

## **NAT130 Foundations of Healthy Living**

**(3 credit hours)**

### **Course Syllabus**

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#### **Course Description**

This course will provide students an overview of the basic principles of healthy living. Topics include personal fitness and care, the use of drugs (legal and illicit), diet and nutrition, consumer health, psychological health, and several other topics related to the development and maintenance of a healthy lifestyle. Throughout the course selected practical experiences and the review of current research related to health and wellness will be provided to guide the learning process. Personal health evaluation in various areas will be available through the completion of laboratory assessments.

#### **Course Learning Outcomes**

By the end of this course, you will be able to:

1. Explain the importance of a healthy lifestyle in preventing premature disease and in promoting wellness.
2. Identify one's personal responsibility to reduce health risks associated with the leading causes of death and disability by recognizing high-risk behaviors and their impact on current and future health.
3. Understanding the importance of a global perspective on health, and recognize how gender, racial, and cultural background influence disparities in health status, research and risk.
4. Identify the key components of personal fitness and describe the benefits of regular physical activity and healthy diet.
5. Demonstrate through performance on exams, projects, class discussions and written assessments, evidence of ability to understand and use the concepts of this class.

## Required Textbook(s) and Resources

Donatelle, R. (2019). *Health: the basics*. (13th ed.). NY, New York: Pearson.

Note: this course may contain additional resources for specific activities. Be sure to read the instructions carefully for individual assignments or activities for those requirements. Where applicable, Tiffin University has obtained permission to use copyrighted material.

Be sure to also review the weekly **Explore** sections for additional library or web resources. For access to databases, research help, and writing tips, visit the [Tiffin University Library](#).

## Time Commitment

Effective time management is possibly the single most critical element to your academic success. To do well in this online class you should plan your time wisely to maximize your learning through the completion of readings, discussions, and assignments. Because of our accelerated, seven-week term, TU online courses are designed with the expectation that you dedicate a little over **six (6)** hours per credit hour to course activities and preparation **each week**. For example, for successful completion of a three-credit, seven-week online course you should reserve roughly **twenty (20) hours per week**.

To help plan your time and keep on track toward successful course completion, note the distinctive rhythm of assignment due dates:

1. All times assume Eastern Time (GMT-4).
2. Weeks begin at 12:00 a.m. ET on Monday and end at 11:55 p.m. ET on Sunday.
3. Unless otherwise noted, initial assignments or discussion posts are due by **11:55 p.m. ET on Wednesdays**.
4. Additional assignments or follow-up discussion posts are due by **11:55 p.m. ET on Saturdays, and**
5. Major assignments and reflections are typically due by **11:55 p.m. ET on Sundays**.

## Learning Activities

You will be able to show what you have accomplished by completing the discussions, written assessments, weekly quizzes and a final project. Make sure you take the time to review the due dates, directions of each assignment, the grading guides that the instructor has made available to you, and take notes on the readings prior to taking the quizzes. Furthermore, read the instructor's feedback on all the completed assignments so you do not miss points on other assignments. The final project will be due on Thursday of Week 7.

## Key Assessment (Taskstream Submission)

This TU course features a “Key Assessment” that provides you the opportunity to demonstrate your program’s core competencies. It also shows how the course fits within the broader curriculum. For this course, your final project (due in week 7) is the Key Assessment assignment.

## Grading

The chart below identifies the individual contributions from each type of activity, per week.

Activity	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Total
Discussion	30	30	30	30	30	30	30	210
Papers	80	80	80	80	80	80	80	560
Quizzes	15	15	15	15	15	15	15	105
Final Project							125	125
<b>Total</b>	<b>125</b>	<b>125</b>	<b>125</b>	<b>125</b>	<b>125</b>	<b>125</b>	<b>250</b>	<b>1000</b>

## Grading Scale

A: 90-100% | B: 80-89% | C: 70-79% | D: 60-69% | F: <60%

## Course Schedule and Weekly Checklist

Topic	Learning Activities (Due by 11:55 p.m. ET on day designated)
Week 1: Getting Started	<ul style="list-style-type: none"><li>● WED: Activity 1.1: Meet Your Classmates! – Initial Post</li><li>● WED: Activity 1.2: Health Disparities – Initial Post</li><li>● SAT: Activity 1.2: Health Disparities – Response Posts</li><li>● SUN: Activity 1.3: Your Health Assessment</li><li>● SUN: Activity 1.4: Week 1 Quiz</li></ul>
Week 2: Finding the Right Balance	<ul style="list-style-type: none"><li>● WED: Activity 2.1: Stress Perception and Reality – Initial Post</li><li>● SAT: Activity 2.1: Stress Perception and Reality – Response Posts</li><li>● SUN: Activity 2.2: Assessing Stress</li><li>● SUN: Activity 2.3: Week 2 Quiz</li></ul>
Week 3:	<ul style="list-style-type: none"><li>● WED: Activity 3.1: Sexuality – Initial Post</li><li>● SAT: Activity 3.1: Sexuality – Response Posts</li><li>● SUN: Activity 3.2: Communicating Differences</li></ul>

Creating Healthy and Caring Relationships	<ul style="list-style-type: none"> <li>● SUN: Activity 3.3: Week 3 Quiz</li> </ul>
Week 4: Avoiding Risks from Harmful Habits	<ul style="list-style-type: none"> <li>● WED: Activity 4.1: Addiction – Initial Post</li> <li>● SAT: Activity 4.1: Addiction – Response Posts</li> <li>● SUN: Activity 4.2: Assessing Addiction</li> <li>● SUN: Activity 4.3: Week 4 Quiz</li> </ul>
Week 5: Building Healthy Lifestyles	<ul style="list-style-type: none"> <li>● WED: Activity 5.1: HIIT and the Ketogenic Diet – Initial Post</li> <li>● SAT: Activity 5.1: HIIT and the Ketogenic Diet – Response Posts</li> <li>● SUN: Activity 5.2: Assessing Eating Habits and Fitness</li> <li>● SUN: Activity 5.3: Week 5 Quiz</li> </ul>
Week 6: Preventing and Fighting Disease	<ul style="list-style-type: none"> <li>● WED: Activity 6.1: Vaccines – Initial Post</li> <li>● SAT: Activity 6.1: Vaccines – Response Posts</li> <li>● SUN: Activity 6.2: Assessing Risks of Disease</li> <li>● SUN: Activity 6.3: Week 6 Quiz</li> </ul>
Week 7: Facing Life’s Challenges	<ul style="list-style-type: none"> <li>● WED: Activity 7.1: The Healthcare System and Medical Errors – Initial Post</li> <li>● THU: Activity 7.2: Final Project: Health Topic</li> <li>● SAT: Activity 7.1: The Healthcare System and Medical Errors – Response Posts</li> <li>● SAT: Activity 7.3: Assessing Healthcare Options</li> <li>● SUN: Activity 7.4: Week 7 Quiz</li> </ul>

## Tips for Success

Successful online learning requires a good deal of self-discipline and self-direction. As seekers of the truth, we should be willing to challenge and review one another’s academic work in a spirit of respectful comradery and constructiveness. You should accept constructive feedback as a gift. Your course is a place for you to stretch and grow as you benefit from the expertise, knowledge, experience and diverse perspectives of your instructor and peers. Constructive feedback will challenge you to stretch your own thinking, thereby expanding your knowledge, understanding and application.

To get the most out of your learning experience, you should actively engage (participate) in **ALL** course activities. Course elements in any given week are arranged chronologically. To complete a week, simply work your way "down the page" through all of the course materials and activities.

## For More Information:

Be sure to review the [Support, Policies, and Procedures](#) addendum.