

Middlesex Community College
100 Training Hill Road
Middletown, CT 06457

COURSE SYLLABUS

Course Title: Introduction to Holistic Wellness, PSY 103 (CRN 1167)
Semester: Spring 2018
Credit Hours: 3.00
Professor: Dr. Andrea Gurmankin Levy
Department: Social Sciences
Professor email: alevy@mxcc.commnet.edu
Professor office: Snow 508
Professor office hrs: Tuesdays 10:45-12:30 & 1:45-3:30, Thursdays 10:45-12:30, Fridays 12:15-1pm, or by appt.

Course Scope

This course explores how cognition, emotion, stress, lifestyle, and the environment impact a person's health and sense of well-being. Students will review the psychological and behavioral factors which enhance wellness while reducing one's risk for illness. Students will journey toward wellness by studying and experiencing alternative, preventive and stress-reducing techniques. Modalities explored are: the mind/body connection, relaxation, nutrition, exercise and spirituality.

Course Objectives

By the end of this course, the student will be able to:

1. Identify and explain each of the following factors in health and well-being.
 - a. Nutrition
 - b. Weight
 - c. Exercise
 - d. Substances (drugs, alcohol, tobacco)
 - e. Coping skills
 - f. Environment
 - g. Healthy relationships
 - h. Violence
 - i. Infection
 - j. Accidents and Injuries
 - k. Health care decisions
2. Understand the causes, symptoms, treatment and prevention (as appropriate) for each of the following:
 - a. Cancer
 - b. Cardiovascular disease
 - c. Hereditary diseases
 - d. Mental Health
3. Identify and explain factors that impact health and risk in pregnancy, fertility and sexual activity.
4. Apply knowledge of health and healthy lifestyles to generate effective strategies for improving one's own health.

Text

Edlin, G & Golanty, E. (2014). Health & Wellness (12th ed.). Jones & Bartlett Learning, Burlington, MA

Online textbook resources: <http://health.jbpub.com/hwonline/11e/> (use access code that comes with your text book)

Course policies and expectations

The main expectations for this course are outlined in the course contract available in the course menu. If you cannot commit yourself to the policies outlined in the course contract available on Blackboard, please drop this class. A new module will become available either every Friday or every other Friday at 11:59pm, according to the dates outlined below. You will carefully review each item in the module and then complete and submit the assignments listed for that module. All due dates are listed below.

Grades

Your course grade will be made up of:

1. **Module Assignments** to be submitted in each Module. Instructions for each assignment will be available within each Module. Late submissions will be penalized.
2. **Health Family Tree Project:** see p. 10-12 of syllabus. Due 3/30/18. More information is available in the Health Family Tree Project tab in the Course menu.
3. **Research paper:** see p. 7-9 of syllabus. Paper due 3/9/18. Topic due 2/2/18, annotated bibliography due 2/23/18. More information is under the Research Paper tab in the Course menu.
4. **Discussions:** In each Module, you will respond to a discussion question and also respond to another student's post in that Module. The question for each Module's discussion is available in the Discussion tab in the course menu. Your initial post is due by Wednesday 11:59pm and your response to someone else is due by Friday 11:59pm of each week. In the modules that last two weeks, your discussion posts will be due during the SECOND week of the module. Late submissions will be penalized. **Please review the guidelines for discussion posts and "Netiquette for Online Discussions" below.**
5. **Final exam:** The final exam is an essay exam with 11 questions. You will select which 10 you wish to answer. The exam will become **available on Blackboard at 7:00am on Monday May 7, 2018.** It must be completed and submitted **via Blackboard by Tuesday May 8 at 11:59pm. You may use your notes and textbook to complete the exam, but you may not help or get help from any person.** Doing so is a violation of the Policy of Student Conduct (<http://mxcc.edu/catalog/campus-policies/policy-on-student-conduct>).

