

## Dimensions of Wellness DHWP 1200

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**Office hours:** Mo & Fri (9.30 AM – 2 PM), Tue & Thu (9.30 AM – 5 PM)

## Course Description

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### [Video Introduction to DWHP 1200 Dimensions of Wellness](#)

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 intercultural 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 analyse 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.

## Course Objectives

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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
- Analyse 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.

## Class Schedule and Sequence of Instruction

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List the dates and indicate the topical areas to be covered in the course.

Lecture/Module	Date	Content
1	tba	Introduction: Understanding Wellness and the Dimensions of Wellness On site workout: Full body workout with resistance bands
2	tba	Developing and Assessing Physical Fitness On site workout: High Intensity Interval Bodyweight Performance Workout (HIIT)
3	tba	Nutrition and Eating Wellness On site workout: Back mobility workout
4	tba	Substance Abuse and Addiction On site workout: Yoga
5	tba	Intercultural Understanding and the Impact of One's Own Cultural Imprint On site workout: Capoeira (martial arts)
6	tba	Intercultural Understanding and Culture Shock On site workout: Zumba
7	tba	Forms of Stress and Coping with Stress On site workout: Bodyworkout with bodyweight
8	tba	Mindfulness: Theory and Practice On site workout: Hike or run in nature
9	tba	Meditation and its Benefits Workout: Stretch & Relax
10	tba	Intellectual and Emotional dimension of Wellness On site workout: Cardio Workout
11	tba	Lifetime Wellness On site workout: tba



## Required Textbooks and Materials

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*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](mailto:orders@cognella.com) or call (800) 200-3908 x503.

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

## Grading

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A - Achievement that is outstanding relative to the level necessary to meet course requirements.

B - Achievement that is significantly above the level necessary to meet course requirements.

C - Achievement that meets the course requirements in every respect.

D - Achievement that is worthy of credit even though it fails to meet fully the course requirements.

P - Achievement that is satisfactory, which is equivalent to a C- or better (achievement required for a P is at the discretion of the instructor but may be no lower than equivalent to a C-.)

NP - Represents failure (or no credit) and signifies that the work was either (1) completed but at a level of achievement that is not worthy of credit or (2) was not completed and there was no agreement between the instructor and the student that the student would be awarded an I (see also I).

I (Incomplete) - Assigned at the discretion of the instructor when, due to extraordinary circumstances, e.g., hospitalization, a student is prevented from completing the work of the course on time. Requires a written agreement between instructor and student.

## Grading Scale (Based on points)

95 – 100 A	77 – 79 C+	59 – Lower	F
90 – 94 A-	74 – 76 C		
87 – 89 B+	70 – 73 C-		
84 – 86 B	67 – 69 D+		
80 – 83 B-	60 – 66 D		

## Exams

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Midterm Exam	20%
Final Exam	20%
Class Participation	15%
Assignments (see below)	25%
Paper & Presentation	20%

## Assignments

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A total of 25 points can be earned for the assignments listed below. Students can be awarded up to 5 points for each assignment.

Item: Assignments	Points 25
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

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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 <sup>th</sup> Ed.)	15
Grammar	15
Reference to Text	25
Adequate & Clear Conclusion	10
References (APA)	5
Presentation	20

## Other Regulations and Policies

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### 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.

### Scholastic Dishonesty

You are expected to do your own academic work and cite sources as necessary. Failing to do so is scholastic dishonesty. Scholastic dishonesty means plagiarizing; cheating on assignments or examinations; engaging in unauthorized collaboration on academic work; taking, acquiring, or using test materials without faculty permission; submitting false or incomplete records of academic achievement; acting alone or in cooperation with another to falsify records or to obtain dishonestly grades, honors, awards, or professional endorsement; altering, forging, or misusing a university academic record; or fabricating or falsifying data, research procedures, or data analysis.

If it is determined that a student has cheated, he or she may be given an "NP" for the course, and may face additional sanctions from the Study Center.