

**ROUTING FORM FOR PROPOSED CHANGES TO ACADEMIC POLICY, CURRICULUM CHANGES, STATUTES
EAST GEORGIA STATE COLLEGE**

NAME OF POLICY/ PROPOSAL: Wellness 1000 course

Attach a complete copy of the proposed change as acted upon by the APCC or Faculty Senate. If changes made to proposal prior to adopting, please note the person and governance body making the change on the proposal, initial and date the change. Copies of appropriate documentation should be attached to the form with each submission and should be retained at each level. Please indicate the type of proposal being submitted:

- | | | |
|---|--|---|
| <input checked="" type="checkbox"/> New Course Requirements | <input type="checkbox"/> New Degree Program | <input type="checkbox"/> Changes to Degree Program |
| <input type="checkbox"/> Deactivate Course | <input type="checkbox"/> Discontinue Course | <input type="checkbox"/> Reactivate Course |
| <input type="checkbox"/> Discontinue Course | <input type="checkbox"/> Deactivate Degree Program | <input type="checkbox"/> Discontinue Degree Program |
| <input type="checkbox"/> Reactivate Degree Program | | <input type="checkbox"/> Statutes Revision |
| <input type="checkbox"/> Policy Proposal. | <input type="checkbox"/> Policy Revision | <input type="checkbox"/> Other: _____ |

ACADEMIC POLICIES AND CURRICULUM COMMITTEE (APCC)

Initiated and Submitted to APCC

Johnna Eaton 1/21/2021
Signature Date

Dean Approval:

Carlos A. Cunha 2/15/2021
Signature Date

APCC Action: Approved Denied Returned Tabled

Sandra Sharman 02/17/2021
Signature of Vice President for Academic and Student Affairs, Chair Date

Comments: _____

APCC Chair submits to Faculty Senate

FACULTY SENATE

Faculty Senate Action: Approved Denied Returned Tabled

Signature of Faculty Senate President Date

Comments: _____

Faculty Senate President sends to EGSC President and to the Vice President for Academic and Student Affairs

Note: Revisions to EGSC Statutes require approval of President's Cabinet and must be submitted to Chief of Staff/Legal Counsel for routing to President's Cabinet and routing to President. Please indicate "EGSC Statutes revision" on this form.

PRESIDENT

President's (or designee's) Action: Approved Denied Returned Tabled

Signature Date

Comments: _____

Distribution By:

Signature Date

President's Office keeps a copy of this **ACADEMIC POLICY/PROPOSAL ROUTING FORM**; Original form is sent to Academic Affairs for distribution to the following:

- | | |
|---|------------|
| <u>Faculty Senate — President</u> | Date _____ |
| <u>Academic Policies & Curriculum Committee — Chair/VPASA</u> | Date _____ |
| <u>Chief of Staff/Legal Counsel</u> | Date _____ |

