

Syllabus

**THE UNIVERSITY OF TEXAS AT ARLINGTON
COLLEGE OF NURSING AND HEALTH INNOVATION
RN to BSN ACADEMIC PARTNERSHIP PROGRAM**

N3335 Promoting Healthy Lifestyles

Course Description

This course addresses the need for health awareness and health promotion for individuals, families, and communities. The nurse's role in health promotion is a focal point of this course. Registered Nurses only.

This web-based course provides opportunities to gain knowledge about primary prevention in health care. Courses on health promotion are increasingly important because of the need for health professionals to be competent in practicing prevention and promoting healthy lifestyles.

Credit Hours and Clock Hours

Credit hours (3)

Placement in Curriculum

Upper division junior year

Course Prerequisites

N3345 Professional Nursing

Course Instructor

Gretchen Hutchinson RN, MSN/Ed

Office Hours: By Appointment

E-Mail: hutchinson@uta.edu

Course Outcomes

<p>Course Performance Outcomes At the end of this course, the student should be able to:</p>	<p>Performance Measurement</p>
<p>1. Evaluate historical, political, cultural, ethical, and environmental issues influencing health promotion.</p>	<p>Weekly online discussions Weekly quizzes Journal and Journal Analysis Carbon Footprint Analysis Book Review</p>
<p>2. Analyze health promotion strategies to enhance nursing practice across the life span.</p>	<p>Weekly online discussions Weekly quizzes Journal and Journal Analysis Health Risk Appraisal and Health Promotion Contract Exercise Prescription Book Review</p>
<p>3. Apply selected health promotion theories and concepts to personal health.</p>	<p>Weekly online discussions Weekly quizzes Journal and Journal Analysis Health Risk Appraisal and Health Promotion Contract Stress and Sleep Analysis Exercise Prescription Carbon Footprint Analysis Book Review</p>

Written Assignments

Assignments should exemplify professional appearance and communication skills and follow APA format.

Assignments and papers must be typed, legible, follow format guidelines, and use correct grammar, spelling and punctuation.

Teaching Methods

- Critical analysis/ written assignments
- Web-based readings and assignments
- Discussions
- Lecture
- Online scenarios
- Class projects
- Quizzes

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UTA School of Nursing Grading Criteria

In order to successfully complete an undergraduate nursing course at UTA, the following minimum criteria must be met:

70% weighted average on exams

70% weighted average on major written assignments
(i.e. non-proctored written, computerized assignments, etc.)

90% on practicum skills check off (if applicable)

90% on math test (if applicable)

In undergraduate nursing courses, all grade calculations will be carried out to two decimal places and there will be no rounding of grades. Letter grades for tests, written assignments, end-of-course grades, etc., shall be:

A: 90.00 - 100.00

B: 80.00 - 89.99

C: 70.00 - 79.99

D: 60.00 - 69.99

The existing rule of C or better to progress remains in effect; therefore, to successfully complete a nursing course, students shall have a course grade of 70.00 or greater.

Evaluation

Components to Be Graded	Percent of Grade
Health Risk Assessment and Health Promotion Contract (5% each)	10%
Quizzes (5% each)	25%
Discussions (5% each)	25%
Journal	8%
Journal Analysis	5%
Book Review	10%
Other Assignments: Sleep Log 5% Stress/Sleep Analysis 4% Exercise Prescription 4% Carbon Footprint Analysis 4%	17%

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Successful completion of the course requires reading the readings, viewing the videos, interacting in the online discussions, completing the required assignments and quizzes, and participation in course activities. Every element of the course, whether quiz, assignment or discussion, has a purpose, adding to the overall learning experience for the course.

