APPH 1040-C
Spring 2027 Syllabus

Instructor Information

Becky James (she/her)
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Course Information

Delivery: In-person
Dates: January 11-April 27
Class meeting times: Monday and Wednesday 2-2:50 pm EST
Location: Clough UG Learning Commons (Room 152)
Course website: Canvas
Course credit: 2 credit hours

Course Description

All undergraduate students attending Georgia Tech must satisfactorily complete a wellness requirement. Students in this course will learn how genetics, the environment, and human behavior influence well-being. The course will offer students the opportunity to explore the eight dimensions of wellness and examine their relationship with each dimension.

Course Goals and Learning Objectives

1. Upon successful completion of this course, students should be able to:
2. Identify the dimensions of wellness and the scientific basis upon which health guidelines are founded.
3. Express the value of a healthy lifestyle and wellness principles and apply the information to make healthier choices.
4. Identify modifiable behaviors and formulate a plan to implement scientifically based recommendations to improve health behavior and wellness.
5. Find, evaluate, and utilize health information on the internet.
6. Apply ways to foster a positive mental attitude to increase happiness and well-being.

**** Please note: This syllabus is subject to change based on changing circumstances throughout the semester.**

Grading

Evaluation

Grading rubrics and instructions for assignments are located in Canvas. Students will be graded using the following scale:

Letter Grade	Percentage
A	89.5-100%
B	79.5-89.4%
C	69.5-79.4%
D	59.5%-69.4%
F	59.4 and below

Assignments

Assignment/Activities	Percentage of Final Grade
Class Participation	20%
Assignments/Class Prep	35%
Quizzes (2)	10%
Personal Wellness Project	15%
Community Engagement Project	20%

Community Engagement Project

Over the course of the semester, students will complete a minimum of 8 hours of service with a local community organization. Academic credit will be awarded for learning, not exclusively for performing service. The grade for this component will be evaluated through structured reflections and assignments, in addition to successful completion of service hours.

Late Work

It is the student's responsibility to ensure that all work is completed and submitted as directed by the stated due date. If an assignment is submitted late, the recorded time will be the date/time of proper submission. Partial credit will be given for assignments turned in past the due date; an assignment turned in 0-24 hours following the due date will receive a 10% deduction and 24-48 hours will receive a

20%. A grade of zero will be recorded for any assignment turned in more than 48 hours after the due date. These time periods include weekends.
Exceptions to the above policies will be made only in the case of a request by the Dean of Students. In these instances, it is the student's responsibility to email the instructor within 2 days of returning to school to arrange to complete missed work and/or establish new deadlines. If the student does not email Becky within 2 days, a grade of zero may be recorded for all missing assignments.

Extra Credit Opportunities

Opportunities for earning extra credit will be announced in class and/or posted on the course Canvas site. Specific instructions for obtaining extra credit will be provided and deadlines for submission will be the end of the final day of class. Full credit is not awarded if instructions are not followed. Extra credit is not accepted after the deadline under any circumstances.

Course Requirements

Course Text

There is not a required text for this course.

Course Website

All information, course material, and communication related to the course will be posted to the course Canvas site and/or located within the syllabus. Students are responsible for checking Canvas frequently.

Additional Materials/Resources

Students are required to bring a computer to class.

Policies

Sensitive Topics in Class

Some topics discussed in the class may be of a sensitive nature, based on student experiences. If a student is concerned about a subject or assignment, they should contact the instructor prior to the lecture or assignment due date to discuss alternative arrangements for content/assignments, as needed.

Attendance

This is an in-person course, and attendance is required. **Class is on Mondays and Wednesdays from 2-2:50pm EST.** Students are expected to attend the entire class and participate in class. If a student is more than ten minutes late or leaves more than ten minutes early, they will be counted as absent. Attendance will be taken through work submitted through Canvas during the class period or a sign-in sheet. A missed class period will result in zero points being given for attendance and participation for that day. Students may not submit class participation assignments if they do not attend class, and they

may not submit work or sign in on another student's behalf; the aforementioned actions are a violation of the Honor Code. If a student has problems with submitting work for attendance, they must contact the instructor or TA immediately after class.

Course Communication

Please use GT email to communicate with your instructor and TA. Please follow all guidelines for email communication. General course communication will be shared through announcements on Canvas, which you should check regularly for updates or consider having pushed to you. Becky is available before or after class or by appointment for virtual or in-person meetings.

Academic Integrity

Georgia Tech aims to cultivate a community based on trust, academic integrity, and honor. Students are expected to act according to the highest ethical standards. Students are expected to abide by the Georgia Tech Honor Code and student Code of Conduct and avoid any instances of academic misconduct. Any student suspected of cheating on an assignment or stating/representing that they attended a class will be reported to the Office of Student Integrity, who will investigate the incident and identify the appropriate penalty for violations.

Accommodations

If you are a student with learning needs that require special accommodation, contact the Office of Disability Services ((404)-894-2563) as soon as possible to make an appointment to obtain an accommodations letter. Please also e-mail Becky as soon as possible in order to set up a time to discuss your learning needs.

Student-Faculty Expectations Agreement

At Georgia Tech, we believe that it is important to strive for an atmosphere of mutual respect, acknowledgement, and responsibility between faculty members and the student body. Please see Student-Faculty Expectations for an articulation of some basic expectations that you can have of me and that I have of you. In the end, simple respect for knowledge, hard work, and cordial interactions will help build the environment we seek, and I encourage you to remain committed to the ideals of Georgia Tech while in this class.

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Hazardous Weather Procedures

Per the Campus Procedures for Hazardous Weather, when on-campus activities are suspended, digital learning days may be implemented to provide a way for instruction to continue. In case of class impact, an announcement will be posted on Canvas.

Student Use of Mobile Devices in the Classroom

Students will need a mobile device in class, thus a charged device should be brought to class. As research on learning shows unexpected noises and movement divert attention, all devices should be silenced, and devices should only be used for course material. Use of a mobile device for non-course related content or the distraction of others may result in points not being awarded for attendance and class participation.

Use of Artificial Intelligence (AI)

Students may use generative AI to help check their work and brainstorm, where appropriate, but should be aware that the material generated by these programs may be inaccurate, incomplete, biased or otherwise problematic. Per Georgia Tech's Honor Code, students may not submit any work generated by an AI as their own. Any material generated by AI, must be cited like any other reference material, using APA format. Please see this article for how to cite AI properly.

Academic and/or Mental Health Concerns

Throughout the semester, if you have concerns regarding your own or a classmate's academic performance and/or mental health, the Dean of Students and Center for Mental Health Care and Resources are available to assist. STAR (Students' Temporary Assistance and Resources) is available to students experiencing food and/or housing insecurities. Please keep these resources in mind if you feel overwhelmed or are struggling with any matters.

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