NURS 3335: Promoting Healthy Lifestyles
Fall 2019

Instructor Information

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Office Hours: By appointment only. Contact coaches and instructor via email with questions and issues. We make every effort to respond within 24 hours. If you do not receive a response within that time, please re-send your original email to us again.

Co-Instructor: Marianne Doan, MSN, RN
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Email Address: marianne@uta.edu
Faculty Profile: https://mentis.uta.edu/explore/profile/marianne%20-doan
Office Hours: By appointment only. Contact coaches and instructor via email with questions and issues. We make every effort to respond within 24 hours. If you do not receive a response within that time, please re-send your original email to us again.

Course Information

Section Information:
NURS 3335: Sections 500 and 503

Time and Place of Class Meetings:
Online Course

Description of Course Content:
Health promotion for individuals and families. Opportunities to gain knowledge about primary prevention in health care. Importance of the role of the nurse in disease prevention and health promotion. RN-BSN students only. Previously NURS 3435. Prerequisite: or Corequisite NURS 3345.

Student Learning Outcomes:
1. Evaluate historical, political, cultural, ethical, and environmental issues influencing health promotion.
2. Analyze health promotion strategies to enhance nursing practice across the lifespan.
3. Apply selected health promotion theories and concepts to personal health.

Required Textbooks and Other Course Materials:
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! You can purchase these books from the UTA Bookstore, Amazon, Barnes & Noble, etc…

Please know that the books options change frequently from term to term. 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 choose an allowed book for your book review.

Also, 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.


**Recommended Textbooks and Other Course Materials:**

**Descriptions of major assignments and examinations:**
1. Health Risk Assessment and Health Promotion Contract – You will provide a summary of your current health status and identify one health behavior to contract on to change/improve during this course. You will evaluate your current “stage of change” and provide a thorough explanation as to why you feel like you are in that particular stage.
2. Book Review – You will select a book from the two choices provided above and write a book review that expressed your motivation for selecting the particular book, the impression the book made on you, information from another external, reliable source that either corroborates or contradicts the book, and how or why this book will or will not impact your personal life and professional nursing practice.

**Grading Information**

Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels; see “Student Support Services,” below. There are no opportunities for “make-up” assignments or to earn extra credit in this course.
Final Course Grade:

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Risk Assessment and Health Promotion Contract</td>
<td>10%</td>
</tr>
<tr>
<td>Sleep Log</td>
<td>5%</td>
</tr>
<tr>
<td>Sleep/Stress Analysis</td>
<td>4%</td>
</tr>
<tr>
<td>Exercise Prescription</td>
<td>4%</td>
</tr>
<tr>
<td>Carbon Footprint</td>
<td>4%</td>
</tr>
<tr>
<td>Book Review</td>
<td>10%</td>
</tr>
<tr>
<td>Journal</td>
<td>8%</td>
</tr>
<tr>
<td>Journal Analysis</td>
<td>5%</td>
</tr>
<tr>
<td>Quizzes (5% each)</td>
<td>25%</td>
</tr>
<tr>
<td>Discussions (5% each)</td>
<td>25%</td>
</tr>
</tbody>
</table>

Minimum Passing Criteria:
In order to successfully complete an undergraduate nursing course at UTA, the following minimum criteria must be met:
A final course grade of C (70.00) or better is required in all nursing courses to pass.
In determining the final course grade, test grades are rounded to two decimal places (i.e., 85.679=85.68).
For the final course grade there will be no rounding (i.e., 89.67=B, 69.99=D).

Exam Policy:
Exam scheduling and administration procedures are standardized among all pre-nursing and upper-division courses in the pre-licensure nursing program. The full policy, located in the CONHI Policy and Handbook Library, includes details related to exam development, exam scheduling and accommodations, exam administration, testing environment, and post-exam procedures.

1. Excused Absences: legal obligation, military obligations, pre-approved university-sponsored events, emergency situations, religious holy days, death of family member, or illness
   • Requirements: To be considered for a re-scheduled exam, the student must notify faculty prior to exam start date and time; documentation of incident is required and must be provided within 48 hours following exam due date and time. Documentation for illness requires proof of a visit to a healthcare provider. There are no exceptions to this rule.
   • The make-up exam may include alternative questions and/or test format. There will be no point deductions for an excused exam absence.

2. Unexcused Absences: oversleeping, exam date oversight, computer / technical issues, or other reasons not listed under excused absences
   • Requirements: To be considered for a re-scheduled exam, the student must notify faculty with their request within 48 hours of the exam due date and time. The exam must be scheduled within 7 days of the original exam due date and time.
   • The make-up exam may include alternative questions and/or test format and will have a point penalty of 20 points.
   • A student may only have one unexcused absence per course. Subsequent unexcused absences will result in a ‘0’ on the exam.
   • Students will not be allowed to take exam in another section without penalty due to an unexcused absence.

3. Exam Tardy:
   • Proctored Exams: If a student arrives late to a proctored exam, they are only allowed the remaining time to complete the exam. For example, for a 60-minute exam, if a student arrives and has only 13 minutes left, that is all the time they will be given to complete their exam.
4. Students will only be allowed one 20 point penalty per course, whether it is the result of an unexcused absence or a late submission.

**Late Assignment Submission:**
All assignments will be submitted within the course 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 coach and/or faculty, assignments submitted late will be penalized 5 points for every day late, up to two days (48 hours). 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 the course. Students who have not submitted a correctly completed Attestation Form by 2359 of the second Monday of the course will receive a zero on the Module 1 assignments, as the assignment portal closes at that time.