APPLICATION FOR PROPOSED NEW COURSE		
Submitted by: Johnna Eaton		Date : 01/21//2021
Full Title of Proposed Course: Wellness 1000		
Abbreviated Course Title, if applicable (cannot exceed 30 characters including spaces. Do not use the '&' or '/' symbols when creating titles, hyphens are OK): WELL 1000		
Course will be added to the EGSC Course Schedule effective (Term/Year): Spring 2022		
Suggested Course Number (use table below to determine):	Course Level: 1000	Area(s) For Course Use: Additional Requirements
Course Number	Description	
0000-0999	These are pre-requisite Learning Support courses. Students must earn a "C" grade or higher in co-requisite course to exempt and enroll in credit-bearing courses.	
1000-1999	Introductory courses that are open to first-year students. These courses do not have prerequisites.	
2000-2999	These courses are designed, primarily, for sophomores, juniors, and seniors. First-year students may enroll if they have completed the appropriate prerequisite courses.	
3000-3999	These courses are generally designed for juniors and seniors who are currently in their major area of study.	
4000-4999	These courses are designed for seniors who require focused courses in their major area of study.	
Hours Per Week Lecture: 1	Hours Per Week Lab: 2	Total Credit Hours: 3
Prerequisites: none	Estimated Enrollment (Headcount) Per Term Offered: 500	
Available Texts: FitQuest is the current text being used for most of our PHED courses. The publishing company also produces a similar text titled Foundations of a Healthy Lifestyle. It covers the same topics already covered in our fitness courses with labs plus additional chapters highlighting health issues pertinent to college students. The textbook is customizable and integrates seamlessly with D2L. The publishing company is Perceivant. Other texts are also available.		
Approximate Cost of Text: \$68-82 – Since the textbook is customizable, the cost varies from \$68-82.		
Chair or Coordinator Signature:		
Justification for the Course (narrative): Offering this course to first-year students will encourage and promote a healthier lifestyle, which leads to enhanced learning. Hopefully, this change will also help to streamline scheduling issues for students since it is a three-hour course versus independent one- and two-hour courses. Although the initial textbook cost is more, having a single course will save the students' money in the long run. Students currently buy a required text for health and two PHED courses. This change would streamline that into one expense. Since much of the material in our PHED courses pertains to lifestyle wellness and fitness, this information is duplicated in our health courses as well. It seems reasonable to expect we could create a course that covers the material once and reinforces the fitness aspects through a face-to-face lab and an independent lab. My personal belief is that students will take the three-hour course more seriously, and it will improve grades and retention. Students often prioritize three-hour courses higher and end up doing poorly in the one- and two-hour courses, believing the effect will not be as substantial. Unfortunately, this is not true. The hope is that this change will improve and help build a more connected and engaged student body.		

Course Description: WELL 1000 aims to increase the students' understanding of the human body including overall health, lifestyle, and fitness habits necessary to reduce risk of chronic diseases and for the maintenance of an efficient and productive life in today's ever-changing society. The course combines health-related content knowledge and reinforces positive behavioral and lifestyle choices with weekly participation in a fitness-based physical activity. Health-related content includes behavior change, personal and reproductive health, drugs/alcohol awareness, chronic disease prevention, components of fitness, nutrition and weight management, and psychological well-being and stress management.

Estimated Budget to Support This Course:

A) **Operating Costs:** Similar to current operating costs; however, we may not need as many adjunct instructors since there are less overall courses.

B) **Capital Outlay:** We have all capital resources necessary.

C) **Additional Library Resources:** None

Institutions in the USG Offering Similar Courses (include course titles and numbers):

Kennesaw State University – WELL 1000 – 3 credit hours (also using the same textbook proposed)

Georgia Southern University – KINS 1525 – 2 credit hours – Concepts of Health and Physical Activity

Course Syllabus (attach a reasonably complete outline of the main points of the course):

Major Topics to be Covered (weekly):

Behavior changes
Dimensions of wellness
Psychological health and stress management
Personal health and safety
Reproductive and sexual health
Drugs and alcohol prevention and awareness
Risk-factor reduction in relation to chronic diseases
Nutrition and weight management
Components of fitness

Tentative Weekly Schedule:

Week 1- Pre-course Survey and Getting Started Modules

Week 2- Introduction: Establish a Healthy Concept of Self and Behavior Change: Motivation for Making a Healthy Change

Week 3- Functional Fitness and Cardiorespiratory Fitness

Week 4- Flexibility

Week 5- Muscle Health: Muscular Strength and Endurance

Week 6- Nutritious Eating Body Composition

Week 7- Stress Management

Week 8- Understanding Your Mental Health
Week 9- Addiction
Week 10- Healthy Sexuality
Week 11- Healthy Relationships
Week 12- Chronic Disease
Week 13- Infectious Disease
Week 14- Leisure and Recreation
Week 15- Health Care
Week 16- Healthy Lifetime
Course Wrap-up

Objectives of the Course:

1. Understand the dimensions of wellness and the importance in enhancing wellness and positive behavior change
2. Understand the dimensions of health and the relationship of risk factors and chronic disease
3. Assess the relationship between fitness and good nutrition with reduced risk of chronic disease and enhances quality of life
4. Create a positive behavior change through participation in weekly physical activity sessions

Will the course replace another, or is this an additional course? This course would replace the current requirement of a two-credit-hour health class and two one-credit-hour PHED courses. It would reduce the overall graduation requirement by one credit hour.

