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American Public University System
The Ultimate Advantage is an Educated Mind

School of Public Service and Health
Department of Sport and Health Sciences
SPHS510
Ethical and Leadership Principles of Health and Wellness Management
3 Credit Hours
8 weeks
Prerequisite(s): None

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</table>

Instructor Information

Instructor:
Email:
Office Hours:

Course Description (Catalog)
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This course investigates methods, principles, leadership skills, and ethical decision-making responsibilities of professionals in the field of health and wellness. Readings, interactive tools, discussions, and independent activities provide students opportunities to equip themselves with skills in management, communication, team building, and personal and professional growth. Students apply these skills by taking on ethical and leadership opportunities that shape health and wellness principles and practice. This course provides practical tools they can use to approach leadership roles and ethical decisions that are implicit within health and wellness management.

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Course Scope

This course is designed to provide students with an investigation among the major theories, principles, and skills that leaders experience and relate them to the field of health and wellness management. This course provides an opportunity for students to evaluate their leadership skills and ethical beliefs, recognizing strengths and weaknesses through a personal SWOT analysis enabling them to develop a personal leadership plan that focuses on a career in health and wellness management. This course will cover a wide variety of areas, allowing students to put the theory into practice by doing hands on activities, as well as creating resources to use in a professional field dealing with health and wellness. Topics related to effective leadership, ethics, decision making, team building, communication, problem solving and self reflection will be explored in depth.

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Course Objectives

After successfully completing this course, students will fulfill the following Learning Objectives (L.O.):

LO1: Analyze the major components of leadership roles in health and wellness

LO2: Examine the evolution of various leadership theories of health and wellness management.

LO3: Analyze ethically driven decision-making strategies for effective personal and professional growth.

LO4: Analyze strategies for effective problem solving in the workforce

LO5: Prepare a personal leadership plan for a health and wellness management setting.
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Course Delivery Method

This SPHS510 Ethical and Leadership Principles of Health and Wellness Management course delivered via distance learning will enable students to complete academic work in a flexible manner, completely online. Course materials and access to an online learning management system will be made available to each student. **Online assignments are due by Sunday evening** of the week as noted and include Discussion Board questions (accomplished in groups through a threaded discussion board), examination, and individual assignments submitted for review by the Faculty Member). Assigned faculty will support the students throughout this eight-week course.

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Course Materials

Required Readings:

**E-Book From EBSCO- APUS Library**


**E-Book From Books 24x7 APUS Library**


**E-Book From EBSCO-APUS Library**

Mendonca, M., & Kanungo, R.N. (2007). Ethical Leadership

**E-Book From Books 24x7 APUS library**


**E-Book From Books 24x7 APUS library**


**E-Book From Books 24x7 APUS library**
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Ethical Excerpt: http://leadershipnow.com/leadershop/3229-0excerpt.html


The 21 Indispensable qualities of A Leader Audiobook: http://www.youtube.com/watch?v=6uckzWOeYE


Leadership Qualities: http://www.healthguidance.org/entry/10489/1/Be-a-Good-Leader--Leadership-Qualities.html

Leadership Fitness: http://ezinearticles.com/?The-Four-Dynamic-Qualities-of-Leadership-Fitness&id=1014547

Who Moved My Cheese? Audiobook: http://www.youtube.com/watch?v=HxKtCooMG5A

The 5 Levels of Leadership: http://www.youtube.com/watch?v=aPwXeg8ThWI

Leadership Vs. Management: http://www.leadership-tools.com/leadership-versus-management.html


ACSM-Code of Ethics example: http://www.acsm.org/join-acsm/membership-resources/code-of-ethics

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Laws of Teamwork: [http://www.youtube.com/watch?v=YAib9JJJJDs](http://www.youtube.com/watch?v=YAib9JJJJDs)

Covey, S.R. (1992). *The Seven Habits of Highly Effective People.* Simon & Schuster  (PDF-Circle of influence/Concern)

John Wooden: The Difference between winning and succeeding [http://www.youtube.com/watch?v=0MM-psvqiG8](http://www.youtube.com/watch?v=0MM-psvqiG8)

Leadership Styles:

Leadership vs. Management
Bureaucratic Leadership
Autocratic
[http://www.fastcompany.com/1838481/6-leadership-styles-and-when-you-should-use-them](http://www.fastcompany.com/1838481/6-leadership-styles-and-when-you-should-use-them)

Laissez-Faire
[http://managementstudyguide.com/leadership-styles.htm](http://managementstudyguide.com/leadership-styles.htm)

Fielders contingency model

Transformational
Transactional

Charismatic
[http://changingminds.org/disciplines/leadership/styles/charismatic_leadership.htm](http://changingminds.org/disciplines/leadership/styles/charismatic_leadership.htm)

Situational
**STUDENT WARNING:** This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.


The 7 Habits of Highly Effective People Summary Audiobook: [http://www.youtube.com/watch?v=_6uckzWOeYE](http://www.youtube.com/watch?v=_6uckzWOeYE)

Full version of 7 Habits Live: [http://www.youtube.com/watch?v=GPuuNcWkJTc](http://www.youtube.com/watch?v=GPuuNcWkJTc)


Cleveland Clinic (2008). Example of a Personal Leadership SWOT Analysis. PDF


What is a personal Leadership Plan/How to create one: [http://www.buzzle.com/articles/leadership-development-plan.html](http://www.buzzle.com/articles/leadership-development-plan.html)

The Importance of Leadership Development: [http://www.buzzle.com/articles/the-importance-of-leadership-development.html](http://www.buzzle.com/articles/the-importance-of-leadership-development.html)


Personal Leadership Plan Steps: [http://www.academia.edu/1094948/Create_Your_Personal_Leadership_Development_Plan_Here](http://www.academia.edu/1094948/Create_Your_Personal_Leadership_Development_Plan_Here)

Additional Resources:

In the Course Materials folder there are additional course articles, and up to date APA handouts. This course requires students to utilize the *Sports Business Research Network* (SBRnet) and the *Sports Marketing Quarterly* (SMQ) located in the APUS Online Library.

**Websites**
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In addition to the required course texts the following public domain Websites are useful. Please abide by the university’s academic honesty policy when using Internet sources as well. Note web site addresses are subject to change.

