



Syllabus

THE UNIVERSITY OF TEXAS AT ARLINGTON COLLEGE OF NURSING AND HEALTH INNOVATION

RN to BSN ACCELERATED ONLINE PROGRAM

N3335 Promoting Healthy Lifestyles

RN Licensure is Required

Students must be an RN (ADN or Diploma graduate) with a current, unencumbered RN license in one of the 50 United States.

Must have access to reliable internet service and use Microsoft Word 2010 or later during this course and throughout the RN to BSN program. Course schedules require mid-week and weekend deadlines for required course activities. All assignments are due using Central Time.

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 (3-0)

Placement in Curriculum

Upper division junior year

Course Prerequisite

N3345 Transition to Professional Nursing

N3335 Promoting Healthy Lifestyles

Course Teaching Team

Faculty Member Name	Faculty Member Email	Faculty Member Role
Cynthia Koomey, MSN, RN	cynthia.koomey@uta.edu	Lead Faculty
Marianne Doan, MSN, RN	marianne@uta.edu	Faculty
Shawn Tindell, MSN, RN	tindell@uta.edu	Faculty

Academic Coaches

Each of you will be assigned to an Academic Coach. These are nurses who have all the qualifications of the UT Arlington College of Nursing and Health Innovation Faculty and have experience in the content areas covered by the course. They assist the UTA Faculty in all accelerated online courses. They are your first contact for any course questions. All correspondence with them must be through your UTA email or through the email provided directly in the Blackboard course. Faculty and Academic Coaches will not respond to your personal email accounts. All assignments must be submitted into this Blackboard course in order to be graded. Academic Coaches will not accept any assignments via email.

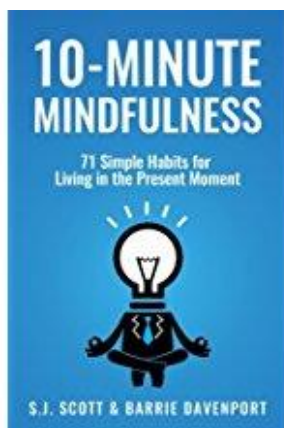
UT Arlington Email: Faculty and Academic Coaches do not respond to any student emails other than UTA email addresses. Be sure you have set up your UTA email and use it!

Required Textbooks

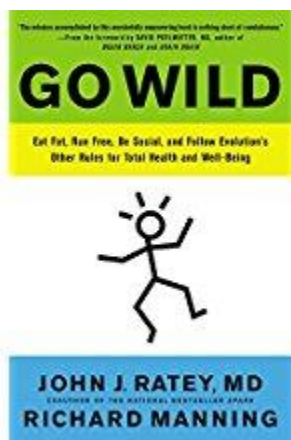
Houghton, P. M., & Houghton, T. J. (2009). *APA: The easy way! A quick and simplified guide to the APA writing style* (2nd ed.). Flint, MI: Baker College. ISBN 978-0923568962

You will have two books to choose from (see below) for your Book Review Assignment. Please choose the book that you find most appealing and start reading!

*If you submit your book review on a book that is **NOT** one of the choices on this syllabus, you will receive a **50-point deduction** on the book review assignment. Please pay close attention to the book options on the syllabus to ensure you chose an allowed book for your book review.*



Scott, S. J., & Davenport, B. (2017). *10-minute mindfulness: 71 simple habits for living in the present moment*. San Bernardino, CA: Oldtown Publishing, LLC.



Ratey, J. J., & Manning, R. (2014). *Go wild: Eat fat, run free, be social, and follow evolution's other rules for total health and well-being*. New York, NY: Little, Brown and Company.

Course Outcomes

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

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Written Assignments/Discussion Boards

Assignments should exemplify professional appearance and communication skills and follow APA format. **APA format is highly emphasized in this course. Please note that Discussion Board posts must be in 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
Readings and assignments
Discussion Boards
Lecture/Videos
Journal
Quizzes

UTA School of Nursing Grading Criteria

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

70% weighted average on major written assignments. Major assignments and their value included in the 70% weighted average are listed here:

- Health Risk Assessment and Health Promotion Contract (30%)
- Sleep/Stress Analysis (25%)
- Journal Analysis (25%)
- Book Review (20%)

In determining the final course grade for N3335:

- The major assignments average will be checked first.
 - If a student achieves a 70.00% with no rounding of the average on the major assignments, the additional course requirements will count toward the final course grade.
 - The final weighted course grade must also be above a 70%.
- If a student **did not achieve** a 70.00% with no rounding on the major assignments average, then the course grade calculation stops and the grade stands as a D or F as determined by the numerical value from the weighted average on the major assignments.
- There are no opportunities for “make-up” assignments or to earn extra credit in this course.

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

N3335 Promoting Healthy Lifestyles

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.

Please note: If you are repeating the course, you must do your Book Review on the book option that you did NOT choose the first time you took the course. **If your Book Review is on the same book that you reviewed in the previous course, you will receive a zero for this assignment.**

Final Course Grading (if 70% average on major assignments requirement met):

Components to Be Graded	Grading Weights
Health Risk Assessment and Health Promotion Contract	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%
TOTAL	100%

TO BE SUCCESSFUL IN N3335:

1. Know your **Academic Coach's email** and use it!
2. Complete the **Attestation Form** first thing
3. Complete the **APA Self-Assessment** to gain access to the Weekly Modules
4. Read all the **Readings**
5. View all the **Lecture Videos and Media**
6. Interact in all the online **Discussion Boards**
7. Complete the required **Assignments**
8. Complete all **Quizzes**

Participation

Because this is an online course, participation in the course activities is essential to completing this course. Discussion boards are used to collectively explore topics/case studies/situations outlines in weekly course contents.