What effect will this course have on the enrollment in other courses? This change should not affect the overall enrollment in other courses beyond those it replaces. There will be a need to "teach out" some PHED courses and HLTH 2051 courses during the first semester, however. Afterward, students will more easily reach full-time status with a single course rather than taking two separate courses with overlapping content and double the coursework. Essentially it would be organized similar to a learning community with overlapping content and concepts assessed with a single assignment.

Institutional Resources Which Make the Offering Desirable (including qualifications of available instructors): Our current faculty, including adjuncts, are all qualified to teach the course. Having a single course would simplify the course scheduling process and improve overall retention.

East Georgia State College
A Unit of the University System of Georgia
131 College Circle
Swainsboro, GA 30401-2699

SPRING 2021
WELL 1000
STATESBORO CAMPUS
CRN#s: SAMPLE

- I. **Professor:** Mrs. Johnna Eaton, MS
- II. **Office Information:** I will be holding office hours based on scheduled appointments. Please contact me through my preferred method below to make an appointment. Office hours can also be found posted to my office door.

Preferred methods:

Email: jweaton@ega.edu – Please use this method for all inquiries regarding the course.

****All emails should include your first and last name, student ID#, and the course name and section. I will not respond to emails improperly formatted. Please allow 48 business hours for a response.***

Non-preferred methods:

BRIGHTSPACE/D2L messaging is not an appropriate contact method for this course. I do not check or respond to D2L email/messaging.

****Regarding face masks:** The USG has set a policy for all colleges and universities in the system that students, faculty, and staff are required to wear face masks while indoors (with the exception of your dorm room). A protective face covering is appropriate if it covers both the mouth and nose of the individual, fits over the chin, fits snugly against the sides of the face, is securely attached to the individual's face, is made of cloth or other tightly woven fibers or similar materials, and significantly limits the aerial transmission of respiratory droplets from the wearer's mouth or nasal cavities to others in close proximity to the wearer. Students and employees desiring or needing to wear a face shield for medical reasons will need to go through the accommodation process. It is important for your health and the health of those around you that you follow this policy at all times. Failure to follow this policy will lead to you being asked to leave for a first offense; if it happens a second time, you will be reported to the student conduct officer for disorderly conduct. You are also expected to maintain a distance of 6 feet from others at all times while on campus including during

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lectures and labs. Your professor will also ask you to continue to sit in the same seat each time you attend class in person in case there is a need for contact tracing. The combination of these efforts is designed for the health and well-being of everyone on campus.

**Additional COVID 19 Information

- COVID-19: If you test positive for COVID-19, develop symptoms of COVID-19, or have been in close contact with someone who has tested positive for COVID-19, do not come to class. Take care of yourself, seek medical assistance as needed, complete the online report "EGSC COVID-19 Self Reporting Form" found on the EGSC home page, and contact your instructors. The COVID-19 Response Team will communicate with you after you report. In the event you must quarantine due to COVID-19, it is your responsibility to learn of methods that will enable you to complete your course assignments during the period of absence. If you are unable to complete course assignments during quarantine due to illness, you must notify your instructor of this and resolve whether the missed work can be made up and still attain a passing grade. If at the end of quarantine, you are unable to return to campus for medical reasons, inform your instructor and contact the COVID-19 Response Team. You must receive permission from the COVID-19 Response Team to return to face-to-face classes. Please do not return to campus until you have received that permission. You should self-report even if you are in an online course, as the reporting process serves as your official excuse for missed coursework.

III. Course Description: WELL 1000 aims to increase the students' understanding of the human body including overall health, lifestyle, and fitness habits necessary to reduce risk of chronic diseases and for the maintenance of an efficient and productive life in today's ever-changing society. The course combines health-related content knowledge and reinforces positive behavioral and lifestyle choices with weekly participation in a fitness-based physical activity. Health-related content includes: behavior change, personal and reproductive health, drugs/alcohol awareness, chronic disease prevention, components of fitness, nutrition and weight management, and psychological well-being and stress management.

IV. Prerequisites: None

V. Required Textbooks: Foundations of a Healthy Lifestyle by Perceivant

*This is an etext integrated Learning Management System (LMS). It is a requirement. The course cannot be passed without access.

***The instructor COURSE ID CODE is eatonSAMPLE.**

Capitalization is important.