Categories	Weight by %	Point value
Module assignments (200 points/10 assignments = 20 points each)	20%	200
Health Family Tree Project	20%	200
Research Paper Paper topic Annotated Bibliography Final paper	25%	250 5 45 200
Discussions (your post and your response to someone else's post) (150 points/10 discussions = 15 points each)	15%	150
Final Exam	20%	200
Total points	100%	1000

Letter Grade	Percent grade
A	93.0-100.0
A-	90.0-92.9
B+	87.0-89.9
B	83.0-86.9
B-	80.0-82.9
C+	77.0-79.9
C	73.0-76.9
C-	70.0-72.9
D+	67.0-69.9
D	63.0-66.9
D-	60.0-62.9
F	Less than 60.0

Course schedule

Dates	Chapter(s)	To do	Due date
1/18-1/26	Introductory steps	<ol style="list-style-type: none"> Follow the steps in the announcement on the main screen of the course Blackboard shell <ul style="list-style-type: none"> Post on "Introduce yourself" discussion thread and post signed contract (counts as one assignment) Read syllabus carefully 	by Fri 1/26/18 11:59pm
Module 1 (Available 11:59pm 1/19/18) One week long	1 & 2	<ol style="list-style-type: none"> Read chapters 1 & 2 View Module 1 contents Post discussion thread responding to questions provided 	By Wednesday 1/24/18 11:59pm
	Definition of Health	<ol style="list-style-type: none"> Respond to someone else's discussion thread. Your reply must be substantive. Complete Assignment 1. 	By Friday 1/26/18 11:59pm
	Mind-Body Communication	<ol style="list-style-type: none"> Complete Optional Assignment 	Optional
Module 2 (Available 11:59pm 1/26/18) Two weeks long	3 & 4	<ol style="list-style-type: none"> Submit paper topic under "Research paper" in course menu Read chapters 3 & 4. View Module 2 contents Post discussion thread responding to questions provided 	By Friday 2/2/18
		Managing Stress	<ol style="list-style-type: none"> Respond to someone else's discussion thread. Your reply must be substantive. Complete Assignments 1 and 2.
	Mental Health	<ol style="list-style-type: none"> Respond to someone else's discussion thread. Your reply must be substantive. Complete Assignments 1 and 2. 	By Friday 2/9/18 11:59pm
		7. Complete Optional Assignment	Optional
Module 3 (Available 11:59pm 2/9/18) Two weeks long	5, 6, & 7	<ol style="list-style-type: none"> Read chapters 5, 6, & 7. View Module 3 contents Post discussion thread responding to questions provided 	By Wednesday 2/21/18 11:59pm
		Nutritious Diet	<ol style="list-style-type: none"> Respond to someone else's discussion thread. Your reply must be substantive. Complete Assignment 1. <i>Note that because of the nature of the assignment, this will take 4 days to complete, so plan ahead!</i> Submit annotated bibliography for research paper under "Research paper" in the course menu
	Healthy Weight	<ol style="list-style-type: none"> Complete optional assignment 	Optional
	Physical Activity		
Module 4 (Available 11:59pm 2/23/18) One week long	8 & 9	<ol style="list-style-type: none"> Read chapters 8 & 9. View Module 4 contents Post discussion thread responding to questions provided 	By Wednesday 2/28/18 11:59pm
		Relationships	<ol style="list-style-type: none"> Respond to someone else's discussion thread. Your reply must be substantive. No required assignment this week.
	Pregnancy	<ol style="list-style-type: none"> Complete Optional Assignment 	Optional

Note that we are skipping chapters 12 and 24.

