

## Wellness Concepts Course Syllabus - Fall 2009

**Wellness Concepts - CLSC 7105 – Tri 5**

**3 lecture hours / week (45 lecture hours / trimester)**

**3 credit hours (45 total contact hours)**

**Prerequisites: Chiro Principles/Philosophy I**

**Course Director**

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**Office Hours: Mon, Tues, Wed ,Thurs 12:00 – 12:50, Thurs 10:00 – 10:50**

### **Course Description:**

This course supports the mission statement of Parker College by helping to create leaders who promote Chiropractic wellness through high standards of education, research and service. Wellness requires active patient participation. It is a process of achieving the best health possible given one's genetic makeup by pursuing an optimal level of function. The goal of wellness is to maintain the most favorable balance between internal and external environments. This course is designed to address the internal and external environmental issues that contribute most significantly to wellness. The course stresses the health of the whole person: physical, mental, emotional, social and spiritual. Topics include stress management, diet, exercise, relaxation, disease prevention, and health risks.

### **General Approach to Teaching:**

Most chiropractors function primarily as neuromusculoskeletal doctors, focusing on the detection and correction of subluxations. However, we should always ask ourselves, *"What are the causes of my patient's subluxations?"* These diet, exercise, and lifestyle causes of subluxation are the focus of the Wellness course.

### **Estimate of Student Workload:**

Many of the concepts related to wellness are 'common sense'. As such, most students do not have great difficulty with these type of test questions. However, I encourage you to look at the wellness course from the point of view that these are the skills you will need to prevent chronic degenerative disease in yourself, your family, and your patients. Hopefully, wellness will become a life-long learning exercise for you.

What you get out of this course is heavily dependent upon what you put in to it. When practicing chiropractors are asked, *"What area do you consider most important to the success of your practice?"* the most common response is: Communication skills. For this reason, 20% of your grade relates to verbal communication skills, and 20% of your grade relates to written communication skills. Even though public speaking is very fearful for many people, I encourage you to overcome your fears, for the benefit of your future patients, as well as the financial success of your practice.

### **Learning Outcomes:**

As discussed in the Mission Statement of the College, Doctors of Chiropractic serve as primary health care providers. One of the goals of the Wellness Course is to provide a greater understanding of methods for prevention of disease, develop a patient centered practice,

maintaining health and fostering wellness. Upon completion of the Wellness Course the student should be able to:

1. Demonstrate knowledge of the role of Chiropractic in wellness and the current trend and importance of the wellness paradigm.
2. Demonstrate knowledge of the strategies and importance of promoting patient self-care.
3. Demonstrate knowledge of key health promoting activities and habits.
4. Demonstrate knowledge of the high health risk behaviors and how they can be minimized or avoided.
5. Demonstrate knowledge of the latest strategies for disease prevention.
6. Demonstrate knowledge of the health risks associated with the private practice of chiropractic and understand the methods of minimizing those risks.
7. Demonstrate knowledge of the practical ways of implementing wellness strategies for patient care private practice.
8. Demonstrate knowledge of the research supporting the unique role of the chiropractic profession as it relates to wellness.

**Course Objectives:**

- Specific Course Objectives and Test Study Guides for Lecture Presentations and the Anspaugh Text are found as clickable links on the Wellness course web page.

**Required Text:**

- Wellness: Concepts and Applications, 7<sup>th</sup> edition. by Anspaugh, Hamrick, and Rosato. McGraw-Hill, 2006. (Note: You can often pick up the 6<sup>th</sup> or 5<sup>th</sup> edition on [www.Half.com](http://www.Half.com) for a very reasonable cost. You will do fine with one of these earlier editions.)

**Recommended Texts:**

- The Mechanic and the Gardener, by Lawrence LeShan
- The Stress of Life, by Hans Selye
- The Wellness Revolution, by Paul Zane Pilzer
- One Minute Wellness, by Ben Lerner & Greg Loman
- How to Live Longer and Feel Better, by Linus Pauling
- Predictive Medicine, by Emanuel Cheraskin & William Ringsdorf, Jr
- Health at the Crossroads, by Dean Black
- Brain Allergies - The Psychonutrient Connection, by William Philpott & Dwight Kalita
- Encyclopedia of Natural Medicine, by Michael Murray & Joseph Pizzorno
- Total Wellness, by Joseph Pizzorno
- The Healing Power of Herbs, by Michael Murray
- Natural Alternatives to Over-the-Counter and Prescription Drugs, by Michael Murray
- The Kellogg Report, The Impact of Nutrition, Environment & Lifestyle on the Health of Americans, by Joseph Beasley & Jerry Swift (available from [www.addictionend.com](http://www.addictionend.com))
- The 14 Foundational Premises for the Scientific and Philosophical Validation of the Chiropractic Wellness Paradigm, by James Chestnut, DC

Note: Some of the above recommended texts are out of print, however they can often be obtained from a used bookstore or from [www.Half.com](http://www.Half.com)

**Required Equipment:**

- Cardboard spirometer mouthpiece. Available for 50¢ (including tax) at the bookstore.

### Attendance and Classroom Conduct Policy:

- See link on Academics - College Catalog for Policies Common to All Parker Courses.

