



Figure 1: Owens Logo.

**Course Syllabus
SEMESTER XXXX
School of Nursing and Health Professions**

<i>Course Name:</i>	Personal Wellness
<i>Course & Section Number:</i>	HSC 260-GENERAL SYLLABUS
<i>Meeting Day(s) & Time(s):</i>	
<i>Credits:</i>	3
<i>Contact Hours:</i>	Students can expect to spend 4-9 hours/week.
<i>Text:</i>	Fit & Well, 16 th edition
<i>Instructor's Name*:</i>	
<i>Office Hours & Location:</i>	
<i>OCC Phone:</i>	
<i>OCC Email**:</i>	
<i>Additional Contact Information:</i>	

*Please call me ; it is my preferred name. If you have a preferred name, please let me know so that I can use it.

**Please only use your student OCC email to contact me.

Catalog Description:

Emphasis is placed on relating course content to lifestyle in order to foster a better understanding of the major health issues of today. Approaches all areas of wellness from a personal aspect to include emotional, social, physical, and psychological concerns.

Prerequisites/Corequisites:

None

Course Materials:
Fit & Well, 16 edition

*If a **print book, e-book, or access code** is required for class, you can access the Owens Community College e-Campus Bookstore by accessing the online link, called “Find Books” on the course schedule for each course section. See the example below.*

HSC260-225	Personal Wellness			3	25	4
2025 Summer 8 Week Courses	2025-06-02 - 2025-07-27	Online - Traditional	[Course Info] [Find Books]			
	2025-06-02 - 2025-07-27		Lecture	Web Based Course		
Fee Breakdown: Book Fees \$75.42 -- Web Course Fee \$60.00						
Last day to add: Jun 01, 2025 -- Last day to drop: Jul 27, 2025						
Refund deadlines: Jun 04, 2025 (100%) -- Jun 09, 2025 (60%) -- Jun 12, 2025 (50%)						
Requires computer and internet access. Digital book included with course.						

Inclusive Access (I.A.) Materials are included in the cost of the course to save students money through lower negotiated rates with publishers as per the state of Ohio. This means if your course includes I.A. digital materials, you will receive an email with subject line, “Your inclusive Access Materials,” and it will include any codes or digital links.

The email will come to your Owens Community College email from the Owens e-Campus Bookstore on the first day of class, if not before. Be sure to check your spam (junk email) if you do not find it in your inbox. If the email is not in your inbox or spam folder, contact your instructor immediately.

If the I.A. materials also include a printed book or are in print form, the item will be shipped to your address of record automatically based on your enrollment in the course. Please note that some courses do not include printed materials in I.A and those materials would need to be purchased separately using the “Find Books” link on the course schedule. When you access the Find Books link you will see which items in a course are included in I.A.

What You Will Learn in the Course

Course Objectives:

Course will...

- Explain fundamentals of the human body.
- Instruct how to create a personal wellness plan.
- Identify important health and wellness societal concerns.
- Introduce strategies for positive resolution of any health concerns using community resources.

Student Learning Outcomes:

Student will:

Outcome	Where assessed
1. Apply learned principles to personal health issue through creation of personal wellness plan.	Personal Fitness Plan
2. Relate the impact of lifestyle on health through discussions.	Discussion Boards
3. Apply the five dimensions of health to your own life.	Connect Labs, Discussion Boards, Personal Fitness Plan
4. Discuss aspects of your own lifestyle that support your health and wellbeing.	Discussion Boards, Connect labs
5. Identify health goals and how to implement those goals.	Connect Labs, Discussion Boards, Personal Fitness Plan

Program Outcomes:**The following program outcomes are assessed in this course:**

Outcome	Where assessed
1. Display ethical and professional behavior as it pertains to the role of exercise science in modern healthcare.	N/A
2. Integrate physiological or psychological principles and strategies of physical fitness to effectively support clients in achieving behaviors for optimal health and wellness.	N/A
3. Assess wellness or movement indicators in individuals.	Introduced: Connect Labs
4. Design evidence-based exercise training programs utilizing various types of training modalities.	N/A

Institutional General Education Competencies

As a student at Owens Community College, you will take General Education courses as part of your degree program. While specific to the General Education courses, will be reinforced in many of your degree program major courses and may be measured in your capstone course(s) and others as identified.

