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**HLTH 4300: Worksite Health Promotion  
Fall 2018**

**Instructor: Doryce Judd**

**Office Hours: TBA**

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**Course Description:**

Planning, implementing, and evaluating a comprehensive worksite health promotion program in a corporate setting. Course will include the role of the health and productivity manager in developing worksite health promotion programs within a corporate setting.

**Required Text:**

Chenoweth, D. (2007). Worksite Health Promotion (3<sup>rd</sup> ed.). Champaign, IL: Human Kinetics.

**Course and Learning Format**

The course objectives will be presented through a variety of methods.

- Online and face to face Lectures
- Class discussions
- projects
- Exams

**Student Learning Objectives**

- To identify and understand the economic forces affecting worksites.
- To demonstrate understanding of the front-end programming components such as identification, assessment, marketing and funding.
- To identify employee risk-reduction strategies and worksite health promotion program evaluation.
- To understand the advantages and disadvantages of health promotion in a corporate setting.

**Assignments**

**Eportfolio (foliotek):**

**Two Online Exams:** Students will have **one hour** to complete each exam online. Waiting until the end of the exam time may not give you the full amount of time. Please use your time wisely! Failure to take exams on the scheduled date will result in a grade of zero unless the student has

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made arrangements with the instructor **prior** to the class period. Make-up exams will **NOT** be given. Make sure that you are using a reliable computer for your exams. Please note that there are several computer labs on campus. Also, the city libraries have a computer with internet access.

**Team Project:** The purpose of this project is to allow the student opportunities in planning and developing an innovative idea for worksite health promotion. This project will require time and a maximum effort from each team member in order to develop an effective product. Teams will be assigned, then begin to decide on a corporation to target and begin developing ideas to improve the health of its employees. **The project is a proposal to begin a brand new or to improve an existing employee health program; the project can focus on a fictitious company or a currently existing business or company.** A budget page or pages should be included indicating the overall cost benefit and the program's economic advantage to the organization.

**Team Presentation:** Each team will be given the opportunity to present their project to the class. Each team will be given (no less than) 30 minutes to provide an explanation and rationale for the program, and present the necessary resources needed for the project. As a part of the presentation - a budget is **required** and should include building costs, equipment rental, staff salaries, and other costs associated with the program. The presentation will also include a visual component (i.e., power point or overhead projection). Each team will be given feedback from classmates and the instructor. **Team members should dress business casual for their presentation.** The formal presentation is the group's opportunity to secure an offer of funding from the company to actually provide the program described.

**Team Evaluation:** At the end of the semester, **students will complete a peer** evaluation to assess the contributions and the level and quality of work achieved by each of their fellow group members during the work produced for the Team Project and Team Presentation.

**Individual Service Learning:** This project will require a minimum of 2 or 3 documented hours of your time outside of our class and in the community in a health setting working with people from different ethnic or cultural backgrounds from your own. You will maintain and keep copious notes and complete a paper reflecting on the experience.

## **Evaluation**

<b><u>Assignment</u></b>	<b><u>Point Value</u></b>
Exam 1	150
Exam 2	150
Team Project – Instructor Eval.	100
Team Evaluation – Peer Eval.	100
<u>Individual Service Learning</u>	50
<b>Total Points</b>	<b>550</b>

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1. The student is expected to use Blackboard to access class materials and check emails. It is the student's responsibility to become familiar with and regularly check Blackboard as it will be used to post messages and instructions – failure to follow these instructions may result in the loss of credit.
2. Attendance will enhance the student's understanding of the course material. You are expected **to arrive to class on time**.
3. If a student must miss class, communicate with the instructor ahead of the absence is necessary. **There are no excused absences so it is unnecessary to bring a medical note.** A letter from the Dean of Students office must be submitted for authorized absences.

