

# Health Promotion at the Workplace

KES 4312 – Summer II 2018

Sul Ross State University

Department of Kinesiology and Human Performance

**Class Time:** Online July 10th – August 15th

**Instructor:** Jim Hector, Ed.D.

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**Office Phone:** 432-837-8213

**Office Hours:** Monday – Wednesday 10:00 – 11:30am

Monday – Thursday 2:30 – 4:30 PM

**COURSE RATIONALE:** This is a needs assessment. Program development, implementation, and evaluation in corporate and private business settings; developing environmentally and social support for healthy behaviors with the business community.

## **REQUIRED/READING MATERIAL:**

**Textbook:** Chenoweth, David H. (2011) *Worksite Health Promotion* (3<sup>rd</sup> edition). Human Kinestics. ISBN-10: 0-7360-9291-1 ISBN-13: 978-0-7360-9291-3

## **STUDENT LEARNING OUTCOMES:**

### *Competency 010*

The teacher knows how to use effective, developmentally appropriate instruction and assessment to prepare physically educated individuals.

### *Competency 011*

The teacher understands factors relevant to learning and performance in physical education and uses this knowledge to create learning environments and opportunities that promote students' development in various domains (e.g., cognitive, social, emotional).

## **STANDARD ALIGNMENT:**

- Standard IV: The physical education teacher uses knowledge of how students learn and develop to provide opportunities that support students' physical, cognitive, social, and emotional development.
- Standard V: The physical education teacher provides equitable and appropriate instruction for all students in a diverse society.
- Standard VII: The physical education teacher is a reflective practitioner who evaluates the effects of his/her actions on others (e.g., students, parents/caregivers, other professionals in the learning environment) and seeks opportunities to grow professionally.

**COURSE OBJECTIVES:** Students will be able to:

1. Analyze ways in which developmental and other factors (e.g., peers; media messages; cultural background; community settings; family circumstances; expectations related to gender; body image and skill level) influence student attitudes toward engagement in physical activity.
2. Demonstrate knowledge of the structure, organization, goals, and purposes of physical education programs.
3. Apply knowledge of principles and techniques for evaluating the effectiveness of the physical education program and for adapting and modifying practices and programs based on reflection, assessment data, observation of students and program evaluation results.
4. Demonstrate knowledge of strategies for advocating for physical education and for identifying and publicizing opportunities and resources for physical activity in the school and community (e.g., after-school programs, recreation departments, parks, pools, health clubs).

**STYLE OF TEACHING:** The objectives of this course will be met through an integrated teaching style that will include discussion via blackboard, video activities and quizzes from the chapter readings. Students will be encouraged to remain actively involved in class discussions and will be responsible for reading all assigned material for this class. This is an **online blackboard** course. You may email the instructor if you have questions though **all** assignments must be submitted on blackboard. **No assignments will be accepted on email.** All quizzes, assignments, and discussion boards will be posted at least two days in advance and there will be an announcement on blackboard indicating the assignment is available.

**DISCUSSION BOARD:** There will be a discussion question posted under the discussion tab for you to respond. To respond to the discussion you click on the hyperlink to the discussion and then click on create new thread. Put your last name and the week in the subject line (eg. LastNameDiscussion1). You can respond directly in the message area, however, I suggest you type your response in a word document, spell check, then copy and paste it into the message area. You can upload your response as an attachment, but please **ALSO** copy and paste it into the message area so we do not have to open an attachment to read your post. Answering a discussion question is worth 15 points. As mentioned below each response is worth 5 points totaling 25 points.

**Responses to others:** Under each discussion post you must respond to another classmate's original discussion post. The response is worth 10 points (respond to two separate classmates for 10 points). The response must be more than "good job", "I like what you said", etc., it must be a substantial response that would be as if you were having a discussion on the topic in class. A substantial response would include, but not limited to: adding to the discussion with further information you find (cite your source), asking relevant questions, as well as critiquing in a positive way the post. **ALWAYS** spell check and edit your responses. These should be academic responses and not chat room or informal language. Do be respectful of others, do use proper language – do **NOT** hurt others feelings. To respond to another's post, click on their post and reply. Title the subject of your response with your last name and "response to \_\_\_\_\_ week 1 post" (eg. Hector's response to Henderson's Discussion 1 post).

**DISCUSSION BOARD GRADING EXAMPLE:**

Discussion post = 30 points

Discussion response = 10 points

Second discussion response = 10 points  
Total points: = 50 points

## **GRADING:**

**1000 total points possible**

- Final Exam = 100 points
- Chapter Quizzes (10 @ 40 points each) = 400 points
- Video Activities (5 @ 50 points each) = 250 points
- Discussion Boards = ( 5 @ 50 points each ) = 250

<b>A = 1000 – 900</b>
<b>B = 899 -800</b>
<b>C = 799 – 700</b>
<b>D = 699 – 600</b>
<b>F = ≤599</b>