VI. Course Objectives:

1. Understand the dimensions of wellness and the importance in enhancing wellness and positive behavior change
2. Understand the dimensions of health and the relationship of risk factors and chronic disease
3. Assess the relationship between fitness and good nutrition with reduced risk of chronic disease and enhances quality of life
4. Create a positive behavior change through participation in weekly physical activity sessions

East Georgia State College assesses student learning based on the achievement of 7 general education outcomes. The outcomes for Wellness courses are listed on all syllabi. For all wellness, health and activity courses, (WELL, HLTH and PHED), the outcome is 4.

4. Students will demonstrate use of the principles of critical thinking including the gathering, analysis, and evaluation of information to formulate substantive and creative perspectives on challenging events in one's history and experience. (Critical Thinking Competency)

VII. Course Setup and Evaluation:

- The course will be organized by Chapters/Modules. Each module is broken down into four components: Objectives and Textbook Chapter, Self-Assess, Discuss, Conclude.
 - **Objectives and Textbook Chapter:** Each chapter will have organized expectations for what should be learned. These learning objectives will be specific for each module. You will also be able to read through the chapter, watch videos, and view/download diagrams from this component. PowerPoint outlines may also be provided.
 - **Self-Assess:** Each module will contain self-assessment assignments. Some of these include completing the online assessment using the link provided. Some self-assessments may require activity outside of class during your additional lab time. Some self-assessments will be coordinated and completed in class and will only require you to input your results. If the self-assessment is written, please remember to use collegiate level grammar and vocabulary. Text Talk is unacceptable.
 - **Discuss:** Each module contains a discussion covering a concept of the chapter. Before replying to the discussion, be

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sure to thoroughly review the requirements and the grading rubric. You will not receive credit for just submitting. Your submission must meet the requirements. You may also be required to reply to one or two of your peers. Please be sure your replies are scholarly, respectful, and insightful. The reply, "good post", is inadequate.

- **Conclude:** This portion is made up of two parts: the Living Well Project and the Chapter Quiz.
 - The Living Well Project:
 - At the end of each chapter there is a two-part reflection to complete. Part 1 will involve answering questions related to the chapter and the self-assessments. Part 2 will be Living Well Project updates. The Living Well Project is an opportunity for you to use what you learn about yourself and the concepts discussed in the course and your textbook by applying them to a semester long wellness-related behavior goal. As you continue to experiment with the wellness principles and practices that you are learning in each chapter, you will create a plan for accomplishing your wellness-related behavior goal. Throughout the course, you will keep track of what you are incorporating into your plan, how you are progressing towards your goal, and make changes, adjustments and additions based on what you are learning.
 - The Chapter Quiz:
 - The quiz is a multiple choice 10 question assessment of the content of the chapter. You only get one attempt, so do your very best.

*** All assignments are due by 12:00 Midnight on the DUE DATE unless otherwise posted! This means you must have hit the post/submit button prior to 11:59pm.

****Late work (if deemed acceptable by documented excuse) will be subject to a 30% penalty.

VIII. Grading: Your grade will be determined by the following percentages:

- | | |
|--|--|
| <input type="checkbox"/> A= 90-100%
points total | <input type="checkbox"/> C=70-79.99%
points total |
| <input type="checkbox"/> B=80-89.99%
points total | <input type="checkbox"/> D=60-69.99%
points total |

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☐ F= Less than
60%

- Additionally, participation and attendance will also be considered as part of your final grade. If you miss more than six days without an excuse (verified by documentation), you will lose 10 points (a letter grade) from your final average for each subsequent absence. See the example below:
- A student completes the course with an 87 average but missed seven days. 87-10pts=a final grade of 77.

IX. Absence Policy: I will take attendance each day through GradesFirst. You can also track your attendance this way. It is the responsibility of the student to check BRIGHTSPACE/D2L-Foundations of Healthy Living LMS for updates and assignments at least three times per week. (Yes we can see when you log in and how long you stay.) There will be deadlines that must be met, and it is the students' responsibility to put in the appropriate amount of independent work required. I typically give more than adequate time for coursework to be completed, so do not procrastinate. BRIGHTSPACE/D2L does experience downtime unexpectedly. When BRIGHTSPACE/D2L is down, it affects me just as it does you. Please be proactive to avoid getting caught in a downtime/maintenance gap. I will not give additional time in the event there is a BRIGHTSPACE/D2L issue. Foundations of Healthy Living LMS typically does not have downtime. Since it is separate from our Brightspace/D2L system, it works seamlessly. Therefore, it is best to not wait until the last minute to complete assignments/exams.

