendance consistent with being pre-professionals who have responsibilities to the class. Work conducted, assigned, collected, or graded during a particular class period is the student’s responsibility.

COURSE EVALUATION:

Your final grade for the course will be calculated from the course requirements and will be weighted as follows:

Presence, Preparation, Participation	26 points
In-Class Activities	75 points
Wellness Resource Evaluation (Guru Report)	100 points
Journal	<u>100 points</u>
Total =	301 points

Your grades on assignments will be based upon the quality of your work. Your final grade will be determined by the TOTAL NUMBER OF POINTS you earn. The basis for letter grades is shown below:

- A= at least 93% of 301 = 279 pts
- B= at least 82% of 301 = 246 pts

C= at least 72% of 301 = 216 pts
D= at least 65% of 301 = 195 pts
F= less than 65% of 301 = 195 pts

COURSE REQUIREMENTS:

Presence, Preparation, Participation (26 points)

This course will require you to actively participate in class. You will be given the opportunity on several occasions to lead discussions as well as contribute substantive, meaningful discussion relating to the topics outlined in your readings. It is expected that you will come to class having read ahead of time the readings assigned for the discussions that day. It will be obvious if you are not prepared for the discussion so make sure you are keeping up with the readings. Points are earned for participation; therefore, points will be deducted for absences.

Presence: Attendance at all class periods (n=13) is expected (documented emergencies excepted). Presence will be measured as described under Participation below. If you absolutely have to miss a class, make sure I am aware of this ahead of time.

Preparation: Completion of appropriate reading assignments and assigned learning activities before each class is requisite for informed class discussions and optimal learning. Homework assignments will be given to facilitate preparation for class time discussions.

Participation: Participation in class discussions is a major learning strategy in this course. Informed comments or search questions are encouraged. Student participation is expected. Students who feel they have a valid reason not to participate in an activity should discuss the matter with the instructor beforehand so that an alternate activity may be provided.

In-Class Activities (Up to 75 points)

Complete reading assignments before class meetings so you can fully participate in discussions and activities. There will be IN-CLASS activities due throughout the semester. These cannot be made up. These activities will not be accepted ahead of time, via email, Internet or through another student. Each assignment will be worth 5-10 points depending on the activity.

Wellness Resource Evaluation (Guru Report) (100 points)

Many books have been written by self-proclaimed wellness gurus. Your assignment will be to select one of these wellness experts and to conduct an in-depth analysis (at least six pages) of this person's message. You must read at least one text written by this person. Your evaluation will include a written report and a brief 15-minute presentation. Your evaluation should outline the major points of this person's philosophy/teachings. I will provide a sampling of authors for your review. Your evaluation will include: (1) a written report outlining the major points of this person's philosophy/teachings (75 points), and (2) an oral presentation of no less than 15 minutes (25 points). Be sure to follow APA style. Presentations will be scheduled December 4 and December 11. The written report will be due the day you are scheduled to present.

Journal (Up to 100 points)

This semester you will keep a journal as we work through The 8th Habit. Journaling is different from keeping a diary in that a diary allows you to record important events in your life.

Journaling is the interpretation and experience of those events. Entries will generally focus on subjects covered in the text, from class discussions and from exercises completed in class. Be honest with yourself as you share your insights and the things you've learned. You will need to keep your journal in an 8 1/2 x 11-inch spiral notebook. During the semester, you will be asked to submit your journal to the instructor for review.

Note: The instructor reserves the right to alter the schedule as well as introduce additional assignments and readings as they become relevant to the course. If changes are made, students will be informed in a timely manner to ensure that the work can be completed.

Tentative Course Outline

Date	Topic	Assignment/Activities
Monday, September 11	Introduction to Course The Pain, The Problem, The Solution	Complete Information Card Film: Legacy Film: Max & Max Film: Discovery of a Character Read Chapters 1-3
Monday, September 18	PART 1: FIND YOUR VOICE Discover Your Voice – Unopened Birth-Gifts	Film: Law of the Harvest Film: A.B. Combs Elementary Read Chapter 4
Monday, September 25	Express Your Voice – Vision, Discipline, Passion and Conscience	Film: Stone Read Chapter 5
Monday, October 2	PART 2: INSPIRE OTHERS TO FIND THEIR VOICE Inspiring Others to Find Their Voice – The Leadership Challenge	Film: Permanent Whitewater Read Chapter 6
Monday, October 9	FOCUS-MODELING AND PATHFINDING The Voice of Influence – Be a Trim Tab	Film: Mauritius Read Chapter 7
Monday, October 16	The Voice of Trustworthiness- Modeling Character and Competence	Film: Big Rocks Read Chapter 8
Monday, October 23	The Voice of Speed of Trust	Film: Teacher Read Chapter 9
Monday, October 30	Blending Voices – Searching for the Third Alternative	Film: Street Hawkers Read Chapter 10
Monday, November 6	One Voice – Pathfinding Shared Vision, Values and Strategy	Film: Goal Read Chapter 11 *Darla Tyler-McSherry
Monday, November 13	EXECUTION-ALIGNING AND EMPOWERING The Voice and Discipline of Execution – Aligning Goals and Systems for Results	Film: Berlin Wall Read Chapter 12
Monday, November 20	The Empowering Voice – Releasing Passion and Talent	Film: The Nature of Leadership Read Chapter 13
Monday, November 27	THE AGE OF WISDOM The 8 th Habit and the Sweet Spot	Film: It's Not Just Important, It's Wildly Important! Read Chapter 14
Monday, December 4	Using Our Voices Wisely to Serve Others Presentations: Wellness Gurus	Film: Gandhi Read Chapter 15 Guru Report Due
Monday, December 11	Presentations: Wellness Gurus	6:00-8:00 p.m. Guru Report Due