Module 5 (Available 11:59pm 3/2/18) One week long	10 & 11 Fertility Control	1. Read chapters 10 & 11. 2. View Module 5 contents 3. Post discussion thread responding to questions provided	By Wednesday 3/7/18 11:59pm
	STDs	4. Respond to someone else's discussion thread. Your reply must be substantive. 5. <i>No required assignment this week.</i> 6. Submit research paper under "Research paper" in the course menu.	By Friday 3/9/18 11:59pm
Week of 3/12 SPRING BREAK			
Module 6 (Available 11:59pm 3/16/18) Two weeks long	13, 14, & 15 Cancer	1. Read chapters 13, 14, & 15. 2. View Module 6 contents. 3. Post discussion thread responding to questions provided	By Wednesday 3/28/18 11:59pm
	Cardiovascular Disease Hereditary & Disease	4. Respond to someone else's discussion thread. Your reply must be substantive. 5. Complete Assignment 1. 6. Submit health family tree project under "Health Family Tree project" in the course menu.	By Friday 3/30/18 11:59pm
Module 7 (Available 11:59pm, 3/30/18) Two weeks long	16, 17, & 18 Drugs	1. Read chapter 16, 17, & 18. 2. View Module 7 contents 3. Post discussion thread responding to questions provided	By Wednesday 4/11/18 11:59pm
	Tobacco Alcohol	4. Respond to someone else's discussion thread. Your reply must be substantive. 5. Complete Assignment 1. <i>Note that because of the nature of the assignment, this will take 2 days to complete, so plan ahead!</i>	By Friday 4/13/18 11:59pm
Module 8 (Available 11:59pm 4/13/18) One week long	19 & 20 Health Care Decisions	1. Read chapters 19 & 20. 2. View Module 8 contents 3. Post discussion thread responding to questions provided	By Wednesday 4/18/18 11:59pm
	Alternative Medicine	4. Respond to someone else's discussion thread. Your reply must be substantive. 5. Complete Assignment 1.	By Friday 4/20/18 11:59pm
		6. Complete Optional Assignment.	Optional
Module 9 (Available 11:59pm 4/20/18) One week long	21 & 22 Accidents & Injuries	1. Read chapters 21 & 22. 2. View Module 9 contents 3. Post discussion thread responding to questions provided	By Wednesday 4/25/18 11:59pm
	Aging & Dying	4. Respond to someone else's discussion thread. Your reply must be substantive. 5. Complete Assignment 1.	By Friday 4/27/18 11:59pm
		6. Complete Optional Assignment.	Optional
Module 10 (Available 11:59pm 4/27/18) One week long	23 Violence	1. Read chapter 23. 2. View Module 10 contents 3. Post discussion thread responding to questions provided	By Wednesday 5/2/18 11:59pm
		4. Respond to someone else's discussion thread. Your reply must be substantive. 5. Complete Assignment 1.	By Friday 5/4/18 11:59pm
		6. Complete Optional Assignment.	Optional
Final exam available Monday May 7 @7:00am, due Tuesday May 8 by 11:59pm			

Guidelines for Discussion Posts

- Posts should be no more than one to two paragraphs in length and thoughtfully composed. It is the quality of the message that your classmates and I will be looking for, not the quantity. Keep your posts concise; be clear and get to the point.
- **If you paraphrase or rely on an outside source (other than your own brain), remember to include proper references both in the text and at the end of the post! It is plagiarism to take a sentence from another source, change a few words, and present it as your own. You must always put it in your own words and provide a reference. You can find instructions for how to follow APA formatting for references in the APA format handout under “Research article summary” in the course menu. Be selective in the outside sources that you use – they should be scholarly, reputable sources (e.g., not random websites).**
- Reduce Reply Quotations - When you respond to a post, if you wish to quote a previous pertinent message, please edit your reply to quote only enough of that message to place your comment in perspective.
- Proofread!! Please proofread your post and look for spelling and grammar errors.
- The Subject Field - Always enter a descriptive phrase in the subject field of the post. This phrase should give an indication of the message's content. When you use the reply function, but stray from the original subject, please modify the "Subject" field accordingly. This keeps the body information in sync with its topic.
- Reply Address - When replying to a post, remember that you are replying to the entire class and not just to the person who wrote the message. If you wish to send a personal message, send the person a private message or email.
- Commercial Messages/Attachments - Commercial messages are not permitted, nor are commercial attachments.
- Copyrighted Materials - Do not post copyrighted material unless you own the copyright or have explicit permission from the author to do so. Instead, you should write a short description about the item and post the URL or web address of where the copyrighted material can be found.
- Please become familiar with the above guidelines and utilize them when posting to the Discussion board.

Netiquette for Online Discussion

Polite online behavior is called “netiquette”. Online text-based communication can be somewhat different to face-to-face conversation where facial expressions and body stance often add meaning to what is being said. As a student, you are expected to participate in the online community in a responsible way that is consistent with good academic practice. The following guidelines for online participation can assist you in this exchange of ideas and comments.