- ❖ If you experience illness during the semester, please follow the appropriate steps as outlined on the COVID-19 protocol. You must make all efforts to maintain communication with your professor for an academic plan for success.
- ❖ **IF YOU FEEL UNWELL, DO NOT COME TO CLASS!!** Please make every effort to protect others in the event you may be experiencing symptoms of COVID-19. You can use the Zoom link to attend if you feel it may not be best to attend physically on your assigned day. However, you will also need to self-report for documentation.
- ❖ In the event we are forced to go all online, please continue to monitor D2L and Foundations of Healthy Living LMS for instructions, updates, and deadlines.

X. Make-up Policy: "Make-up examinations may be given, when in the instructor's judgment, the absence was caused by personal illness or other circumstances beyond the control of the student. A student will not be permitted to take a final examination at a time other than the regularly scheduled dates unless extraordinary circumstances suggest

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a departure from this schedule to be recommended by the instructor and approved by the Vice President for Academic Affairs." Late assignments, if accepted, will be penalized 30%. As outlined above in section IX, there may be a proctored experience, so flexibility will be necessary from all parties. I will do my best to accommodate your circumstances and needs within reason. EXTRA CREDIT: I do NOT offer extra credit opportunities for this course.

- XI. Plagiarism/Academic Dishonesty:** [EGSC Student Handbook](#). The link provided is to the current student handbook. The academic misconduct policy is outlined in great detail beginning on page 6. I will utilize this policy and all its entities for plagiarism and academic dishonesty. If you have questions about any of the forms or types of dishonesty, please ask prior to the deadline of the assignment of reference.

**If you are in violation of this policy, you may receive a failing grade for the course and disciplinary action will follow the policy as outlined. The full Academic Honesty policy can be found at the following link: [Academic Honesty Policy](#).

- XII. ADA Statement:** "East Georgia State College provides reasonable accommodations for students with disabilities to ensure that they enjoy equal opportunity to participate in and benefit from programs available at the college." "The college is not responsible for making accommodations for students who have not disclosed their disability and have not provided appropriate documentation. Accommodations cannot be provided if it fundamentally alters the nature of the course or would cause undue hardship to the college." More information and detailed instructions regarding Academic Disability Accommodations can be found at the following link [Counseling and Disability Services](#).

- XIII. Course Withdrawal Policy Statement:** Students are responsible for their own academic progress. Decisions regarding withdrawal from courses should only be made after consultation with an academic advisor. Before withdrawing from a course, students must meet with a Financial Aid representative to discuss their personal financial aid situation. More information regarding withdrawal from courses can be found in the EGSC catalog at [Student Affairs Catalog](#).

- XIV. Campus Emergency Policy:**
- a. In the event the fire alarm is sounded, everyone must evacuate the building at once and in a calm and orderly fashion, using the nearest exit. In the event of a severe weather warning everyone must proceed immediately to the nearest designated shelter area which are marked by a small tornado symbol. All severe weather shelter

locations are posted on the EGSC website. Each student should, on the first day of class, determine the location of the nearest exit and the nearest designated shelter area for each of his or her classrooms. If you have difficulty locating either, ask your instructor to assist you.

- b. The **Connect-ED** system is a communication service that enables East Georgia State College administrators and security personnel to quickly contact all East Georgia State College students, faculty and staff with personalized voice and text messages that contain emergency-related campus information (e.g., campus closing, campus threat, health scare, etc.) With **Connect-ED**, EGSC students can be reached and provided with vital instructions anywhere, anytime, through their cell phones, home phones, email, TTY/TTD receiving devices, or other text-receiving devices. [ConnectEd Instructions.](#)
- c. EGSC Statesboro students should make themselves familiar with Georgia Southern University's Emergency Response Plan. In the event of an emergency, EGSC Statesboro students should follow the instructions of EGSC faculty and staff members and GSU campus officials.
- d. EGSC Augusta students should make themselves familiar with Augusta University's Emergency Response Plan. In the event of an emergency, EGSC Augusta students should follow the instructions of EGSC faculty and staff members and AU campus officials.