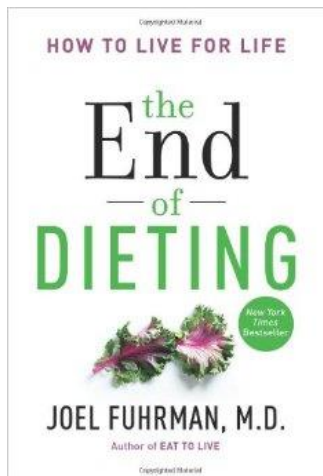
All participation will be electronically monitored. **Late papers will be penalized 5 points for every day late after the date and time due unless prior arrangements have been made with the faculty, at the faculty's discretion. Late initial discussion posts will be penalized 5 points for every day late up until the due date and time, there will be no credit given for late peer responses.**

Quiz questions will be oriented toward evaluation of application and analysis. Quizzes are timed. **Failure to take a quiz as scheduled may result in a score of "0" for the quiz.** Students not taking the quiz on designated dates and times will be required to notify the faculty **on or before** the quiz day. **All decisions regarding make-up quizzes will be at the discretion of the faculty.**

There is a Quiz every week of the course. The 5 Quizzes will be open and accessible from 0800 Friday until 2359 Saturday (see Course Planning Calendar below). If you do not log in and access the quiz during the posted timeframe, it will not be accessible outside the timeframe.

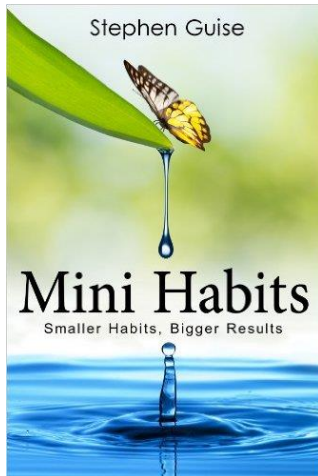
Suggested Textbooks

There is no required textbook for this course. You will have three books to choose from (see below) for your Book Review Assignment. See "Assignments" under Week 1 and then access "Getting Started on Week 4 Assignment". Also, see "Readings" under Week 1.

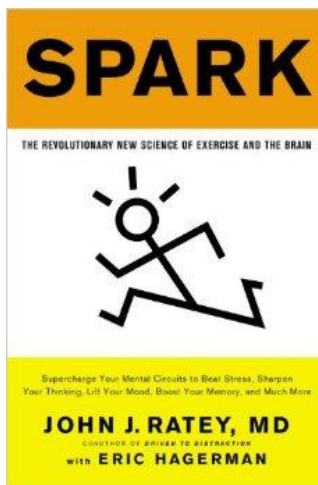


Fuhrman, J. (2014). *The End of Dieting: How to Live for Life*. New York, NY: Harper One.

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Guise, S. (2013). *Mini Habits: Smaller Habits, Bigger Results*. CreateSpace.



Ratey, J. L. (2008). *Spark: The Revolutionary New Science of Exercise and the Brain*. New York, NY: Little, Brown, and Company.

Student Evaluation of Teaching

At the end of the course, you will be asked to complete an evaluation form of the course content and the faculty's effectiveness.

Faculty's Philosophy and Responsibilities

Learning is exciting and fun. Life is all about learning and growing. I learn every time I teach a course. I will provide learning experiences designed to help you meet the course outcomes. My role is to facilitate your learning, but I cannot learn **for** you. That is up to you. I want to treat you as an adult learner. That means you have to motivate yourself. I have high expectations and performance standards for students and hold myself to the same standards.

Student Responsibilities

The student is responsible for reading assigned materials, viewing the lecture videos, participating in the course discussions, completing assigned work, and reviewing other materials as necessary to support comprehension of course content. Students are responsible for all material provided online, including lecture notes, announcements, and material that results from

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group discussions. Students are responsible for communicating needs/concerns to their Academic Coach. As necessary, the Academic Coach will communicate with the course faculty member.

Students are expected to participate in the online discussions and students' comments/responses should reflect academic preparation. All written presentations should follow APA format guidelines, using correct grammar, spelling, and punctuation.

Class Attendance Expectations

At the University of Texas at Arlington, taking attendance is not required. Rather, each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance. As the instructor of this section, I expect for you to participate in all activities (including but not limited to exams, quizzes, discussion boards, assignments) in a timely manner. Due dates and time frames are indicated on Blackboard.

Library Information

Librarian: Peace Williamson

Stem Librarian, Central library
702 Planetarium Place, Office #216
Arlington, TX 76019

peace@uta.edu

Research information on nursing:

<http://libguides.uta.edu/nursing>

RN-BSN Program Support Staff

Pamela Smith, Administrative Assistant I

Pickard Hall, 6th floor, Room 657

(817) 272-2776 ext. 4814

E-mail: pamsmith@uta.edu

Drop Dates

http://academicpartnerships.uta.edu/documents/UTA_Drop_Dates.pdf

UTA Information

Academic Integrity

All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington's tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.

