



## Principles of Health HLTH 1900

December 15, 2025-January 9, 2026

### Instructor Information

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### 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 a successful professional in 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

### 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
- [UNT Food Pantry](#) is a great resource if you or someone you know experiences food insecurity
- [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](#)).

## How Your Learning, Effort and Participation will be Assessed

|                         |              |
|-------------------------|--------------|
| A = 243-270 points      | 90-100%      |
| B = 216-242 points      | 80-89%       |
| C = 189-215 points      | 70-79%       |
| D = 162-188 points      | 60-69%       |
| F = 161 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). Due to the short duration of this course, it will be crucial to submit work on time.

### 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.

| <b>Month</b>    | <b>Due Date</b> | <b>Topic/Module</b>                            | <b>Assignment Due</b>                             | <b>Points Possible</b> |
|-----------------|-----------------|--|---|------------------------|
| <b>December</b> |                 |  |   |                        |
|                 | 12/15 & 12/17   | Module 1-Let's Get Started!                    | Discussion: Help Us Get to Know You!              | 10                     |
|                 | 12/17           | Module 2-Healthy Change                        | Module 2 Quiz                                     | 15                     |
|                 | 12/18 & 12/21   |  | Discussion: Planning for a Health Behavior Change | 10                     |
|                 | 12/21           | Module 3-Mental Health                         | Module 3 Quiz                                     | 15                     |
|                 | 12/18 & 12/21   |  | Discussion: Keys to Wellbeing                     | 10                     |
|                 | 12/21           | Module 4-Stress                                | Personalized Learning Project Plan                | 15                     |
|                 | 12/21           |  | Module 4 Quiz                                     | 15                     |
|                 |                 |  |   |                        |
|                 | 12/24-1/2       | Holiday Break!                                 |   |                        |
| <b>January</b>  |                 |  |   |                        |
|                 | 1/3 & 1/4       | Module 5-Relationships & Reproductive Choices  | Discussion: Reporting Behavior Change #1          | 10                     |
|                 | 1/4             |  | Module 5 Quiz                                     | 15                     |
|                 | 1/4             |  | Healthy Relationships assignment                  | 10                     |
|                 | 1/4             | Module 6-Addiction & Substance Use             | Addiction & Drug Abuse                            | 10                     |
|                 |                 |  |   |                        |
|                 | 1/4             | Module 7-Nutrition                             | Module 7 Quiz                                     | 15                     |
|                 |                 |  |   |                        |
|                 | 1/4             | Module 8-Physical Activity & Weight Management | Module 8 Quiz                                     | 15                     |
|                 | 1/4 & 17        |  | Discussion: Weight-loss Drugs                     | 10                     |
|                 |                 |  |   |                        |
|                 | 1/9             | Module 9-Career Exploration                    | Interviews with the Pros                          | 15                     |
|                 | 1/9             |  | Career Exploration                                | 15                     |
|                 | 1/7 & 1/9       |  | Discussion: Final Report on Behavior Change       | 10                     |
|                 |                 |  |   |                        |
|                 | 1/9             | Module 13-Personalized Learning                | Personalized Learning Project                     | 55                     |
|                 |                 |  |   |                        |

## Grading and Assignments

### Quizzes: 90 points

- Quizzes will be based on the learning materials provided each week. You will have one attempt and 45 minutes to complete each quiz. Once you begin a quiz, please plan to complete all questions in one sitting as there is a time limit.

### Discussions: 60 points

- Discussions will be held within the same small group for the duration of the course. This gives you the opportunity to get to know each other and (hopefully) build a sense of trust and community. Discussions are worth 10 points each and require an initial post and follow-up posts to two peers.

### Assignments: 65 points

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

### Personalized Learning Final Project: 55 points

- The personalized learning project will allow you to dive deeper into a health-related topic that interests you. My hope is that you find a health-related topic you enjoy exploring and can personalize your learning to dig a bit deeper into the topic. 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.
- [Winter Session 2025 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