## **EVALUATION PROCEDURES:**

- ✓ **Syllabus Quiz = 10 bonus points**
  - There will be a syllabus quiz worth ten points. You must take the syllabus quiz and make 80% or answer eight out of ten questions correctly before advancing to the first chapter quiz or any assignments/discussion boards. The syllabus quiz will be available in the Quiz, Test & Exams section. **See syllabus calendar for due date.**
- ✓ **Final Exam = 100 points**
  - The final exam will consist of multiple choice questions. Exams will cover all material provided in the assigned readings.
  - All students are expected to take the exam no later than the designated day and time assigned.
  - The final exam will be posted in the Quiz, Test & Exams section of blackboard.
  - **All students are expected to take the final exam no later than the designated day and time assigned in the syllabus calendar.**
- ✓ **Quiz, Test & Exams = 40 points each totaling 400 points.**
  - There will be 10 quizzes that may consist of multiple choice or matching questions. Quizzes could cover any material provided in the assigned reading.
  - 40 point quizzes can be found in the Quiz, Test, Exams section of blackboard.
  - **All students are expected to take the quiz no later than the designated day and time assigned in the syllabus calendar.**
  - **All quizzes that are submitted after the due date will receive a zero.**
- ✓ **Video Activities = 40 points each totaling 250 points.**
  - Video activities may consist of various projects related to the topic area of discussion.
  - Video activities are found in the Assignments section of your menu.
  - **All students are expected to complete video activities no later than the designated day and time assigned in the syllabus calendar.**
  - **All assignments that are submitted after the due date will receive half off.**
- ✓ **Discussion Board = 50 points each totaling 250 points.**

- Discussed online on Discussion Board which can be found on the menu of blackboard.
- **Students must participate in discussion board activities no later than the dates outlined in the syllabus calendar.**
- **Students will receive a zero if they do not participate on discussion boards before the due date.**

**Note:** All grading will be based on the quality of the assignment submitted; factors such as a student's ability and the effort put into an assignment will only be assessed to the extent that they influence the quality of the work submitted. All written work should be submitted in APA format.

**EXPECTATION OF STUDENTS:**

- Students are responsible for keeping up with the chapter reading and are expected to view the assigned video activities and/or other posted readings prior to class in order to contribute to online discussion.

**ADA Accommodations:** The University is committed to equal access compliance with the American with Disabilities Act of 1990 (ADA) and Section 504 of the Rehabilitation Act of 1973. The Disability Services Coordinator in Counseling and Student Support Services has the responsibility to ensure students with disabilities the opportunities for full participation in programs, services, and activities. Students seeking disability services need to contact the Disability Services Coordinator:

*Counseling Accessibility Services*  
*Ferguson Hall Room 112*  
*432-837-8203*

**ACADEMIC DISHONESTY OR MISCONDUCT:** Sul Ross State University is committed to the highest standards of integrity and ethical conduct. Participating in behavior that violates academic integrity (plagiarism, etc.) will result in disciplinary action and may include: receiving a failing grade for the assignment, failing the course, and suspension and/or dismissal from the University.

**DROP POLICY:** Access information regarding schedule changes at:  
<http://www.sulross.edu/page/967/schedule-changes-withdrawals>

# Tentative Course Outline

*This schedule is subject to revision. Please check Black Board for updates.*  
***REVIEW ALL DUE DATES. TOPICS WILL NOT BE AVAILABLE AFTER DUE DATES***

Topic	Due Dates
<i>Syllabus Quiz available</i>	<i>Available Tuesday, July 10th</i>
<i>Syllabus Quiz due</i>	<i>Friday, July 13th</i>
<i>Quiz 1 – Chapter 1</i>	<i>Sunday, July 15th</i>
<i>Quiz 2 – Chapter 3</i>	<i>Tuesday, July 17th</i>
<i>Video Activity 1</i>	<i>Wednesday, July 18th</i>
<i>Quiz 3 – Chapter 4</i>	<i>Friday, July 20th</i>
<i>Discussion Board 1</i>	<i>Sunday, July 22nd</i>
<i>Quiz 4 – Chapter 5</i>	<i>Monday, July 23rd</i>
<i>Video Activity 2</i>	<i>Wednesday, July 25th</i>
<i>Quiz 5 – Chapter 6</i>	<i>Thursday, July 26th</i>
<i>Discussion Board 2</i>	<i>Saturday, July 28th</i>
<i>Quiz 6 – Chapter 7</i>	<i>Sunday, July 29th</i>
<i>Video Activity 3</i>	<i>Monday, July 30th</i>
<i>Quiz 7 – Chapter 8</i>	<i>Wednesday, August 1st</i>
<i>Video Activity 3 – Discussion Board 3</i>	<i>Thursday, August 2nd</i>

	<i>Friday, August 3rd</i>
<i>Quiz 8 – Chapter 9</i>	<i>Saturday, August 4th</i>
<i>Video Activity 4</i>	<i>Sunday, August 5th</i>
<i>Discussion Board 4</i>	<i>Monday, August 6th</i>
<i>Quiz 9 – Chapter 10</i>	<i>Tuesday, August 7th</i>
<i>Video Activity 5</i>	<i>Thursday, August 9th</i>
<i>Quiz 10 – Chapter 11</i>	<i>Friday, August 10th</i>
<i>Discussion Board 5</i>	<i>Saturday, August 11h</i>
<i>Final Exam</i>	<i>Wednesday, August 15th</i>