- **Review the tone of your message.** Ask yourself what your reaction would be if you received it. Look for any areas that might be misunderstood and rewrite these sentences to remove any ambiguity
-
- **Acknowledge other students' opinions, even when you disagree,** and always provide clear, thoughtful support for your views.
- **Respect the rights of other students** to participate in ways which are free from harassment and intimidation. Flaming (comments intended to abuse or insult) and personal abuse are entirely inappropriate.
- **Always assume good intent and respond accordingly.** If you are unsure of or angered by a message, wait 24 hours before responding. This will give you time to calm down and perhaps to better see the other person’s point of view.
- **When posting a message, choose your words carefully** to communicate what you intend. It is difficult to convey subtle meaning in online communications. Don’t assume that others will interpret your message in the same way that you do. Consider rewording your message if you think there is a chance that others will misunderstand your message and be offended by it.
- **Avoid typing in all capitals** because it is difficult to read and is considered the electronic version of ‘shouting’.

Research Paper on Health Intervention

Due 3/9/18

Select one of the following interventions that someone could use to improve their health. Conduct research using the MxCC library website (see below) and reputable websites (see below) to investigate the effectiveness of this intervention at improving health (in general or some specific element of health, such as depression or heart health), and write up your research in a 5-7 page (not including the title page, abstract and reference pages), double-spaced paper.

Possible topics:

1. Positive thinking
2. A specific dietary change (of your choosing)
3. Prayer
4. Social activity
5. Cardiovascular exercise
6. A certain alternative therapy (of your choosing, e.g., acupuncture)
7. A relaxation technique of your choosing (e.g., meditation, guided imagery, yoga, hypnotherapy, etc)

You may also propose an intervention for your investigation to me for my approval.

Expectations for the paper:

1. You must submit a topic via Blackboard for approval by **2/2/18 (5 points)**.
2. You must select your sources and submit an annotated bibliography of your sources via Blackboard by **2/23/18 (45 points)**.

The following website provides instructions for how to write an annotated bibliography:

<https://owl.english.purdue.edu/owl/resource/614/01/>

4. The rest of the paper will be worth **200 points** and will be graded according to the rubric provided.
5. You must use APA format in your paper. A model for APA format is available on Blackboard, and helpful websites on APA are provided below.
6. You must use a minimum of 7 sources in your paper, 5 of which must be scholarly journal articles. Remember that this is a minimum- the more sources you have, the easier it will be to write your paper. You may also use the approved websites below, but don't use any other websites unless they are highly reputable.
7. You may not use quotes in your paper. You must put whatever you want to say in your own words. If it comes from another source, make sure you cite it!
8. Follow all instructions in the Research paper writing guide available on Blackboard.
9. Follow the checklist below for writing your paper.

Library website instructions:

Go to www.mxcc.edu/library → Articles → All Ebsco databases. When you enter the database, Select “scholarly (peer-reviewed) journals” in your search to ensure that you select the correct type of article. Enter the search terms of interest. For instance, if your topic is acupuncture, you might search the terms “acupuncture” and “effectiveness”.

There is a handout available on Blackboard (“How to Read a Scholarly Article”) which, as the title suggests, can help you with reading scholarly journal articles.

Some reputable websites that you may use as sources in your paper (but please note that at least 5 of your 7 references must be scholarly journal articles):

Medline Plus: <https://www.nlm.nih.gov/medlineplus/>

U.S. Centers for Disease Control: www.cdc.gov

The Mayo Clinic: www.mayoclinic.org

American Holistic Health Association: <http://ahha.org/resources-portal/>

National Center for Health Statistics: <http://www.cdc.gov/nchs/>

National Center for Complimentary and Integrative Medicine: <https://nccih.nih.gov>

Nutrition.gov

U.S. Department of Agriculture. Dietary Supplements: Safety and Health Claims
<https://fnic.nal.usda.gov/dietary-supplements>

