



Principles of Health

HLTH 1900

Spring 2026

Instructor Information

Kelly Perez M.Ed. MPH MCHES CWP NBC-HWC

- Email: Kelly.Perez@unt.edu or email through Canvas
- Phone: 940-565-2629
- Office: PEB 210P
- [Zoom Meeting Room](#) or go to: <https://unt.zoom.us/my/kperezkhpr>

TA Information

Emily Hebb

- Email: EmilyJenkins2@my.unt.edu

What You'll Be Learning

This course introduces principles of health behavior and fitness, effective strategies used for personal behavior change, and strategies to promote health in others. In addition, the course provides an overview of various health topics such as stress management, addiction and substance use, emotional health, nutrition, and physical activity as well as communicable and non-communicable diseases. Students are introduced to the skills and knowledge required to become successful professionals in the health and wellness industries.

How We'll Learn Together

Although this course is asynchronous and completely online, you are an integral part of our learning community. You'll have the opportunity to be a part of a team where you'll share your insights and lived experiences and learn from one another. Being online will provide you with some flexibility. However, there are due dates throughout the course, so be sure to use the course calendar or devise a time management/reminder system to help you stay on top of your coursework.

*F1 Visa holders, please be aware of the regulations and policies found at [F1 Visa Holders Regulations](#) regarding online courses.

How to Demonstrate Your Learning (Course Objectives)

1. Identify the interrelated dimensions of health and wellness and their impact on individuals and communities.
2. Implement effective and appropriate strategies to change a specified behavior to improve one's health.
3. Examine behaviors and strategies to improve health and well-being.
4. Recognize how lifestyle choices and/or social determinants of health impact overall health and wellness.
5. Support others in their efforts towards changing health behaviors.
6. Examine various career paths in health behavior and fitness.

Course Materials & Delivery

All of the content for this course is available in Canvas. There is no need to purchase a textbook.

This is an asynchronous online course, so, to fully participate in this class, you will need internet access to reference content on the Canvas Learning Management System. If anything changes, you will be informed of other technical needs to access course content. Information on how to be successful in a digital learning environment can be found at [Learn Anywhere](https://online.unt.edu/learn) (<https://online.unt.edu/learn>).

Tips for Success

Get Connected! [Research](#) has shown that connectedness is an important factor in academic success. It can feel uncomfortable to reach out for help and ask questions, but it is a good skill to develop. I would love for you to stop by my office (PEB 210P) or via zoom to GC (get connected). This has typically been referred to as office hours, but I am trying to re-brand our time together. 😊 You can stop by unannounced during any of the following GC hours.

GC Hours: Tuesdays 11:00-12:00 and Wednesdays 10:00-12:00

If these days and times don't work for you, please email me and I'd be happy to meet another time that works with both of our schedules.

GC hours are in-person in my office (PEB 210P). However, if you prefer to meet virtually, just email me and we can use this [Zoom link](#). Occasionally, GC hours may change due to unforeseen circumstances, so keep an eye on announcements just in case.

What are some reasons to stop by during GC hours? You can ask for clarification on content or an assignment, help me get to know you better as a learner/person, discuss career paths you may be considering or any number of reasons. *Please use your UNT email and include HLTH 1900 in the subject line.*

Use Your Resources!

We all need more support sometimes. Don't suffer in silence or feel you have to go at this alone. University life is filled with challenges! UNT has so many great resources to support you.

[Office of Disability Access](#)

The Office of Disability Access (ODA) can work with you on academic accommodations if needed. The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking reasonable accommodation must first register with the Office of Disability Access (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with a reasonable accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request reasonable accommodations at any time; however, ODA notices of reasonable accommodation should be provided as early as possible in the semester to avoid any delay in implementation. You must obtain a new letter of reasonable accommodation each semester and meet with each faculty member before each class's implementation. For additional information, refer to the [Office of Disability Access](#) website. You may also contact ODA by phone at (940) 565-4323 or visit their website to begin the registration process for additional support.

