



Online Public Health and Personal Wellness
Syllabus

Course Introduction

In this class, we will cover various topics related to personal health, health and safety, mental health. This course is an asynchronous skills-based class that will explore all aspects of health and wellness. By integrating more of the latest research on personal health topics and expanding our perspectives of global and public health, you will develop a better understanding of what health is and why it matters to each one of us.

Course Goals

- Analyze daily behaviors that impact our personal health and wellness (personality, nutrition, fitness).
- Analyze various resources in order to be better consumers of public health information.
- Compare and contrast reliable and unreliable resources in order to become better consumers of public health information.

Topical Outline Chart

Unit/Topic Title	Length of Time (# of weeks)
Wellness Unit 2 parts	2 weeks
Nutrition Unit	1.5 weeks
Drugs, Alcohol, & Tobacco	1.5 weeks
Human Sexuality	1 week

Text and Materials

Students will need internet access and a charged computer for each day of the

course. *There is not a textbook for this course.*

Grading Weight & Categories (Total Points)

- 30% Homework
- 25% Test/Quizzes
- 25% Projects
- 20% Online Participation (completion of PearDeck)

The above category weights may change to reflect the actual points earned from the course.

- All assignments will be submitted through Haiku dropbox in a format readily accessible (rtf, pdf, doc, or docx).
- If an assignment is uploaded, but the teacher cannot access it, the assignment is considered late until received in an accessible form.

Late Policy/ Makeup Work

- Assignments will be marked off by 10% for each day late up to 5 days late
- After 5 days 0-50% credit will be given based on quality of work submitted
- No late work is accepted beyond the last day of each unit (same day as unit assessment)

Students must email the instructor when they turn in late assignments so that the grade can be revised.

Extended Time Policy

All timed assessments have extra time built into the test. Special arrangements are not necessary.

Course Expectations

This course is completely asynchronous. If you are needing assistance from the instructor you should contact them to schedule a meeting time.