### **Acceptable Student Behavior:**

Student behavior that interferes with an instructor's ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The university's expectations for student conduct apply to all instructional forums, including university and electronic classroom, labs, discussion groups, field trips, etc. The Code of Student Conduct can be found at [www.deanofstudents.unt.edu](http://www.deanofstudents.unt.edu)

### **Academic Integrity**

Academic integrity emanates from a culture that embraces the core values of trust and honesty necessary for full learning to occur. As a student-centered public research university, the University of North Texas promotes the integrity of the learning process by establishing and enforcing academic standards. Academic dishonesty breaches the mutual trust necessary in an academic environment and undermines all scholarship.

The Student Standards of Academic Integrity are based on educational principles and procedures that protect the rights of all participants in the educational process and validate the legitimacy of degrees awarded by the University. In the investigation and resolution of all allegations of student academic dishonesty, the University's actions are intended be corrective, educationally sound, fundamentally fair, and based on reliable evidence. Publication of academic standards is an essential feature of the University's efforts to advance academic ideals and to protect the rights of the University community.

### **American with Disabilities Act Compliance:**

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The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student. For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at [940.565.4323](tel:940.565.4323).

The designated liaison for the Department of Kinesiology, Health Promotion and Recreation is Ms. Doryce Judd (Doryce.Judd@unt.edu). For additional information see the Office of Disability Accommodation website at <http://www.unt.edu/oda>. You may also contact them by phone at 940.565.4323.

### **Family Educational Rights and Privacy Act (FERPA) Information:**

Students have the right to expect their grades will be kept confidential. There are a few things, because of the size and/or nature of this class, the instructor must advise you of collection and distribution of test results, quiz scores, homework assignments, roll sheets, projects, etc. During this class it may be necessary for students to pass assignments forward to the instructor or it may be necessary for the instructor to call the student's name and then return the completed assignment to by passing it across the room. The instructor, under the reasonable assumption guidelines, assumes students are collecting only their own materials. Every attempt will be made to keep your information confidential. No grades will be posted in a way that could result in a student being identified by other students or faculty members.

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### Tentative Schedule for Fall 2018

	<b>Topics</b>	<b>Readings</b>
8/28	Syllabus – Expectations Introduction to worksite health promotion	
8/30	Lecture –Online	Chapter 1 The Case for Worksite Health Promotion
9/4	Lecture Team work	Chapter 2 Determining Employees’ Needs and Interests
9/6	<b>Team Work – Online Module 1 DUE</b>	
9/11	Lecture	Chapter 2 Determining Employees’ Needs and Interests
9/13	<b>Team Work - Online</b>	
9/18	Lecture	Chapter 3 Preparing Program Goals
9/20	<b>Team Work – Online Module 2 DUE</b>	
9/25	Lecture	Chapter 3 Preparing Program Goals
9/27	<b>Team Work - Online</b>	
10/2	Lecture	Chapter 5 Funding and Resource Considerations
<b>10/4</b>	<b>Team Work - Online</b>	
<b>10/9</b>	Lecture	Chapter 5 Funding and Resource Considerations
10/11	<b>Team Work - Online</b>	
10/16	Lecture	Budgets
10/18	<b>Team Work-Online Module 3 DUE</b>	

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<b>10/23</b>	<b>Exam 1</b>	<b>Chapters 1, 2, 3, &amp;5</b>
<b>10/25</b>	Lecture	Chapter 6 Building a Healthy Worksite Environment
10/30	Lecture	Chapter 8 Evaluating Health Promotion Efforts
11/1	<b>Team Work - Online Module 4 DUE</b>	
11/6	Lecture	Chapter 9 Overcoming Challenges of Company Size
11/8	<b>Team Work-Online</b>	
11/13	<b>Team Work-Online</b>	
11/15	<b>Team Work-Online Module 5 DUE</b>	
<b>11/20</b>	<b>Exam 2</b>	<b>Chapters 6, 8, &amp; 9</b>
11/22	<b>Thanksgiving</b>	
11/27	<b>Presentations</b>	
11/29	<b>Presentations</b>	
12/4	<b>Presentations</b>	
12/6	<b>Presentations</b>	
12/11	<b>Presentations</b>	
12/13	<b>Presentations</b>	