



# INTRODUCTION TO WELLNESS

## WELL200 — Introduction to Wellness, 3.0 hours

### PROFESSOR

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Rhonda McLean is the Associate Director of Health Services for Northeast Ohio Neighborhood Health Services, Inc. (NEON) where she has served in this capacity for four years. United healthcare recognized her efforts of achieving a four star rating with their Medicare Advantage plan members compliance of HEDIS measurement during the 2015 calendar year. Also, she focuses on improving the health of Diabetics in the community by stressing self-management techniques. She has led the efforts at NEON in designing a four prong approach to improve the quality of life of their diabetic patients. Rhonda holds a Bachelor's of Science in Mathematics from Baldwin Wallace College and a MBA in Health Care Administration from Cleveland State University. She currently serves in leadership and board positions for numerous other community focused organizations.

### CONTACT INFORMATION

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E-mail: [rmclean@lakewood.edu](mailto:rmclean@lakewood.edu)  
Cell Phone: 800-517-0857 X 783

### ONLINE SUPPORT (IT) AND MOODLE NAVIGATION:

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All members of the Lakewood University community who use the University's computing, information or communication resources must act responsibly. Support is accessible by calling 1-800-517-0857 option 2 or by emailing [info@lakewood.edu](mailto:info@lakewood.edu)

### BOOKS AND RESOURCES

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Werner W.K. Hoeger, Sharon A. Hoeger. Fitness and Wellness. 12th ed. Cengage, 2020/2021.

### EVALUATION METHOD

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Graded work will receive a numeric score reflecting the quality of performance.  
Course Requirement Summary

- Assignments - Total of 60 Points
- Weekly discussion forums-Total of 80 Points
- Final Exam - 50 Points

### GRADING SCALE

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Graded work will receive a numeric score reflecting the quality of performance as given above in evaluation methods. The maximum number of points a student may earn is 190. To determine the final grade, the student's earned points are divided by 190.

Your overall course grade will be determined according to the following scale:

A = (90% - 100%)  
B = (80% - 89%)  
C = (70% - 79%)  
D = (60% - 69%)  
F < (Below 60%)

## ACADEMIC INTEGRITY/ PLAGIARISM:

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Cheating (dishonestly taking the knowledge of another person whether on a test or an assignment and presenting it as your work) and plagiarism (to take and pass off as one's own the ideas or writing of another) are a serious issue. While it is legitimate to talk to others about your assignments and incorporate suggestions, do not let others "write" your assignments in the name of peer review or "borrow" sections or whole assignments written by others. We do get ideas from life experiences and what we read but be careful that you interpret these ideas and make them your own.

I am aware that many types of assignments are available on the internet and will check these sources when there is legitimate suspicion.

Penalty is a zero on the assignment. In cases where there is a major or continuous breach of trust, further discipline, such as an "F" in the course, may be necessary.

The major consequence of any form of cheating is damage to your character and the result of trust and respect.

## DISABILITY ACCOMMODATIONS

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Students who have a disability and wish to request an academic accommodation should contact Jim Gepperth, the Disabilities Services Coordinator and Academic Dean. The student can request an accommodation at any time although it is encouraged to do so early in the enrollment process. The student should complete an accommodation request form which begins a conversation between the school and the student regarding the nature of their disability and an accommodation that would help the student succeed in their program. The school may request documentation regarding the disability to address the accommodation request effectively. The school will communicate to the student the type of accommodation arranged. This process typically follows a team approach, bringing together persons from the academic department (including the instructor) and personnel from other departments as necessary. Additional information on disability accommodations may be found in the Lakewood University Catalog.

Disability Services Email: [disabilityservices@lakewood.edu](mailto:disabilityservices@lakewood.edu)

## SUPPLEMENTAL TEXTS

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You can use the following resources to assist you with proper source citation.