<table>
<thead>
<tr>
<th>Site Name</th>
<th>Website URL/Address</th>
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<tr>
<td>APA style formatting guide</td>
<td><a href="http://owl.english.purdue.edu">http://owl.english.purdue.edu</a></td>
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<td>Developing a Thesis Statement</td>
<td><a href="https://owl.english.purdue.edu/owl/resource/545/01/">https://owl.english.purdue.edu/owl/resource/545/01/</a></td>
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<td>Wellness Blog</td>
<td><a href="http://blog.wellworksforyou.com/blog/">http://blog.wellworksforyou.com/blog/</a></td>
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<th>Graded Assignment</th>
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<td>Ethical Leadership Survey</td>
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<tr>
<td>Forums</td>
<td>35</td>
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<td>Assignments</td>
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<td><strong>Total</strong></td>
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#### 8 – Week Course Outline
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<table>
<thead>
<tr>
<th>Week</th>
<th>Topic(s)</th>
<th>Learning Objectives</th>
<th>Reading(s)</th>
<th>Assignment(s)</th>
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<td>1</td>
<td>Professional Ethics and Leadership</td>
<td><strong>LO.1</strong> <strong>LO.2</strong></td>
<td><strong>Week 1 Readings:</strong></td>
<td>Forum #1- Ethical Leadership Survey</td>
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<td></td>
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<td>E-Book</td>
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<td>Next Gen Leader “The Truth about Leadership”</td>
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<td>E-Book: Maximum Performance Ch.1,12</td>
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<td>E-Book: Ethical Leadership Ch.1,2</td>
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<td>Ethical Excerpt: <a href="http://leadershipnow.com/leadership/3229-0excerpt.html">http://leadershipnow.com/leadership/3229-0excerpt.html</a></td>
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<td><strong>In Lesson Section:</strong></td>
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<td></td>
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<td>Weekly Lesson 1</td>
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<td><strong>Websites:</strong></td>
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<td></td>
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<td></td>
<td>Ethical Leadership Survey</td>
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<td><a href="http://www.surveymonkey.com">www.surveymonkey.com</a></td>
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<tr>
<td>2</td>
<td>Qualities of a</td>
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<td><strong>Week 2 Readings:</strong></td>
<td>Fourm#2-</td>
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</table>
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<tbody>
<tr>
<td><strong>LO.1</strong></td>
<td>The 21 Indispensable qualities of A Leader Audiobook: <a href="http://www.youtube.com/watch?v=6uckzW0eYEd">http://www.youtube.com/watch?v=6uckzW0eYEd</a></td>
<td><strong>Assn.1</strong>-Defining You as a Leader</td>
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<td><strong>LO.3</strong></td>
<td>The 21 Qualities of a Leader: Maxwell Summary PDF</td>
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<td>Leadership Qualities: <a href="http://www.healthguidance.org/entry/10489/1/Be-a-Good-Leader--Leadership-Qualities.html">http://www.healthguidance.org/entry/10489/1/Be-a-Good-Leader--Leadership-Qualities.html</a></td>
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<td><strong>In Lesson Section:</strong></td>
<td>Weekly Lesson 2</td>
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<td><strong>Week 3 Readings</strong></td>
<td><strong>Forum #3</strong> Communication and leadership</td>
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<tr>
<td>3</td>
<td>Leadership Skills and Communication</td>
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<td></td>
<td>E-Book: Maximum Performance Ch.3</td>
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<tr>
<td></td>
<td>Leadership=Communication? PDF</td>
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<td>Who Moved My Cheese? Audiobook: <a href="http://www.youtube.com/watch?v=HxKtCooMG5A">http://www.youtube.com/watch?v=HxKtCooMG5A</a></td>
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| LO.3 | The 5 Levels of Leadership: [http://www.youtube.com/watch?v=aPwXeg8ThWI](http://www.youtube.com/watch?v=aPwXeg8ThWI)  
**In Lesson Section:**  
Week 3 Lesson |
| --- | --- |
| LO.3 LO.4 | **Week 4 Readings**  
**E-Book** Ethical Leadership Ch. 4  
Changing behavior Code of ethics PDF  
How to define an ethical Dilemma in the workforce:  
**Forum#4.** Share your own ethical Dilemma in the workforce  
**Assn.2** Decision Making and Ethics |

| 4 | Decision-Making and a code of ethics |
### Week 4 Lesson

- **In Lesson Section:**
  - Week 4 Lesson

### Week 5 Lesson

- **Building Team Chemistry**
- **LO.3**
- **LO.4**

### Week 5 Readings

- **E-Book:** Maximum Performance Ch.5
- **Get Your Team to Do What It Says:** PDF
- **Laws of Teamwork:** [http://www.youtube.com/watch?v=YAib9JJJJDs](http://www.youtube.com/watch?v=YAib9JJJJDs)
- **Circle of Influence/Concern:** PDF
- **John Wooden: The Difference between winning and succeeding** [http://www.youtube.com/watch?v=0MM-psvqiG8](http://www.youtube.com/watch?v=0MM-psvqiG8)

