

WELLNESS: ONLINE AND OFF

COURSE CODE: HTH1013

COURSE DESCRIPTION

HTH1013 This course explores current best evidence for behaviors that support physical and mental health and performance in a modern working environment. The world in which most of us live is very different from the one for which our bodies and brains have evolved. Considering current expectations for school and workplace technology use, students completing this course will practice developing habits that improve learning and remembering and overall healthy work-life balance. The focus will be on the relationship between lifestyle choices and the learning process, reflecting on how daily choices affect mental and physical well-being. Topics will include mindset, resilience, ergonomics, physical activity, and sleep. Credits: 3

COURSE REQUIREMENTS

There are no prerequisites for this class.

REQUIRED TEXTS AND COURSE MATERIALS

- Required texts to be determined, but sources used for the course will include:
 - *Sapiens: A Graphic History, The Birth of Humankind (Volume One)*, by Yuval Noah Harari, David Vandermeulen, and Daniel Casanave. Published by Harper Perennial, 2020. Print only.
 - *Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding*, by Daniel Lieberman. Published by Patheon, 2021. Print copy. (Audible and large-print versions are also available.)
- Additional readings will be available through Canvas.
- All materials will be available in electronic format.

COURSE OBJECTIVES

With the successful completion of this course, a student will be able to:

- Explain how to develop habits to promote activity that is contrary to our evolutionary tendencies.
- Demonstrate how resilience and mindfulness techniques are used to improve emotional regulation.
- Describe recommended physical wellness (sleep, diet, and physical activity) and how to incorporate it into a busy schedule.
- Employ a tracking system to guide lifestyle choices and sustain habit building.

COURSE TOPICS

- Module 1: Orientation (Week 1)
- Module 2: Wellness: Online and Off: Exercise, Sleep, Anxiety (Week 2-4)
- Module 3: Habit and Behavior: Mindset, Habit Promotion, Habit Apps (Weeks 5-7)
- Module 4: Physical Wellness: Exercise vs. Activity, Ergonomics and Sedentary (Weeks 8-9)
- Module 5: Mental Wellness: Mindfulness, Emotional Regulation (Weeks 10-11)
- Module 6: Self-Management: Activity Routines, Sleep Routines, Final Presentation (Weeks 12-14)

TECHNICAL REQUIREMENTS AND SKILLS

A productivity suite such as Microsoft Office, Microsoft Office 365, Google Workspace (formerly G-Suite), or Open Office is recommended and may be required for some Landmark College Online courses. Students also need the ability to access Landmark College's online course content through a web browser running on a desktop or laptop computer with a webcam. An audio headset is recommended, but not required. All popular browsers are supported, but Landmark College recommends Chrome or Firefox.

Landmark College Online Dual Enrollment courses are optimally experienced through a full-featured web browser running on a desktop or laptop computer running Microsoft Windows or Apple Mac OS. Mobile phones and tablets may not be adequate or appropriate for completing certain aspects of your course work. However, when your laptop or desktop equipment is not available you can still access your courses through a mobile web browser such as Chrome or Safari. This allows you to keep up with your assignments, calendar, to-do list, and Inbox even when traveling. (The mobile app called "Canvas Student" is not compatible with our courses and should be avoided.)

If students access courses from school networks that use content filtering systems, which block access to public sites such as YouTube and Vimeo, students may have issues completing their assignments.

Skills for Success

To succeed in an online class, you should have the ability to:

- Navigate the WWW, including downloading and reading files from web sites.
- Download and install software or plug-ins such as Adobe Reader or Flash.
- Use the Learning Management System (Canvas) and be able to upload videos, files, and other materials, as necessary. More about Canvas can be found in the Canvas Overview course located on your dashboard.
- Save files in commonly used word processing formats (.doc, .docx, .rtf).
- Copy and paste text and other items on a computer.
- Save and retrieve documents and files on your computer; and
- Locate information on the internet using search engines.

COURSE ASSESSMENTS & GRADING

- 5%: Weekly quizzes
 - 30%: Module tests
 - 10%: Daily tracking of wellness behavior
 - 15%: Discussions and Peer Responses
 - 25%: Projects (3 to 4 graphic short stories, radio PSAs, or video PSAs)
 - 10%: Final Project and Presentation (a revision of one or more projects for publication)
 - 5%: Participation (conference, self-evaluations, week 1 orientation, video tutorials)
- Total = 100%

LANDMARK COLLEGE GRADING SCALE

Letter Grades will be assigned as follows:

A	100-93
A-	92-90
B+	89-87
B	86-83
B-	82-80
C+	79-77
C	76-73
C-	72-70
D+	69-67
D	66-63
D-	62-60
F	59 and below

HOMEWORK POLICY

Assignments are directly correlated to the learning taking place at the time. In addition, the course goals and objectives include a focus on maintaining an effective organization system to manage course materials, support assignment completion, and enhance participation in course discussions, quizzes, and tests. Therefore, established due dates will be strictly adhered to throughout the semester. If you find yourself challenged with an assignment, contact your instructor before the due date to discuss an Action Plan.

ACCOMMODATIONS POLICY

Given the nature of Landmark Colleges' approach to teaching, students may find that many of the disability related academic accommodations which might be customary at traditional institutions of higher education may not be needed with a Landmark College online course.

However, if you feel that you may need individual academic accommodations, the College has policies and procedures in place to evaluate requests and ensure access. To view the full accommodations policy for Landmark College please visit: <https://www.landmark.edu/student-life/our-community/request-for-accommodations>.