American Psychological Association Style Guide- [https://www.mylakewoodu.com/pluginfile.php/118179/mod\\_resource/content/1/APA%20Style%20Guide%207th%20edition.pdf](https://www.mylakewoodu.com/pluginfile.php/118179/mod_resource/content/1/APA%20Style%20Guide%207th%20edition.pdf)

The Purdue OWL website is also a helpful resource for students. Here is a link to the OWL website: [https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/general\\_format.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html)

## LIBRARY

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Mary O'Dell is the Librarian on staff at Lakewood University

She is available by appointment. You can make an appointment with her by emailing her at [modell@lakewood.edu](mailto:modell@lakewood.edu) or call at 1-800-517-0857 X 730

You may also schedule a meeting at this link: <https://my.setmore.com/calendar#monthly/r3a761583354923270/01032020>

She can assist you with navigating LIRN, research, citations etc.

## SUPPORT

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Each student at Lakewood University is assigned a Success Coach. Your Success Coach exists to assist you with academic and supportive services as you navigate your program. They will reach out to you, often, to check-in. Please use the resources they offer.

Student Services is available to assist with technical questions regarding Lakewood University and all services available to you.

1-800-517-0857 option 2  
[info@lakewood.edu](mailto:info@lakewood.edu)  
[studentservices@lakewood.edu](mailto:studentservices@lakewood.edu)

## CAREER SERVICES

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Students are offered Career Services at any point as they journey their academics at Lakewood University.

1-800-517-0857 option 2  
[careerservices@lakewood.edu](mailto:careerservices@lakewood.edu)

## LESSONS

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TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #1	<ul style="list-style-type: none"><li>Introduction to Physical Fitness and Wellness</li><li>Assessment of Physical Fitness</li></ul>	Study Course Syllabus Read Chapters 1 & 2 Participate in the Discussion Forum Lesson Evaluation		Objective 1
Lesson #2	<ul style="list-style-type: none"><li>Exercise Prescription</li></ul>	Read Chapters 3 Participate in the Discussion Forum Lesson Evaluation		Objective 2
Lesson #3	<ul style="list-style-type: none"><li>Evaluating Fitness Activities</li></ul>	Read Chapter 4 Participate in the Discussion Forum Complete Assignment 1 Lesson Evaluation	Assignment 1 upon completion of the lesson	Objective 3
Lesson #4	<ul style="list-style-type: none"><li>Nutrition for Wellness</li></ul>			Objective 4

Read Chapter 5  
Participate in the Discussion Forum  
Lesson Evaluation

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #5	<ul style="list-style-type: none"><li>Weight Management</li></ul>	Read Chapter 6 Participate in the Discussion Forum Complete Assignment 2 Lesson Evaluation	Assignment 2 upon completion of the lesson	Objective 5
Lesson #6	<ul style="list-style-type: none"><li>Stress Management</li></ul>	Read Chapter 7 Participate in the Discussion Forum Lesson Evaluation		Objective 6
Lesson #7	<ul style="list-style-type: none"><li>A Healthy Lifestyle Approach</li></ul>	Read Chapters 8 Participate in the Discussion Forum Complete Assignment 3 Lesson Evaluation	Assignment 3 upon completion of the lesson	Objective 7
Lesson #8	<ul style="list-style-type: none"><li>Relevant Fitness and Wellness Issues</li></ul>	Read Chapter 9 Participate in the Discussion Forum Complete the Final Exam Request the Next Course Lesson Evaluation THANKS FOR A GREAT CLASS	Final exam upon completion of the lesson	Objective 8

## DESCRIPTION

This course will provide students with the knowledge of improving people's health habits. The course also involves train students for achieving their personal, health and fitness goals.

Course Objectives:

1. Discuss the importance of lifetime fitness and wellness
2. Identify the health-related components of physical fitness
3. Describe the components of a personalized cardiorespiratory strength and flexibility exercise program
4. Identify the benefits of selected aerobic activities and how to evaluate the contributions of skill related fitness activities
5. Define nutrition (dietary guidelines) and its relationship to health
6. Explore behavior modification and stress management techniques for weight reduction and management
7. Explain the connection between spirituality and health
8. Identify and dispel common misconceptions related to physical fitness and wellness

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