### Forum#5-Team Dysfunctions

<table>
<thead>
<tr>
<th>5</th>
<th>Building Team Chemistry</th>
<th><strong>LO.3</strong></th>
<th><strong>LO.4</strong></th>
<th><strong>Week 5 Readings</strong></th>
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<tbody>
<tr>
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<td><strong>E-Book:</strong> Maximum Performance Ch.5</td>
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<td><strong>Get Your Team to Do What It Says:</strong> PDF</td>
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<td></td>
<td><strong>Laws of Teamwork:</strong> <a href="http://www.youtube.com/watch?v=YAib9JJJJDs">http://www.youtube.com/watch?v=YAib9JJJJDs</a></td>
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<td><strong>Circle of Influence/Concern:</strong> PDF</td>
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<td><strong>John Wooden: The Difference between winning and succeeding</strong> <a href="http://www.youtube.com/watch?v=0MM-psvqiG8">http://www.youtube.com/watch?v=0MM-psvqiG8</a></td>
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<td><strong>In Lesson Section:</strong> Week 5 Lesson</td>
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<table>
<thead>
<tr>
<th>6</th>
<th>Leadership Styles and theories</th>
<th><strong>Week 6 Readings</strong></th>
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<tbody>
<tr>
<td></td>
<td><strong>LO.1</strong></td>
<td><strong>E-Book:</strong> Maximum Performance Ch.8</td>
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<tr>
<td></td>
<td><strong>LO.2</strong></td>
<td><strong>E-Book:</strong> Ethical Leadership Ch.2,3</td>
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<tr>
<td></td>
<td>Leadership Styles:</td>
<td>Leadership vs. Management</td>
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<td><a href="http://www.fastcompany.com/1838481/6-leadership-styles-and-when-you-should-use-them">http://www.fastcompany.com/1838481/6-leadership-styles-and-when-you-should-use-them</a></td>
<td>Bureaucratic Leadership</td>
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<td>Autocratic</td>
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<td>Laissez-Faire</td>
<td><a href="http://managementstudyguide.com/leadership-styles.htm">http://managementstudyguide.com/leadership-styles.htm</a></td>
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<td>Transactional</td>
<td>Charismatic <a href="http://changingminds.org/disciplines/leadership/styles/charismatic_leadership.htm">http://changingminds.org/disciplines/leadership/styles/charismatic_leadership.htm</a></td>
</tr>
</tbody>
</table>

**In Lesson Section:**

**Week 6 Lesson**

**Forum#6-What Leadership style are you working under or with?**

**Asn.3 Leadership Theories and Styles**
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<table>
<thead>
<tr>
<th>Week</th>
<th>LO.1 LO.4</th>
<th>Week 7 Readings</th>
<th>Forum#7-Your Vision</th>
</tr>
</thead>
</table>
| 7    | Developing a Vision | **E-Book**  
12 Disciplines of Leadership Excellence Ch.2  
**E-Book** The Heart of Leadership: Becoming a Leader People want to Follow “Vision Fuels Courage”  
Transformation Is an Era, Not an Event PDF  
The 7 Habits of Highly Effective People Summary Audiobook:  
[http://www.youtube.com/watch?v=_6UCKzWOeYE](http://www.youtube.com/watch?v=_6UCKzWOeYE)  
Full version of 7 Habits Live:  
[http://www.youtube.com/watch?v=GPuuNcWkJtc](http://www.youtube.com/watch?v=GPuuNcWkJtc)  
**In Lessons Section**  
Week 7 Lesson | |
| 8    | Strengths and Weakness of A Leader (SWOT) | **Week 8 Readings**  
SWOT Harvard-PDF | **Forum 8-** Your next move with Leadership in the Health and Wellness |
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<table>
<thead>
<tr>
<th>LO.5</th>
<th>Personal SWOT Analysis and action plan Example-PDF</th>
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<tr>
<td></td>
<td>What is a personal Leadership Plan/How to create one: <a href="http://www.buzzle.com/articles/leadership-development-plan.html">http://www.buzzle.com/articles/leadership-development-plan.html</a></td>
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<td>The Importance of Leadership Development: <a href="http://www.buzzle.com/articles/the-importance-of-leadership-development.html">http://www.buzzle.com/articles/the-importance-of-leadership-development.html</a></td>
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<tr>
<td></td>
<td>Personal Leadership Plan Steps: <a href="http://www.academia.edu/1094948/Create_Your_Personal_Leadership_Development_Plan_Here">http://www.academia.edu/1094948/Create_Your_Personal_Leadership_Development_Plan_Here</a></td>
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Please see the Student Handbook to reference the University’s grading scale

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**Policies**

Please see the Student Handbook to reference all University policies. Quick links to frequently asked question about policies are listed below.

- Drop/Withdrawal Policy
- Plagiarism Policy
- Extension Process and Policy
- Disability Accommodations

**WRITING EXPECTATIONS**

All written submissions should be submitted in a font and page set-up that is readable and neat. It is recommended that students try to adhere to a consistent format, which is described below.

- Typewritten in double-spaced format with a readable style and font and submitted inside the electronic classroom (unless classroom access is not possible and other arrangements have been approved by the professor).
- Arial 11 or 12-point font or Times New Roman styles.
- Page margins Top, Bottom, Left Side and Right Side = 1 inch, with reasonable accommodation made for special situations and online submission variances.

