



Special Problems (Worksite Wellness)

HLTH 4900 Spring 2026

Instructor Information

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Communication Expectations: Primary communication (outside of the classroom) should be delivered via UNT e-mail or Canvas messaging. Please use your UNT email account and include HLTH 4600 in the subject line. You can expect response to e-mails within 2 business days (I generally will not respond on weekends to help maintain work/life balance) and feedback on assignments and grades within 10 business days. Please review CLEAR's webpage for [Online Communication Tips](https://clear.unt.edu/online-communication-tips) (<https://clear.unt.edu/online-communication-tips>).

Course Objectives

Following the course, you will be able to:

- Describe the business rationale for a comprehensive worksite wellness strategy.
- Explain how the National Wellness Institute's Six Dimensions of Wellness model, Multicultural Wellness Wheel, and Wellness Promotion Competency Model support a comprehensive wellness strategy.
- Identify key drivers of a successful multidimensional and inclusive wellness initiative.
- Recognize the importance of fostering a culture of wellness for all.
- Utilize inclusive and responsive practices at all stages of design, development, implementation, and evaluation of a comprehensive worksite wellness initiative.
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- Apply foundational principles and best practices to deliver realistic, wholistic, and evidence-based worksite wellness programming.

- Use appropriate and inclusive communication methods and technologies to support, manage, and promote high-level wellness for all.
- Collect and use appropriate data to support a multidimensional and inclusive worksite wellness initiative

Prerequisite(s): None.

What You'll Need

- **Laptop/Tablet:** You'll need to access the internet using a computer or tablet of some kind.

A textbook will **not** be required for this course. All materials will be provided through Canvas. Therefore, 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 a key 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 or email me so we can set up a different time. *Note, I am often asked to write letters of recommendations or be a reference for students. I will be much more likely to help if you've taken the time to get connected so that I can get to know you better. This does not guarantee that I will write you a letter, but if you don't take the time to get connected, the answer will be no.

GC Hours: Mondays 12:00-1:00pm Tuesdays 10:00-11:00 or Thursdays 11:00-12:00

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](#). On occasion 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. *As a reminder, please use your UNT email and include HLTH 4600 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

Assignments/Assessments of Course Student Learning Outcomes

Discussions (80 points)

You will participate in 8 separate discussions which include an initial post and two follow up posts to peers. Each discussion is worth 10 points for a total of 80 points.

Reflections of Learning & Certification completion & Evaluation (100 points)

Upon completion of each module, you will submit a reflection of learning summarizing what key elements stood out to you and apply your learning to your life or future career. Each reflection of learning is worth 10 points. Once the entire certification course has been completed, you will evaluate the course and share insights regarding the materials provided and how they may be used if you were to pursue a career in Worksite Wellness (20 points). There are 8 reflections and 1 certification evaluation for a total of 100 points.

Exam (20 points)

You will have one exam upon completion of the modules within the Wellness Alliance Learning Center.

Final Project (100 points)

You will apply the learning from the modules to complete a final project. The final project will consist of developing a needs assessment then using the needs assessment results to create programing and a method of evaluating the program for a fictitious group of employees.

How Your Learning, Effort and Participation will be Assessed

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 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 or partner assignments, if you don't contribute your portion by the deadline, it can negatively affect others. 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 after the original due date. After three days, the maximum you can earn is 50% of the total points earned. I understand that situations will arise causing you to need an extension on an assignment. If you email me PRIOR to the assignment due date, we may be able to work together on extending the deadline by a day or two. If you don't email prior to the due date, you will receive the deductions mentioned above.

Questions about Grades/Grade Disputes

We will do our best to grade assignments within 7-10 days of the due date. I recommend you keep Canvas notifications on so you will be alerted once an assignment is graded. You have one week from the date that grades were received to dispute any grades you feel may have been entered incorrectly.

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](#) if you need technology support.
- Email your instructor about 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).

Additional UNT Policies and Resources

[Student Academic Integrity policy](#) Students who use other people's work without citations, including AI generated content from sources such as Chat-GPT, 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