Outcome	Where assessed
1. Communicate Effectively	Introduced: Discussion Boards
2. Act with professional responsibility.	Introduced: Discussion Boards, quizzes,

	tests, Personal Fitness Plan
3. Demonstrate sensitivity to others' beliefs and values.	Introduced: Discussion Boards
4. Think analytically, critically and creatively.	Introduced: Discussion Boards, Personal Fitness Plan

Technology, Lab, and File Requirements:

The Blackboard Learning System is an online course environment available for all Owens courses, even those that are not web-based. Blackboard Ultra offers students a resource where they can communicate and collaborate with instructors and fellow students outside of the physical classroom. The Health and Exercise Science classes integrate Blackboard into each course and it is essential for all students to become familiar with the system. Check the STUDENT HELP AND RESOURCES tab on the blackboard shell for information on technical support and Software/Hardware requirements for utilizing Blackboard to complete assignments and communicate with peers and faculty.

Academic Support:

Disability Services Resource Center: If you have a disability or acquire one, you may be entitled to receive reasonable accommodations intended to assure you an equal opportunity to participate in and benefit from the program. To receive more information or to register for accommodations, please contact the Disability Resource Center at 567-661-7007, email disability@owens.edu, visit <https://www.owens.edu/disability/>, or stop by College Hall 124.

Tutoring Services: Owens Community College offers academic tutoring and assistance in a variety of subjects including: writing, economics, science, and math. For more information go to: <https://www.owens.edu/successcenters/>.

Counseling Services: Counseling Services provides assistance to students experiencing personal, educational, interpersonal/relationship, family, social, or psychological difficulties. If you feel you may benefit from this service, please contact them at counselingservices@owens.edu. More information is at <https://www.owens.edu/counseling/>.

Campus and Community Connections: The Center for Campus and Community Connections (College Hall 123) is a walk-in office created to provide retention support through resource stability initiatives and community connections. Go here for more information: <https://www.owens.edu/connection/> or contact connections@owens.edu

Owens Library: The Owens Library offers two locations (Toledo and Findlay) as well as online resources. For more information visit <https://www.owens.edu/library/>.

Students can find more information on campus resources, student support, student life, and security at this [link](#).

General Information:

Student Code of Conduct:

All students are expected to follow Owens Community College's [Student Code of Conduct](#), which includes academic honesty, encompassing plagiarism. See the [Board Policy](#) for more information.

Anti-Discrimination and Harassment & Title IX/Sexual Misconduct:

All students, faculty, and staff are expected to follow Owens Community College's [Anti-Discrimination and Harassment Policy](#) and the College's [Title IX Policy](#)/Sexual Misconduct Procedures and Guidelines. The College strictly prohibits and will not tolerate harassment, discrimination, intimidation, or hostile/offensive working or learning environments.

[Anti-Discrimination and Harassment](#)

[Anti-Discrimination and Harassment Procedures](#)

[Title IX/Sexual Misconduct Procedures](#)

Religious Accommodations: A student seeking an accommodation for an absence permitted under Ohio's Testing Your Faith Act must provide the instructor with a written email notice with the specific dates for an absence, and must do so not later than fourteen (14) days after the first day of instruction. Alternative accommodations are not retroactive, and no academic penalty will be imposed for an absence under the policy*. The request for an alternative accommodation will be kept confidential. Students with questions about a religious accommodation under Ohio's Testing your Faith Act may contact the College's Office of Academic Affairs:

provost@owens.edu.

*The policy may be found on the Owens website: [3358:11-2-63 Accommodation](#) for a Student Absence for the Observance of Religious Beliefs and Practices Policy

Document Collection:

Throughout the semester, your instructors may ask for a variety of assignments including tests and/or quizzes for student learning of general education or program assessment. Please save all your class materials until the end of the semester.