**CITATION AND REFERENCE STYLE**

Attention Please: Students will follow the APA Style Manual, 6th Edition as the sole citation and reference style used in written work submitted as part of coursework to the University. Assignments completed in a narrative essay or composition format must follow the citation used in the APA Style Manual, 6th Edition.

**LATE ASSIGNMENTS**

Students are expected to submit classroom assignments by the posted due date and to complete the course according to the published class schedule. As adults, students, and working professionals I understand you must manage competing demands on your time. Should you need additional time to complete an assignment please contact me before the due date so we can discuss the situation and determine an acceptable resolution. Routine submission of late assignments is unacceptable and may result in points deducted from your final course grade.

**NETIQUETTE**

Online universities promote the advance of knowledge through positive and constructive debate--both inside and outside the classroom. Discussions on the Internet, however, can occasionally degenerate into needless insults and “flaming.” Such activity and the loss of good manners are not acceptable in a university setting--basic academic rules of good behavior and proper “Netiquette” must persist. Remember that you are in a place for the fun and excitement of learning that does not include descent to personal attacks, or student attempts to stifle the discussion of others.

- **Technology Limitations:** While you should feel free to explore the full-range of creative composition in your formal papers, keep e-mail layouts simple. The Sakai classroom may not
STUDENT WARNING: This course syllabus is from a previous semester archive and serves only as a preparatory reference. Please use this syllabus as a reference only until the professor opens the classroom and you have access to the updated course syllabus. Please do NOT purchase any books or start any work based on this syllabus; this syllabus may NOT be the one that your individual instructor uses for a course that has not yet started. If you need to verify course textbooks, please refer to the online course description through your student portal. This syllabus is proprietary material of APUS.

- Fully support MIME or HTML encoded messages, which means that bold face, italics, underlining, and a variety of color-coding or other visual effects will not translate in your e-mail messages.
- Humor Note: Despite the best of intentions, jokes and--especially--satire can easily get lost or taken seriously. If you feel the need for humor, you may wish to add “emoticons” to help alert your readers: ;-), :), 😊

DISCLAIMER STATEMENT
Course content may vary from the outline to meet the needs of this particular group.

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Academic Services

The Online Library is available to enrolled students and faculty from inside the electronic campus. This is your starting point for access to online books, subscription periodicals, and Web resources that are designed to support your classes and generally not available through search engines on the open Web. In addition, the Online Library provides access to special learning resources, which the University has contracted to assist with your studies. Questions can be directed to librarian@apus.edu.

- **Charles Town Library and Inter Library Loan**: The University maintains a special library with a limited number of supporting volumes, collection of our professors’ publication, and services to search and borrow research books and articles from other libraries.
- **Electronic Books**: You can use the online library to uncover and download over 50,000 titles, which have been scanned and made available in electronic format.
- **Electronic Journals**: The University provides access to over 12,000 journals, which are available in electronic form and only through limited subscription services.
- **Turnitin.com**: Turnitin.com is a tool to improve student research skills that also detect plagiarism. Turnitin.com provides resources on developing topics and assignments that encourage and guide students in producing papers that are intellectually honest, original in thought, and clear in expression. This tool helps ensure a culture of adherence to the University's standards for intellectual honesty. Turnitin.com also reviews students’ papers for matches with Internet materials and with thousands of student papers in its database, and returns an Originality Report to instructors and/or students.
- **Tutor.com** is an award-winning online homework help and learning service that connects students to a certified tutor for one-on-one help. Get help with homework, studying, projects, essay writing, and test prep in every subject, including algebra, statistics, chemistry, physics, social studies, and English. There are thousands of academic and career services resources—worksheets, practice problems, videos in every subject, as well as financial literacy tips. They are available 24/7 so you can access them whenever you need extra help.

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- Program Portals contain topical and methodological resources to help launch general research in the degree program. To locate, search by department name or navigate by school.
- Course Lib-Guides narrow the focus to relevant resources for the corresponding course. To locate, search by class code (e.g., SOCI111) or class name.

If a guide you need isn't available yet, let us know by emailing the APUS Library: librarian@apus.edu