All participation is electronically monitored.

Discussion Board Entries are a vital part of this online course.

1. Three postings are required for each Module by the deadlines outlined in the Course Planning Calendar on the last page of this syllabus. You create a discussion thread by Wednesday and respond to 2 colleagues by Saturday of each module.
2. Create a discussion thread to be posted by 2359 (CT) each Wednesday of the course. Use citations and references as appropriate. APA format is required.
3. Respond to 2 colleagues' postings in a substantive manner to be posted by Saturday of the Module at 2359 (CT). Use citations and references as appropriate. APA format is required.
4. Deadlines are in the Course Planning Calendar for each Module's Discussion Board. APA citations and references are required. Completion of the APA Self-Assessment is MANDATORY and will help you prepare for the Discussion Boards. Rubrics are used to grade the discussion entries.
5. All discussion board entries are graded and calculated to comprise 25% of the final grade. If parts of the requirements of discussion board entries are omitted, then (as shown on the rubric) a grade of "0" will be entered into that portion of the rubric and calculated into the final grade.

Late initial discussion posts may be penalized up to 5 points for every day late after the date and time due. There will be **no credit** given for discussion posts submitted as an **attachment** instead of in the body of the post. There will be **no credit** given for late peer responses, or initial discussion posts posted any later than the Saturday of the assigned week.

All assignments will be submitted within Blackboard in Microsoft Word format unless instructed otherwise by faculty. Assignments that cannot be opened cannot be graded and will receive a zero. Check to be sure your assignment submission is visible in the viewing pane when you submit it and carefully review it to be sure you submitted the file you intended to. Resubmissions of work will not be accepted after the due date.

Unless prior arrangements have been made with the Academic Coach and/or Faculty, **assignments submitted late will be penalized 5 points for every day late, up to two days. After 48 hours, the assignment portal will close and no more late submissions will be accepted.** If you have not submitted within the 48 hours after the deadline, you will receive a zero for that assignment.

The 5 point per day late penalty also applies to assignments submitted without having a complete and accurate **Attestation Form** submitted via Blackboard.

N3335 Promoting Healthy Lifestyles

Quiz questions will be oriented toward evaluation of application and analysis. **Quizzes are timed and must be completed within 60 minutes.** Once 60 minutes has elapsed, the quiz will automatically close. **Failure to take a quiz as scheduled may result in a score of “0” for the quiz.** Any makeup quiz will be at the discretion of the Course Faculty, and will only be considered IF the Academic Coach was notified BEFORE the quiz deadline.

This course closes the last week of class on Saturday at 2359. No assignments will be accepted after the final due date, Saturday 2359, unless prior arrangements have been made with the Academic Coach.

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. Constructive student feedback is essential and is consistently applied to course improvements. Please complete the evaluation!

Faculty's Philosophy and Responsibilities

Learning is challenging, exciting, and empowering! My goal is for you to enjoy your educational experience while achieving the outcomes of this course. I will facilitate your learning, but the actual learning is up to you. Be proactive in your learning process!

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 group discussions. Students are responsible for communicating needs/concerns to their Academic Coach **via their UTA email account. Coaches and Faculty will only respond to emails from UTA email addresses.** 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** and be **professional** in nature. All written communication 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 quizzes, discussion boards, assignments) in a timely manner. Due dates and time frames are indicated in Blackboard.

N3335 Promoting Healthy Lifestyles

Library Information

Librarian: RaeAnna Jeffers

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

*****To drop a course on or after the first day of class***

- Fill out the drop form for the Accelerated Online Nursing students, fill out the form: <http://academicpartnerships.uta.edu/documents/Drop-Request-Form.pdf>
- Save the form and email it to your academic advisor at Rnadvising@uta.edu
- Drops can only be requested through your MyMav email. Do not call! If you call you will be instructed to email in your request using your MyMav email only.
- All drops are final.
- Drop requests **must** be submitted by **4:00 PM CT** in order for a drop to be processed the **same day**. If a drop request is submitted after 4:00 PM CT, on weekends or holidays, it will be processed the next business day. Students who submit a drop request after 4:00 PM CT will be subject to the next business day's refund and drop deadline policies. If a request to drop a course is received after 4:00 PM CT on the last day to drop, your request may not be reviewed or processed.

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

N3335 Promoting Healthy Lifestyles

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 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.

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 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**

N3335 Promoting Healthy Lifestyles

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. It is also not appropriate to criticize classmates, coaches, or faculty.

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

College of Nursing and Health Innovation Information

APA Format

All nursing papers are expected to follow the guidelines within the 6th edition of the American Psychological Association Publication Manual. In addition to the APA manual, a brief summary of commonly used APA information may be found in the Student Handbook located on the UTA CONHI website.

Student Code of Ethics

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.

N3335 Promoting Healthy Lifestyles

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/conhi/doc/unurs/BSN_student_handbook.pdf

Course Planning Calendar and Weeks/Times Assignments are Due! (All times are Central Time Zone (CT) regardless of where the student lives)	
Course Activity	Due Date (Central Time)
Module 1	Completed by:
APA Self-Assessment	Mandatory to gain access to Weekly Modules
Attestation Statement	Wednesday 2359 (Must be complete and correct to gain access to Weekly Modules)
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz	Saturday 2359
Module 2	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz	Saturday 2359
Module 3	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz	Saturday 2359
Module 4	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz	Saturday 2359

N3335 Promoting Healthy Lifestyles

Module 5	Complete by:
Discussions	Wednesday 2359 - post discussion thread Saturday 2359 - post replies to 2 colleagues
Assignments	Saturday 2359
Quiz	Saturday 2359 – COURSE CLOSED NO LATE ASSIGNMENTS ACCEPTED