Classroom Admittance: OCC classes shall only be attended by the officially registered OCC students or prospective students, instructor of record, guest lecturer, or substitute. Visitors are not permitted to be in the classroom and should not be invited to attend or participate in the class. See <https://studentprivacy.ed.gov/ferpa> regulations for more information.

Use of AI:

Most Restrictive

Use of AI Tools: This course requires you to complete various assignments that assess your understanding or application of the course content. You are expected to do your own work and cite any sources you use properly. You are not allowed to use any artificial intelligence (AI) tools, such as chatbots, text generators, paraphrasers, summarizers, or solvers, to complete any part of your assignments. Any attempt to use these tools will be considered academic misconduct and will be dealt with according to the university's academic integrity policy. Students are expected to complete all work independently and without the assistance of AI-generated content. If you have any questions about what constitutes acceptable use of AI tools, please consult with

the instructor *before* submitting your work.

Student Responsibilities & Instructor Expectations

Instructor Expectations:

Grading Assignments: Assignments that are submitted by the due date will be graded and recorded in the Blackboard grade center within 3 days of the due date. Assignments that are submitted after the due date *may* take up to 10 days before I am able to get to it.

Answering emails: I will do my best to respond to your emails within 12 hours on weekdays and within 24 hours on weekends. Please only use your Owens email to contact me.

Announcements: I will post any updates and/or reminders on the Blackboard Announcement page, as well as send it out to your Owens email account.

Student Hours: These posted times (see above under office hours) are designated for me to be available to meet with and assist you, outside of normal class time, with any concerns/questions you may have regarding this course or program.

Facilitating successful completion of the course: I welcome questions, concerns and experiences relevant to the topic and course. If I feel there is a need, I will reach out to the student or class as a whole to address that need. I will make referrals to other campus resources as needed. I am aware that life is happening and this class is not the only thing you have going on.

Student Responsibilities:

Assignment submission: Students are to be familiar with the assignment calendar and how to submit assignments (on the assignment instructions on the blackboard shell). If you are unable to submit an assignment by the end of the day on the due date (on assignment calendar), you are encouraged to still submit it. (Please read the specific instructions for Discussion Boards.) Although full credit *may not* be given if the assignment is late, you will be able to earn *at least* partial credit.

Check Email/Blackboard Shell: Any announcements and updates will be sent to your email and/or posted on the Blackboard shell. Students are encouraged to check their email *at least* once daily and to log into their Blackboard shell several times a week to remind themselves of upcoming assignments, etc.

Tests/Quizzes: All dates for assignments and tests are listed on the assignment calendar. All tests and quizzes will be administered on Blackboard.

Contacting the instructor: Email is the best way to reach me, outside of student hours. Please include your course number and section in the subject line. There is also a short power point on the Blackboard shell regarding polite, professional email communication.

Asking for help/clarification: I expect questions and that's okay. **Unless I am told otherwise, I will assume that every student understands everything said in class, on the Blackboard**

shell and through emails. Sometimes the best thing you can say is “I am not following this concept” or “I have no idea where to begin with this assignment.” All classes, and courses in this program, will build on and further develop the information we discuss. Please don’t hesitate to reach out as soon as you have questions or need clarification.

Online courses:

Communication is very important. The instructor will communicate with you by email and/or Blackboard announcements. It is the student’s responsibility to log in to the Blackboard shell frequently (suggested 3-5 times/week) and check email daily.

This course takes discipline and time management to be successful. Working a little bit every day in an online course is the secret to finishing successfully.

Become comfortable with the Blackboard shell and where to find the syllabus, assignments and eBook, etc. I also encourage you to take the WEB COURSE PREPARATION if you have never taken a web course before. This can be found on the Blackboard shell.

Classroom Environment:

Respectful Class Communication:

Our classroom is safe place. Faculty and students show respect for each other in class, discussion boards and all communication.

Use proper netiquette at all times on discussion boards. This will be addressed in the Discussion Board Rubric and Instructions, found on the syllabus/information tab.