I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the

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highest standards of integrity and uphold the spirit of the Honor Code.

Instructors may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System *Regents' Rule* 50101, §2.2, suspected violations of university's standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student's suspension or expulsion from the University.

Title IX: The University of Texas at Arlington is committed to upholding U.S. Federal Law "Title IX" such that no member of the UT Arlington community shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity. For more information, visit www.uta.edu/titleIX.

Americans with Disabilities Act

The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at www.uta.edu/disability or by calling the Office for Students with Disabilities at (817) 272-3364.

As a faculty member, I am required by law to provide "reasonable accommodation" to students with disabilities so as not to discriminate on the basis of that disability. All lecture videos are provided in the Resources section of the course with ADA accommodations. Student responsibility primarily rests with **informing your Academic Coach or faculty at the beginning of the course and in providing authorized documentation**. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at www.uta.edu/disability.

Student Support Services

UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk

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at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at www.uta.edu/resources.

Electronic Communication

UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

Student Feedback Survey

At the end of each term, students enrolled in classes categorized as “lecture,” “seminar,” or “laboratory” shall be directed to complete an online Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

Online Conduct

The discussion opportunities should be viewed as a public and professional forum for course-related discussions.

Students are free to discuss academic matters and consult one another regarding academic resources. The tone of online postings should be professional in nature.

It is not appropriate to post statements of a personal or political nature or statements criticizing classmates or faculty.

Inappropriate statements/language will be deleted by the course faculty and may result in denied access to the discussion board.

School of Nursing Information

APA Format

All nursing papers are expected to follow American Psychological Association (APA) format. In addition to the APA manual, a brief summary of commonly used APA information may be found under the UTACON Student Handbook.

STUDENT CODE OF ETHICS

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The University of Texas at Arlington College of Nursing supports the Student Code of Ethics Policy. Students are responsible for knowing and complying with the Code. The Code can be found in the Student Handbook.

CODE OF PROFESSIONAL CONDUCT

Nursing students in the UTA CON are considered to be part of the nursing profession. As members of the profession, students are expected to commit to and maintain high ethical standards.

Students are responsible and accountable for their own academic and professional behaviors and the resulting consequences.

Students will demonstrate self-discipline throughout all aspects of their nursing education, including meeting academic responsibilities and exhibiting professional conduct in the classroom and in the community, as outlined in the Texas Nurse Practice Act and Texas State Board of Nursing Policies.

It is each student's responsibility to promote scholastic honesty and professional ethics by actively participating with faculty in maintaining a quality academic environment. Students are expected to guard public safety by immediately reporting to faculty, any incident they observe or are aware of which would allow incompetent, unethical, or illegal practice by another individual. Having knowledge of and failing to report such behaviors constitutes a breach of both academic and professional responsibilities. Refer to the Student Handbook for more information.

No Gift Policy

In accordance with Regents Rules and Regulations and the UTA Standards of Conduct, the School of Nursing has a "no gift" policy. A donation to the UTA School of Nursing Scholarship Fund would be an appropriate way to recognize an Academic Coach or faculty member's contribution to your learning. For information regarding the Scholarship Fund, please contact the Dean's office.

The Student Handbook can be found by going to the following link:

<http://www.uta.edu/nursing/bsn-program/> and clicking on the link titled BSN Student Handbook located in the lower left-hand corner.

Course Schedule and Due Dates (Central Time)

Course Activity	Due Date
Week 1	Completed by:
Attestation Statement	Wednesday 2359
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz (open Friday 0800, close Saturday 2359)	Saturday 2359
Week 2	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz (open Friday 0800, close Saturday 2359)	Saturday 2359
Week 3	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz (open Friday 0800, close Saturday 2359)	Saturday 2359
Week 4	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz (open Friday 0800, close Saturday 2359)	Saturday 2359
Week 5	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz (open Friday 0800, close Saturday 2359)	Saturday 2359