Let’s Move <http://www.letsmove.gov>

CancerNet: www.cancer.net

American Heart Association: heart.org

Some helpful websites on how to write this type of paper:

How to write a Psychology paper

<https://www.youtube.com/watch?v=r4UNpM3IHtY&feature=youtu.be>

How to write a research paper

<https://owl.english.purdue.edu/owl/resource/658/1/>

<http://libguides.bc.edu/litreview/gettingstarted>

Sample APA style paper:

http://faculty.mwsu.edu/psychology/Laura.Spiller/Experimental/sample_apa_style_litreview.pdf

Checklist for Writing Your Paper

- ___ Include Running Head on each page
- ___ Include cover/title page in APA format
- ___ 5-7 typed double-spaced pages using 12 point Times New Roman font, stapled (this is 5-7 pages of text not including the references and title page)
- ___ Number pages in upper right hand corner
- ___ Begin with opening paragraph(s) introducing topic and why it's important
- ___ Introduction captures readers' attention
- ___ Introduction includes thesis statement or research question
- ___ At least 5 journal articles incorporated into the paper and described, and a total of at least 7 sources
- ___ Cite sources for every idea, study or information introduced
- ___ Write in past (e.g., studied) or present perfect tense (e.g., has studied)
- ___ No quotes
- ___ Descriptions of studies are accurate, succinct and unbiased
- ___ Paper provides comparisons, evaluations and conclusions
- ___ These comparisons, evaluations and conclusions are based in evidence
- ___ Paper is well-organized and easy for reader to follow
- ___ Transitions used from one paragraph to the next to improve flow
- ___ Every reference cited in text is also in reference list (and vice versa)
- ___ Proofread so there are no typos, awkward sentences, incorrect use of grammar, wordiness
- ___ No biased writing
- ___ Conclusion section includes summary statements and critical thinking about the studies discussed
- ___ In-text citations are in APA format
- ___ Reference list is in APA format
- ___ Avoid all types of plagiarism

Health Family Tree Project
Due 3/30/18

When you visit a physician for the first time you are often bombarded with many forms and questions. Amidst the pile you are always asked for a personal health history as well as a family health history. Given the stress of being ill, adjusting to a new medical facility, and the sheer number of questions, it is easy to skip through this section making “your best possible guess”—sometimes you are even encouraged “to give your best answer”—even if that answer is incorrect! To help you with this part of your next physician visit and to make you a better informed patient at home, as a part of this course you will complete a Health Family Tree Project.

You will spend the coming weeks talking with family members to learn the health history of your relatives.

This history includes:

The general makeup of the family (relation to you and current age of each member)

Serious and/or chronic illnesses

Health habits, preventative and risk behaviors (e.g., exercise, nutrition, smoking, sun screen use, etc etc – refer to the text for others)

Where appropriate: cause of death and age at death

These conversations take time so be sure to start ASAP.

Why do it?

1) It could help your grade: It’s a simple way to study all semester long in a way that will get you to think about the material by applying it to people you care about.

2) It could help your health: These basic facts can help you and your physician to identify important medical patterns and trends that can help inform diagnostic, treatment and preventive care decisions for you.

3) It’s a way to demonstrate and apply what you are learning.

Your complete assignment will include two parts:

Part One: Health Family Tree Pedigree (see handout on guidance for collecting family history – on Blackboard) – (40 points)

A **1 page** representation of your Health Family Tree drawn by you*

--A complete pedigree will include health information about: you, your siblings, parents, aunts/uncles, cousins, and grandparents. *If you have children of your own and/or nieces and nephews, they should also be included. Go as far back (e.g., great grandparents) and as far forward (e.g., if you or your siblings or cousins have children) as you can, but if it’s not possible to get information on certain relatives, don’t worry about it.*

--Health information about each person

--*Note: While online programs are available, they have proven problematic in the past (producing impossible to read diagrams). I encourage you to sketch it by hand or create it yourself graphically in computer program. You will then scan or take a picture of your tree and submit the jpg or pdf.