Philosophy:

I support an inclusive learning environment where diversity and individual differences are understood, respected, appreciated, and recognized as a source of strength. Students in this class are encouraged to speak up and participate during discussions. Because the class will represent a diversity of individual beliefs, backgrounds and experiences, every member of this class will show respect for every other member of this class while we demonstrate diligence in understanding how other peoples’ perspectives, behaviors and worldviews may be different from their own.

How Grades are Determined and Major Assignments

Evaluation Measure The grade points for the areas of work are as follows.	Student Learning Outcomes Assessed	Value
8 Discussion Boards	2, 3, 4, 5	8 x 25 = 200 points
8 Quizzes	1-5	8 x 20 = 160 points
6 Connect Labs	3, 4, 5	6 x 10 = 60 points
Personal Fitness Plan	1, 3, 5	30 points
Final	1-5	100 points
Total		550 points

Grading Procedure:

Grades will be calculated on the following scale:

90% and Above	A (495-550 points)
80% to Less than 90%	B (440-494.5 points)
70% to Less than 80%	C (385-439.5 points)
60% to Less than 70%	D (330-384.5 points)
Less Than 60%	F (< 330 points)

Tentative Class Assignments

Week	SLO	Topic
1	2-4	Topic: Introduction to Wellness; Principles of Physical Fitness Readings: Ch.1 & 2 Homework: Online Orientation (suggested); Discussion Board 1; Labs 1.1, 1.2 & 2.2 (on Connect)
2	2-4	Topic: Cardiorespiratory Endurance Readings: Ch.3 Homework: Lab 3.1 (on Connect: choose 1 assessment to do) Quiz: Quiz 1
3	2-4	Topic: Muscular Strength and Endurance Readings: Ch.4 Homework: Discussion Board 2; Lab 4.2 (on Connect: do all 3 assessments)
4	2-4	Topic: Flexibility and Low Back Health Readings: Ch.5 Homework: Lab 5.3 (on Connect: side bridge) Lab 5.1 (do sit and reach in book) Quiz: Quiz 2
5	2-4	Topic: Body Composition Readings: Ch.6 Homework: Discussion Board 3; Lab 6.1 (do in book: do BMI and Waist Circumference and Waist-to-Hip Ratio; not for grade)
6	1-5	Topic: Putting Together a Complete Fitness Program/SMART goals Readings: Ch.7 Homework: Discussion Board 4 Quiz: Quiz 3
7	1-5	Topic: Nutrition Readings: Ch.8 Homework: begin working on Personal Fitness Program
8	1-5	Topic: Weight Management Readings: Ch.9 Homework: Lab 9.1 (do in book; not for grade)
9	2-4	Topic: Stress Readings: Ch.10 Homework: Discussion Board 5; Lab 10.1 (do in book; not for grade) Quiz: Quiz 4

10	2-4	Topic: Cardiovascular Health Readings: Ch. 11 Homework: Lab 11.1 (do in book; not for grade) Quiz: Quiz 5
11	2-4	Topic: Cancer Readings: Ch. 12 Homework: Discussion Board 6; lab 12.1 (do in book; not for grade)
12	2-4	Topic: Substance Use and Abuse Readings: Ch. 13 Homework: Lab 13.1 & 13.2 (do in book; not for grade) Quiz: Quiz 6
13	2-4	Topic: Sexually Transmitted Diseases Readings: Ch.14 Homework: Discussion Board 7; Lab 14.1 (do in book; not for grade) Quiz: Quiz 7
14	2-4	Topic: Environmental Health Readings: Ch. 15 Homework: Lab 15.1 (do in book; not for grade) Quiz: Quiz 8
15	1-5	Homework: Discussion Board 8; Personal Fitness Program Due
Finals Week		Final Exam:

Disclaimer: The instructor reserves the right to amend this syllabus as deemed necessary and will communicate such amendment to the students in the course. Please note that while unlikely, there is a possibility courses might need to change the delivery method due to external issues like public health concerns, weather issues, etc. If this happens, the college will communicate any changes via email and/or other communication methods.