### Grading System

Evaluation is an integral part of the educational process and is used as an educational tool to help students identify problem areas, to recognize and reward achievement, and to identify students who are unable to meet the rigors of the curriculum. Final course grades and their interpretation are listed below:

Grade	Numerical Value	GPA	Interpretation of Academic Achievement
A	89.5 - 100	4.0	Excellent
B	79.5 - 89.49	3.0	Above Average
C	69.5 - 79.49	2.0	Satisfactory
F	Below 69.49	0.0	Unacceptable

### Examinations:

- The overall course grade is compiled from three examinations and two assignments:
  - 20% - Exam 1 (50 questions)
  - 20% - Exam 2 (50 questions)
  - 20% - Final Exam (50 questions)
  - 20% - Classroom Presentation Project
  - 20% - Wellness Evaluation Report

The three written tests will include questions based upon lecture presentations as well as questions based upon the required text. The powerpoint slides based on the textbook are contained in this manual (p. 71-127). If you look up and know the answers to the questions in the course objectives and test study guide contained in this manual (p. 26-33) you should do fine on the questions from the textbook. As you look up the answers to those questions, you will probably find about half of your answers from the powerpoint presentations. For the other half you will have to read the textbook.

Some but not all of the textbook powerpoint slides will be used during lecture presentations. You are responsible for the material regardless of whether it was lectured on or not. The Public Health component of your National Board examination is transitioning to include more Wellness components. This textbook material is representative of the material you must know for National Boards.

The instructions for the Classroom Presentation Project are contained on pages 8-10 in this manual. The instructions for the Wellness Evaluation Report are contained on pages 11-25 in this manual.

### Specific Changes to Attendance and Grading Policy:

- Roll sheets. Lecture attendance is taken via the roll sheets that are passed around at the beginning of class. Please read the first sentence at the bottom of the roll sheets you sign: *"Students must legibly sign using their full names, no initials, no rubber stamps."* In order to avoid prolonged discussions about what is legible or not, here is the policy for my class. **All students must PRINT their name.** No initials means just that. If your name is Bill Smith and you sign in as B. Smith, you are subject to being marked absent. If you ignore the previous sentences you will get two warnings. If you write illegibly or use initials, I will

put a pink border around your signature. That is not counted as an absence; it is just a gentle reminder. If you do it a second time, you will get a second gentle reminder. If you ignore the two warnings, and continue with the initials or illegible signature, it is 3 strikes and you are out. You will find a yellow mark through your name which will count as an absence.

- Please don't get creative with your signature and vary how it looks. Your signature must be consistent over time. When a signature appears that is markedly different from previous signatures, it raises the suspicion that someone else signed for you. It should go without saying, but you should never sign in for another student or ask a student to sign you in. Falsification of records puts you in the same category as cheating on an examination - it can get you kicked out of school.
- As stated in Policies Common to All Parker Courses, there are NO makeup exams barring any unforeseen emergencies or extraordinary circumstances the student might encounter. Examples of extraordinary circumstances include a death in the family or a serious injury or illness. In order to be accepted as valid, you must furnish written proof, i.e. copy of obituary, letter from your doctor, etc. With this documentation, the score earned on your final written exam (week 15 exam) will also serve as the grade for your missed exam. This option can be used just **once**. Any additional missed exams will be scored as **zero**.
- **90/90:** As a reward for outstanding academic performance and attendance, if at the end of week 14 the student has:
  - a cumulative average of 90% or better from the scores earned on:
    - Written exam 1
    - Written exam 2
    - Classroom Presentation Project
    - Wellness Evaluation Report
  - and 90% attendance

the student is exempt from taking the final exam and will receive the cumulative average as their grade for the final exam. Since this course has 45 contact hours per trimester, the student can only miss 4 hours class time. If you miss 5 or more hours, regardless of the reason, you are not eligible for this option. Note: An average score of 89.5% will not be rounded up for purposes of this exemption of taking the final.

For purposes of qualifying for 90/90 we need your physical attendance, not merely your signature on the roll sheets. While it is OK to get up and go to the bathroom, it is not OK to sign the roll sheet, stay 5 minutes and then leave class and not return. This behavior amounts to signing a legal document in order to receive something you have not earned.

The 90/90 program is a reward for superior attendance and academic achievement. Signing the roll sheet and leaving early is not acceptable, and there is zero tolerance for this behavior. My policy is, don't sign the roll sheet unless you intend to stay the majority of the class time. If you sign the roll sheet and I observe you leaving early, you are no longer eligible for 90/90 based upon this single infraction. Obviously, if you have a bone fide emergency, this is an acceptable reason for leaving early.

## Course Deadlines:

- There are three time sensitive tasks that you must complete on time in this course:
  - Week 4 (Monday 9-28-09 noon)  
Email me your topic choice for the classroom presentation
  - Week 7 (Monday 10-19-09 noon)  
Email me your test question on your classroom presentation
  - Week 10 (Monday 11-9-09 noon)  
Turn in your Wellness Evaluation report
- If you are late for any of these scheduled tasks, I will deduct 1 percentage point from your overall course grade for each day you are late. For example, if you were 3 days late in selecting your presentation topic and you were 1 late day in turning in your Wellness Evaluation report, you will have 4 percentage points deducted from your overall course grade. I am sure some students can come up with creative reasons for why they were late. However, if you are late the deduction will still be levied, regardless of the reason.
- While at first glance this might appear to be overly punitive, let's do a reality check. How hard is it to meet these deadlines?
  - Pick a topic and email me your choice on time.
  - Write one test question (4 choice multiple choice) and email it to me on time.
  - Turn in your 3 page Wellness Evaluation report on time. While the Wellness Report does take a little more of your time, we have several class sessions assigned for you to perform the tests you will be entering on the form, and your report is not due until week 10. Plenty of time for you to complete the task.
- Personal responsibility is the essence of Wellness. If you as a doctor cannot perform simple tasks in a timely manner, what credibility do you have when you ask your patients to show personal responsibility for their health? If you are proactive, none of these deadlines should cause you a problem.