Part Two: The paper [not to exceed 7 typed pages] – (160 points)

A written analysis of your Family Tree Pedigree addressing each of the following:

I. Initial Reflection: BEFORE you begin (2-3 paragraphs)

- How do you feel about this assignment?
- What are the benefits of completing it?
- What are the costs of/barriers to completing it?
- How long do you think it will take to collect the information (pedigree)?
- How long do you think it will take to analyze the information?
- How long do you think it will take to write up the analysis?

II. Evaluate health trends that you see within your family: (as long as it takes)

- What do you notice about your family?
 - Are there particular health or disease patterns?
 - Can you identify positive health patterns?
 - To what do you attribute these positive patterns?
 - Can you identify negative health patterns?
 - To what do you attribute these negative patterns?
 - What are the implications of the patterns you observe for:
 - your past health
 - your present health
 - your future health
- i.e., Are you at risk for any particular habits, diseases, illnesses? Why?
- To what extent are these diseases preventable?

III. What do you intend to do with this information? (as long as it takes)

- Discuss whether you will share your Health Family Tree and analysis with your family and how you will use this information in your own life.
- In light of the patterns you observe, are there health behaviors you intend to modify (increase or decrease)?
 - Which ones? Why?
- Describe in detail at least one action plan that you will implement to maintain OR change your health habits. Be sure to include the both pros and cons of your proposed plan and what you will do to ensure this plan is implemented.

IV. Final Reflection: If you could do it again... (2-3 paragraphs)

- How do you feel about this assignment now?
- What were the benefits of completing it?
- What were the costs of/barriers to completing it?
- How close were your original estimates for each of these items? [If off, why were they off?]
 - collect the needed information (pedigree)?
 - analyze the information?
 - write up the analysis?
- If you could go back in time (to the start of this project) and tell yourself one thing, what would that be?

Health Family Tree Project Paper Guidance

- 1) Papers should be typed and double spaced, and conform to the standard rules of grammar and neatness (including leaving one inch margins on all four sides). They should also be in a “regular” font [e.g., Times or Arial, size 12]. Making the letters bigger is not the same as making the words better.
- 2) Pages should be numbered in the upper right corner. Nothing else should appear in that corner (e.g., no names).
- 3) A paper needs a title (always).
- 4) A **complete paper** will include:

___ FRONT PAGE:

A **cover page** with the following information (centered):

a) the title, b) your name, c) the school’s name, and d) the date.

(Note: No need for my name—I know my name).

[See above for actual paper content]

___ **An uploaded copy of your family tree.**

Final Note:

These are YOUR thoughts.

This paper should NOT include thoughts from Wikipedia, classmates, enthusiastic physicians, your cousin the nurse, your parents, Grover, Dumbledore, or Donald Trump.

This is a paper by you, about you.

You are the expert.

Do address **your** specific health habits and risks and what **you** can do about them using what we are covering in this course.

Make it an excellent paper.

Alternative Assignment:

In the event that you do not have access to genetic/family history information and find that you cannot complete a Health Family Tree, come see me to request permission to complete an alternative assignment **by February 1, 2018**


Note: Every Health Family Tree project will be challenging. Alternative Assignments will only be granted to those for whom the project would be **impossible**.

ADDITIONAL INFORMATION

For information about the college's policies and procedures regarding academic honesty, accessibility/disability services, attendance, audio-recording in the classroom, grade appeals, plagiarism, religious accommodations, weather/emergency closings, and more, please go to the following website: <http://mxcc.edu/catalog/academic-policies>

NON-DISCRIMINATION STATEMENT

Middlesex Community College does not discriminate on the basis of race, color, religious creed, age, sex, national origin, marital status, ancestry, present or past history of mental disorder, learning disability or physical disability, sexual orientation, gender identity and expression or genetic information in its programs and activities. In addition, the College does not discriminate in employment on the additional basis of veteran status or criminal record. The following people have been designated to handle inquiries or complaints regarding non-discrimination policies and practices:

-  [Primary Title IX Coordinator](mailto:amaslin@mxcc.edu) Dr. Adrienne Maslin Dean of Students/Title IX and Section 504/ADA Coordinator amaslin@mxcc.edu; 860-343-5759; Founders Hall Room 123