Additional Resources I encourage you to take advantage of are:

- [UNT's Counseling and Testing Services](#) can provide psychological counseling and academic testing
- [UNTWELL](#) provides FREE individual and group counseling as well as a vocational assessment
- [Academic Success Center](#) can support you in your academics
- [Student Counseling Center](#) includes Togetherall (access on Canvas navigation menu) and many other resources
- [Succeed at UNT](#) provides many resources to help you succeed while you're at UNT

Our Learning Community

It is my goal to create an inclusive learning environment. Every student should feel supported in sharing their unique perspective and be treated with respect. You are an integral part of our learning community, and your viewpoint and perspective are valuable to your fellow learners. Through our group discussions, you'll have opportunities for collaboration, so your participation is essential to not only your learning but your fellow team members. For you and your teammates to get the most out of the course, please do your part by participating fully, sharing your insights and doing so by the deadlines provided. When connecting with me and your fellow students, please keep an open mind and communicate in a respectful manner. We don't all have to agree, but we can learn from one another's unique perspectives. I encourage you to review UNT's student code of conduct so that we can all start with the same baseline of understanding ([Code of Student Conduct](#)).

Let's Talk About Artificial Intelligence (AI)

AI tools can be helpful for learning, and I encourage you to use them responsibly. Some assignments will specifically allow AI use. If an assignment doesn't mention AI, you can still use it—but you must be transparent.

When you use AI, include a short note with:

- **Where** you used AI in your process
- **Which tool** you used
- **Your prompt** (or a link to the conversation)

Example:

“I used ChatGPT to improve the tone of my writing after drafting my own ideas. Here’s the prompt I used...”

AI should support—not replace—your own thinking and learning. If you’re unsure whether AI use is okay, just ask! I’m happy to help.

How Your Learning, Effort and Participation will be Assessed

A = 360-400 points	90-100%
B = 320-359 points	80-89%
C = 280-319 points	70-79%
D = 240-279 points	60-69%
F = 239 points or lower	59% or lower

Assignment Deadlines

Deadlines are a part of life. There are deadlines to register or RSVP for events, deadlines your employer may have for you, deadlines to catch a flight, etc. So, part of our learning is learning how to manage our time, stay organized and adhere to assignment deadlines. In some instances, such as team discussions, if you don’t contribute your input by the deadline, it can negatively affect your teammates. So, please do your best to adhere to the deadlines set throughout the course.

Late Work

Late assignments will be deducted by 15% each day for up to 2 days after the original due date. For example, if you submit within 48 hours of the due date/time, you’ll receive 30% of the total possible points earned. You can submit after that, but the most points you can earn are 50% of the total points possible. Failure to submit an assignment will earn a grade of 20% (rather than a zero). However, I understand that situations will arise occasionally causing you to need an extension on an assignment. If you notify the instructor **BEFORE** an assignment is due, we may be able to work together on a reasonable timeline for submission.

Easter Eggs

There will be several opportunities for extra credit throughout the course. These opportunities will be shared within module overviews, lectures and in announcements but are intentionally designed for students who are paying attention to details. These hidden opportunities are often referred to as ‘Easter Eggs’. This is your first one. If you are reading this, you will earn extra credit if you email within the first week of the course one thing I should know about you that will help me get to know you better. The subject line of the email must be Easter Egg to earn the extra credit.

Technical Difficulties?

If you have any technical issues submitting your assignments in Canvas, please do the following:

- Check that you are using a compatible browser, like Google Chrome.
- Contact the [Help Desk](#) for technology support.
- Email your instructor your assignment and a screenshot of your chat with the Help Desk if they cannot assist you with the submission issue. This will show me that you completed it on time. Then, resubmit to Canvas once you are able (occasionally, there are temporary glitches).

How Our Time Together Will Be Organized

Below is a list of topics and assignments we will be working on together throughout the course.