Late initial discussion posts will be penalized 5 points for every day late, up to two days (48 hours) after the date and time due. After 48 hours, initial discussions posts will no longer be accepted and you will receive a zero for that portion of the discussion board grade. There will be no credit given for discussion posts submitted as an attachment instead of in the body of the post. There will also be no credit given for peer responses posted any later than the Saturday of the assigned week.

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 instructor in accordance with the Exam Policy above.

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 coach and/or instructor.

**Grade Grievances:**
Any appeal of a grade in this course must follow the procedures as published in the College of Nursing and Health Innovation Undergraduate Student Handbook (https://www.uta.edu/conhi/students/policy/index.php). In an attempt to resolve a complaint, the student must first make a serious effort to resolve the matter with the individual with whom the grievance originated. Faculty of the course has the primary responsibility for assigning grades. Appeals of the official grade assigned to a student for a course will not, therefore, be considered at levels above the faculty unless a student offers evidence of:

- Differential treatment – examples might be providing benefits such as extra time for assignments to some but not all students in the class; excluding some students from attendance or other course requirements, OR
- Procedural irregularities – examples might be adding a new requirement that was not listed in the class syllabus; using criteria for grades not made available to the student ahead of time.

More information about the university’s grade grievance policies can be found in the Undergraduate Grading Policies section of the catalog (https://catalog.uta.edu/academicregulations/grades/#undergraduatetext). Information regarding grievances for matters other than grades is available in the Student Rights section of the catalog (https://catalog.uta.edu/academicregulations/security/).
## Course Schedule

**Course Planning Calendar and Weeks/Times Assignments are Due**  
*(All times are Central Time Zone (CT) regardless of where the student lives)*

<table>
<thead>
<tr>
<th>Course Activity</th>
<th>Due Date (Central Time)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Module 1 – Health Promotion</strong></td>
<td><strong>Completed by:</strong></td>
</tr>
<tr>
<td>APA Self-Assessment</td>
<td>Mandatory to gain access to Weekly Modules</td>
</tr>
<tr>
<td>Attestation Statement</td>
<td>Wednesday 2359 <em>(Must be completed correctly.)</em></td>
</tr>
<tr>
<td>Discussions</td>
<td>Wednesday 2359 - post discussion thread</td>
</tr>
<tr>
<td></td>
<td>Saturday 2359 - post replies to 2 colleagues</td>
</tr>
<tr>
<td>Assignments</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td>Quiz</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td><strong>Module 2 – Sleep and Stress</strong></td>
<td><strong>Complete by:</strong></td>
</tr>
<tr>
<td>Discussions</td>
<td>Wednesday 2359 - post discussion thread</td>
</tr>
<tr>
<td></td>
<td>Saturday 2359 - post replies to 2 colleagues</td>
</tr>
<tr>
<td>Assignments</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td>Quiz</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td><strong>Module 3 – Exercise</strong></td>
<td><strong>Complete by:</strong></td>
</tr>
<tr>
<td>Discussions</td>
<td>Wednesday 2359 - post discussion thread</td>
</tr>
<tr>
<td></td>
<td>Saturday 2359 - post replies to 2 colleagues</td>
</tr>
<tr>
<td>Assignments</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td>Quiz</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td><strong>Module 4 – Environmental Issues</strong></td>
<td><strong>Complete by:</strong></td>
</tr>
<tr>
<td>Discussions</td>
<td>Wednesday 2359 - post discussion thread</td>
</tr>
<tr>
<td></td>
<td>Saturday 2359 - post replies to 2 colleagues</td>
</tr>
<tr>
<td>Assignments</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td>Quiz</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td><strong>Module 5 – Genetics/Genomics</strong></td>
<td><strong>Complete by:</strong></td>
</tr>
<tr>
<td>Discussions</td>
<td>Wednesday 2359 - post discussion thread</td>
</tr>
<tr>
<td></td>
<td>Saturday 2359 - post replies to 2 colleagues</td>
</tr>
<tr>
<td>Assignments</td>
<td>Saturday 2359</td>
</tr>
<tr>
<td>Quiz</td>
<td>Saturday 2359 – <strong>Course closed. No late assignments accepted.</strong></td>
</tr>
</tbody>
</table>

As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. ~ Cynthia L. Koomey, PhD, MSN, RN
Institution Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the Institutional Information page (http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) which includes the following policies among others:

- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

Additional Information

Attendance:
At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. 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 do not require attendance but I strongly encourage regular and consistent engagement in the course. However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients “begin attendance in a course.” UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

If a student enters the course after the first day of class due to late registration or any other reason, they will be responsible for any missed course material.

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 http://www.uta.edu/studentsuccess/success-programs/programs/resource-hotline.php

The IDEAS Center (2nd Floor of Central Library) offers FREE tutoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in, or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The English Writing Center (411LIBR):
The Writing Center offers FREE tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at https://uta.mywconline.com. Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see www.uta.edu/owl for detailed information on all our programs and services. The Library’s 2nd floor Academic Plaza offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation. http://library.uta.edu/academic-plaza
Librarian Contact Information:
UTA Library:  http://www.uta.edu/library/help/subject-librarians.php
   Nursing Librarians:  nursinglibrarians@uta.edu
   Gretchen Trkay  gtrak@uta.edu
   Peace Ossom Williamson  peace@uta.edu
   RaeAnna Jeffers  raeanna.jeffers@uta.edu

CONHI Student Handbook:
The Undergraduate BSN Student Handbook can be found by going to the following link:
https://www.uta.edu/conhi/students/policy/index.php

Emergency Phone Numbers

In case of an on-campus emergency, call the UT Arlington Police Department at 817-272-3003 (non-campus phone), 2-3003 (campus phone). You may also dial 911. Non-emergency number 817-272-3381. Enter the UTA Police Department’s emergency phone number into your own mobile phone.