XV. Campus Carry Legislation HB280: Beginning July 1st, 2017, new Campus Carry legislation related to carrying and possession of handguns on campus will be in effect in the University System of Georgia. Please review the specific Campus Carry information at the following link [EGSC Campus Carry Policy](#) to determine the impact this new legislation may have on you, the student. Violation of the Campus Carry law is also a violation of the EGSC Student Code of Conduct. Please direct questions or report suspected violations to:

- EGSC Police Department
 - Main Campus: 478-289-2090
 - Statesboro: 912-623-2462
 - Augusta Campus: report to AU Police Department @ 706-721-8119

XVI. Additional Course Requirements: There will be assignments, assigned readings and PowerPoint lectures posted on Brightspace/D2L and through Foundations of Healthy Living LMS. You will need an access code for this. This can also be purchased directly from the LMS integration in D2L under payment module or through the

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bookstore. If purchasing through the bookstore, you will need your receipt. It contains your code. You will need to enter the code in the payment module. Students are responsible for these materials. It will be necessary to check Foundations of Healthy Living LMS often. I encourage you to stay ahead of the schedule.

XVII. Additional Course Policies/Tips/Recommendations:

1. It is recommended that you be prepared for this class.
2. Please make sure that the work you submit is your own and well cited.
3. Do not procrastinate. BRIGHTSPACE/D2L does have down-time and problems. Do not become a victim of the system.
4. You need to check Foundations of Healthy Living LMS as well as BRIGHTSPACE/D2L three times per week for new postings. There may not be anything new posted some weeks as I give a significant amount of time for assignments.
5. Please utilize the calendar and news feeds to be aware of new postings, pertinent information, and due dates.
6. Make sure that you run the Browser Check/Tune-up on the BRIGHTSPACE/D2L and Foundations of Healthy Living LMS login page prior to running for optimal performance. In addition, you should be utilizing Google Chrome or Mozilla Firefox as a preferred browser for BRIGHTSPACE/D2L and Foundations of Healthy Living LMS. Internet Explorer is not compatible with BRIGHTSPACE/D2L and you will not be able to see or utilize all aspects of the system or course. Both Chrome and Firefox are free to download from their respective websites. Foundations of Healthy Living LMS also has its own suggested browser tune-up. Please see the student support tab for additional assistance.
7. If you need to email me in reference to the class, you can do so using Catmail/Webmail. Please allow 48 business hours for a response.
8. Please handle any computer issues, Foundations of Healthy Living LMS or BRIGHTSPACE/D2L problems early within the semester. If you are still having connectivity issues at midterm that I am unaware of, it will be too late to correct those issues. Approaching issues early and promptly is essential for success.
9. Re-familiarize yourself with the academic honesty policy. This is a matter that I will take very seriously. I was not granted any exceptions as a college student and I expect the same high standards from you.

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10. The student is responsible for all materials provided including the textbook, notes and any discussion that takes place during the course. Any information is fair game during exams. ** All dates and assignments are tentative. All are subject to change due to unforeseen circumstances. Things may change due to COVID so please prepare yourself to be flexible.

Tentative Weekly Schedule:

- Week 1- Pre-course Survey and Getting Started Modules
- Week 2- Introduction: Establish a Healthy Concept of Self and Behavior Change: Motivation for Making a Healthy Change
- Week 3- Functional Fitness and Cardiorespiratory Fitness
- Week 4- Flexibility
- Week 5- Muscle Health: Muscular Strength and Endurance
- Week 6- Nutritious Eating Body Composition
- Week 7- Stress Management

- Week 8- Understanding Your Mental Health
- Week 9- Addiction
- Week 10- Healthy Sexuality
- Week 11- Healthy Relationships
- Week 12- Chronic Disease
- Week 13- Infectious Disease
- Week 14- Leisure and Recreation
- Week 15- Health Care
- Week 16- Healthy Lifetime
- Course Wrap-up