



University of the Incarnate Word
UIW-Heidelberg

DHWP 1200 DIMENSIONS OF WELLNESS

COURSE OUTLINE

I. Logistics

UIW- Heidelberg Study Center

Physical Address:

Heidelberg, Germany - Bergstrasse 106, 69121

Instructor: Julie Kiepe

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II. Course Description

This course is designed to help students develop an appreciation for and commitment to a wellness lifestyle. The course emphasis is placed on guiding students as they discover and develop their individual self-care abilities related to spiritual, physical, emotional, intellectual, social, and professional wellness. The overall purpose of this course is to discuss, understand and apply the various dimensions of wellness to daily living in a way that will enhance the quality of life, especially within an inter-cultural setting.

Lab course: meets two clock hours for every credit hour. Students participate in one in-class aerobic workouts per week.

DWHP 1200 accentuates our mission to promote wellness and education of the whole person. The course assists students in realizing the direct correlation between positive lifestyle habits and well-being through the dimensions of wellness: spiritual, physical, emotional, intellectual, social, environmental and occupational. Students will learn about the theoretical background of the various aspects of wellness through extensive readings and individual research. They will also understand the everyday impact of these aspects by putting the dimensions of wellness into practice.

The unique challenge of the study-abroad situation will also be discussed in terms of intercultural knowledge and challenges. During the course students will reflect on their own cultural imprint and heritage in order to be able to analyze in which ways this may affect their thinking and actions. Students will also reflect on their experiences with cultures and diversity. They will then be introduced to strategies and tools that they can use to turn potential sources of friction into strengths. Furthermore, students will discover what it takes to build a global and resilient mind set. This, in turn, will improve their performance and make living, studying and working in intercultural settings more successful and enjoyable. Excursions to sites such as the region's best known fitness & wellness resort, fitness & wellness academy and the Olympic training center, as well as guest lecturers coming from that sector, will increase the learning impact.



In addition, students are required to attend two hours of practical learning per week, such as gym class, yoga class, running or walking Heidelberg's beautiful Philosopher's Way, etc. One of these workouts will be taught on site by a fitness or wellness professional. The second workout is an individual workout, chosen by the students and documented in written personal responses.

III. Course Objective

Learning Outcomes and course objectives:

Upon completion of the course, students will be able to:

- Understand the dimensions of wellness and integrate them into everyday living.
- Apply evidence-based approaches to each of the dimensions of wellness, which will enhance concepts of daily living and overall quality of life.
- Assess health and wellness resources, dietary needs, and health check strategies to set personal health and wellness goals.
- Analyze different version of stress and find an individual way to deal with negative influences in order to increase resilience.
- Adapt and apply an understanding of mindfulness.
- Understand unique challenges and opportunities of an intercultural setting and develop strategies for how to manage challenging factors.
- Recognize origins and influences of their own cultural imprint and heritage to better understand intercultural settings and their intuitive reaction to new situations.

IV. Course Texts/Supplies/Materials

DWHP Living the Good Life: A Path Through Wellness. By: Dr. Lopez-Rodriguez & Dr. Barton-Weston.

Textbook can be downloaded from: <https://store.cognella.com/19611>

This course material includes information that we will reference and use in class regularly, so you should be sure to purchase your own copy. Please keep in mind that our institution is strict about copyright law and course material should never be copied or duplicated in any manner.

If you need any help with ordering from Cognella, feel free to email orders@cognella.com or call (800) 200-3908 x503.

****Any additional supplemental readings will be listed in each model folder****



V. The following matrix reflects the general guideline of topics, readings, and/or assignments for each session. **The instructor reserves the right to modify weekly activities, assignments, projects, and/or assessments required for this class. Adjustments and/or changes will be stated before and/or during class. If the student is absent, it is the student's responsibility to contact the instructor and/or classmates about any adjustments and/or updates.**

Week/ Lecture	Topic / Reading	Class Activity
Week 1/ Lect. 1	Introduction: Understanding Wellness and the Dimensions of Wellness On site workout: Full body workout with resistance bands	Introduction; Readings and Projects, as assigned
Week 2/ Lect. 2	Developing and Assessing Physical Fitness On site workout: High Intensity Interval Bodyweight Performance Workout (HIIT)	Readings and Projects, as assigned
Week 3/ Lect. 3	Nutrition and Eating Wellness On site workout: Back mobility workout	Readings and Projects, as assigned
Week 4/ Lect. 4	Substance Abuse and Addiction On site workout: Yoga	Readings and Projects, as assigned
Week 5/ Lect. 5	Intercultural Understanding and the Impact of One's Own Cultural Imprint On site workout: Capoeira (martial arts)	Readings and Projects, as assigned Mid-Term Exam
Week 6/ Lect. 6	Intercultural Understanding and Culture Shock On site workout: Zumba	Readings and Projects, as assigned
Week 7/ Lect. 7	Forms of Stress and Coping with Stress On site workout: Body workout with bodyweight	Readings and Projects, as assigned
Week 8/ Lect. 8	Mindfulness: Theory and Practice On site workout: Hike or run in nature	Readings and Projects, as assigned
Week 9/ Lect. 9	Meditation and its Benefits Workout: Stretch & Relax	Readings and Projects, as assigned
Week 10/ Lect. 10	Intellectual and Emotional dimension of Wellness On site workout: Cardio Workout	Readings and Projects, as assigned



Week 11/ Lect. 11	Lifetime Wellness	Readings and Projects, as assigned Final Exam Final Paper & Presentations
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NOTE: The instructor reserves the right to adjust and/or change the above schedule at any time during the semester. Adjustments and/or changes will be stated before and/or during class. If the student is absent, it is the student's responsibility to contact the instructor and/or classmates about any adjustments and/or updates.