Week	Dates	Topic/Module	Assignment Due	Points Possible
Week 1	1/12-1/18	Module 1-Let's Get Started!	Syllabus Quiz	5
			Discussion: Help Us Get to Know You!	10
Week 2	1/19-1/25	Module 2-Healthy Change	Module 2 Quiz	15
			Discussion: Planning for a Health Behavior Change	10
Week 3	1/26-2/1	Module 3-Mental Health	Module 3 Quiz	15
		Support for your behavior change-Atomic Habits	Discussion: Keys to Wellbeing	10
Week 4	2/2-2/8	Module 4-Stress	Module 4 Quiz	15
			Discussion: Reporting Behavior Change #1	10
Week 5	2/9-2/15	Module 5-Relationships & Reproductive Choices	Module 5 Quiz	15
		Support for your behavior change-The Science of Motivation	Healthy Relationships assignment	10
Weeks 6 & 7	2/16-3/1	Module 6-Addiction & Substance Use	Module 6 Quiz	15
			Discussion: Reporting Behavior Change #2	10
			Discussion: Addiction & Drug Abuse	15
Week 8	3/2-3/8	Module 7-Nutrition	Module 7 Quiz	15
		Support for your behavior change-The Power of Habit	Discussion: Final Report on Behavior Change	10
		SPRING BREAK!	Have Fun and Be safe!	
Week 9	3/16-3/22	Module 8-Physical Activity	Module 8 Quiz	15
			Nutrition & P.A. assignment	15
Week 10	3/23-3/29	Module 9-Body Image & Weight Management	NEDA website exploration assignment	15

			<i>Discussion: Exploring Evidence-based Interventions</i>	15
Week 11	3/30-4/5	<i>Module 10-Infectious Diseases</i>	<i>Module 10 Infectious Diseases Quiz</i>	15
			<i>Personalized Learning Project Plan</i>	15
Week 12	4/6-4/12	<i>Module 11-Career Exploration</i>	<i>Interviews with the Pros</i>	15
			<i>Discussion: Career Exploration</i>	15
Week 13	4/13-4/19	<i>Module 12-Noncommunicable Diseases</i>	<i>Module 12 Quiz</i>	15
			<i>Discussion: Weight-loss Drugs</i>	10
Week 14	4/20-4/26	<i>Module 13-Personalized Learning</i>	<i>Personalized Learning Project</i>	65
Week 15	4/27-5/1	<i>Module 14-Course conclusion & reflection</i>	<i>Reflection of Learning</i>	10

Grading and Assignments

Quizzes: 140

- Quizzes will be based on the learning materials provided each week. You will have one attempt and 45 minutes to complete each quiz, except the syllabus quiz which you can complete multiple times until you earn 100%. Please plan to complete all quizzes in one sitting.

Discussions: 115 points

- Discussions will be held within the same small group or team the entire semester. This gives you the opportunity to get to know each other and (hopefully) build a sense of trust and community. Discussions are worth between 10-15 points and most require an initial post by Thursday and follow-up posts by Sunday of the week they're assigned.

Assignments: 80 points

- There will be six assignments spread out throughout the semester that will tie into your learning. These assignments are not seen by your discussion team, but only by your TA or the instructor. The assignments are designed to help you engage with the content and plan for your personalized learning project.

Personalized Learning Final Project: 65 points

- The personalized learning project will allow you to dive deeper into a health-related topic that interests you. Prior to sharing the final project with your discussion team, you'll have an assignment to plan out the details. My hope is that you find a topic you enjoy exploring and can share your newfound knowledge with your team to pique their interest and teach them something new as well. An assignment overview can be found in Canvas.

Additional UNT Policies and Resources

- [Student Academic Integrity policy](#) Students who use other people's work without citations will be violating UNT's Academic Integrity Policy. Please read and follow this important set of guidelines for your academic success. An academic integrity violation could result in loss of points, a failing grade for the assignment or course, suspension or even expulsion depending on the severity. It's not worth a chance, so do your own work and ask for an extension if you need more time on an assignment.
- [Spring 2026 Registration Deadlines](#) It may be helpful to make note of important drop/add deadlines, etc.
- [Student Support Services and Policies](#) There are many resources available on this site that may be worth bookmarking