



HEP 100: Introduction to Health and Wellness

Overview

This course focuses on the latest trends in health, exercise, and wellness. From stress management and emotional health, to overall well-being, we will explore personal health, health-related attitudes and beliefs, and individual health behaviors.

What You'll Learn

- Describe the role of health, nutrition, and wellness in our daily lives
- Evaluate evidence that supports or disproves selected health claims
- Provide examples of how psychological, spiritual, and emotional health are connected to one's overall well-being and physical health
- Identify and manage personal health risks based on current lifestyle choices
- Identify and implement lifestyle changes that may enhance lifelong health

How to Succeed

To be successful in this course, we recommend English language fluency and computer literacy. We also encourage you to make sure your laptop or desktop computer meets the [technical requirements](#).

Earn College Credit

This course appears on your transcript identically to how it appears on the transcript of an enrolled ASU student.

This course satisfies 3 credit hours toward the Social-Behavioral Sciences (SB) General Studies requirement at Arizona State University. It is strongly encouraged that you consult with your institution of choice to determine how these credits will be applied.

In order to receive academic credit for this course, you must earn a grade of "C" or better. You have one year to add the course to your transcript.

Exams and Grading

5%

Interactives

10%

Case Studies

5%

Content Mastery

15%

Quizzes

5%

Reflection Board

25%

Midterm Exam

35%

Final Exam

HEP 100: Continued

Time Commitment

This is an asynchronous, online course. This means, while you will have deadlines, you do not need to be at your computer at specific times or participate in live activities.

To be successful in this class, you must view all course pages and complete all graded work by the deadlines indicated. Also, keep in mind that "attendance" in an online course means logging into the platform on a regular basis, checking for course announcements, and visiting and participating in the discussion forums.

8 week Version

This 3 credit, 8 week course requires about 135 hours of work. Therefore, expect to spend approximately 15-20 hours per week preparing for and engaging in this course.

16 week Version

This 3 credit, 16 week course requires about 135 hours of work. Therefore, expect to spend approximately 8-10 hours per week preparing for and engaging in this course.

Materials

This course makes use of open educational resources (OERs) provided within the course, **no purchase necessary**.

Graded Assignments

Graded assignments are required and count towards your final grade. Students must submit all assignments via the course site unless otherwise instructed.

Interactives (5%): There are seven interactive exercises for the course. Each interactive will have one or two questions you must answer to receive credit.

Case Studies (10%): There are seven case studies each accompanied by five questions related to the case.

Content Mastery (5%): There are seven interactive content mastery exercises. You must reach level 0.1 on each interactive content mastery exercise to receive credit.

Quizzes (15%): There are seven quizzes that are open book, and must be completed by you. The quizzes are multiple-choice and based on the week's readings, lectures, and video materials. You may take a quiz at any time during the week but must complete it by the stipulated deadline.

Reflection Board (5%): You are required to submit one post per week via our reflection board on Yellowdig. A topic will be provided based on that week's course content and you will respond to other students' posts.

Midterm Exam (25%): The midterm exam covers content from weeks 1-3.

Final Exam (35%): The final exam covers content from weeks 4-7.

Assignment Deadlines

Your instructional team will provide all content and learning activities on or through your course site. It is your responsibility to review all content, fulfill all assignments on time, and ask any questions you have in the designated discussion area. It is also your responsibility to determine the due dates and times for all course assignments according to your time zone. Due to the large-scale format of Universal Learner Courses, late assignments will not be accepted at any point during the course, and we cannot make exceptions.

Course Communication

All communication will take place via the discussion forums and course announcement page. There will be a discussion forum where you can post general questions, comments, and direct inquiries for the instructor and course team. Please use these forums to ensure a timely response. Your instructor will not be able to respond to email.

HEP 100: Continued

Additional Information

If you have questions about Universal Learner Courses and how they work, please visit ea.asu.edu or contact our support team at ulcourses@asu.edu.