VI. Grading Activities, Criteria and Guidelines

This class will include a variety of instructional methods and learning activities intended to engage the student in the learning process. This may include, but not be limited to: lecture, written assignments, group discussion and problem solving exercises, media presentation, article and case analysis, student-led discussion, student presentation, reflection on what was learned and documentation of planned application. Some assignments will be individual while some may be group or team assignments. Class will be participative, and each student must be prepared for each class.

VII. Grades

The course consists of the following assessments. The instructor reserves the right to adjust and/or change the course assessments before and/or during the class.

Description	Percentage
Midterm Exam	20%
Final Exam	20%
Class Participation	15%
Assignments	25%
Paper & Presentation	20%
Total	100%



VIII. Attendance and Participation

Attendance and active classroom participation are required of each student. Tests will cover for all course material provided through lectures and presentations, readings, discussions, cases, and videos during class. **Absences and/or a lack of participation in discussions will impact negatively on the final grade.** Each student is responsible for all material covered and/or assigned and any announcements made in any class session, whether student is present or not. Group activities require all students to participate and contribute to group discussions and projects.

Students are expected to come to class on time and to have read assigned material before class. There may be an occasional pop quiz to verify whether students have read the assignments before class. **All work must be turned in on time.** Late work may be accepted but points will be taken off if work is not turned in to instructor when it is due. At all times, in class and group discussions, students are expected to respect contributions, questions, and opinions of other people. Demeaning others in any way is not acceptable.

IX. Academic Integrity Policy

Examples of scholastic dishonesty include, but are not limited to, plagiarism, cheating on assignments or tests, taking, unauthorized reuse of work, etc. If it is determined that a student has engaged in scholastic dishonesty, the faculty shall adhere to the [Academic Integrity Policy stated in the UIW Catalog](#).



X. Grading Scale

The University of the Incarnate Word operates on a semester basis using a 4-point grading scale as follows. Registrar Online Resource: <https://my.uiw.edu/registrar/academics/grading-scale.html>.

Grade	Descriptive Grade	Numeric Grade	Grade Points
A	Excellent Scholarship	93-100	4.00
A-	Excellent Scholarship	90-92	3.70
B+	Good Scholarship	87-89	3.30
B	Good Scholarship	83-86	3.00
B-	Good Scholarship	80-82	2.70
C+	Satisfactory Scholarship	77-79	2.30
C	Satisfactory Scholarship	70-76	2.00
D+	Poor Scholarship	67-69	1.30
D	Poor Scholarship	63-66	1.00
D-	Poor Scholarship	60-62	0.70
F	Failure	Less than 60	0.00
IP	Incomplete work		None assigned; converts to an F after expiration date or deadline of six months
N	Grade not reported by faculty		None assigned
NG	No grade required		None assigned; used for thesis and dissertation courses
P	Satisfactory Scholarship	70-100	None assigned
S	Satisfactory Scholarship	70-100	None assigned
W	Withdrawn from the University		None assigned

XI. Course Add/Drop Procedure

Students are responsible for communicating and updating any potential changes, including dropping a course, to the UIW Heidelberg Academic Director **and** their Academic advisor at UIW before implementing any changes.

Dropping or changing a course may delay a student's intended graduation date due to classes not adhering to their degree plan.

The Study Abroad Advisor, UIW European Liaison and/or any other administrative personnel are **not** responsible for the student's academic planning.



SUPPLEMENTAL COURSE INFORMATION

Assignments: A total of 20 points can be earned for the assignments listed below. Students can be awarded up to 5 points for each assignment.

Assignments	Points 20
Personal reading response to one assigned chapter	5
Personal reading response to one assigned research article	5
Nutritional Journal	5
Personal responses to practical sessions	5

In order to obtain the total amount of 5 points for each assignment, the following criteria have to be applied:

Item	Points (100%)
E-mailing the article 24 hrs before class	25
Article's relevance to the chapter's topic	25
Individuals understanding of the article and topic	25
Ability to effectively lead a class discussion	25

Paper and Presentation:

Students will research and present one of the module's topics listed above. At the beginning of the course, each student will be assigned one topic, which he or she will then present in class. The research paper will be based on the presentation and present the students' knowledge and deeper understanding of the topic. Papers are due the last meeting of the course.

Item	Points (100%)
Cover Sheet	5
Correct Spelling	5
APA Format (6 th Ed.)	15
Grammar	15
Reference to Text	25
Adequate & Clear Conclusion	10
References (APA)	5
Presentation	20