**Table S1.** Summary of two semesters of “Health in the Workplace”.

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| **Semester** | **Spring 2021 (January – May)** | **Fall 2022 (August – December)** |
| Format | Virtual via Zoom (Synchronous/Asynchronous) | In-person |
| Enrollment | 13 students | 35 students |
| Intended Learning Outcomes | Describe the components of NIOSH’s Total Worker Health® framework.  Identify the federal and state agencies responsible for worker health and safety.  Locate and read the evidence on worker health and safety from peer-reviewed journal articles.  Participate in the mock development of health and safety interventions within the workplace.  Describe to stakeholders and interested parties the importance of investing in worker health and safety.  Reflect on how the topics in class relate to the coursework from your major. | Define and explain the NIOSH’s Total Worker Health® and other systems influencing a person’s overall health.  List and explain different factors that affect health at the individual level (such as biomechanical, physiological, and cognitive risk factors for injury)  List and explain factors that affect an individual’s health at the organizational and socio-political-cultural levels.  Career Skills: Talk about health and performance in the workplace with people from backgrounds different from your own. |
| Topics | Remote Workplace  Total Worker Health Framework®  Prevention and Control of Hazards/Exposures  Ergonomics Overview  Industrial/Organizational Psychology  Work and Stress  Organizational Culture, Climate, and Change  The Built Environment  Healthcare Worker Health  Healthy Workplace Participation Program  Return on Investment  Behavior Change – Self-Efficacy and Social Support | Prevention versus Reactive Workplace Health Initiatives  Overview of Systems  Prevention and Control of Hazards/Exposures  Heat Exertion (Guest Lecture)  Biomechanics Injury  Burnout, Job Demands, and Psychological Risk Factors (ISO 45003:2021)  Organizational Culture, Climate, and Change (Guest Lecture)  Healthcare Worker Health  Physical Activity at Work  Ergonomics  Small Business Worker Health and Safety (Guest Lecture)  Trends on Corporate Workplace Health and Safety Initiatives (Guest Lecture)  Built Environment (Guest Lecture)  Return on Investment (Guest Lecture)  Maternal Health, Family, and Workplace Well-being |
| NIOSH  related  content | Total Worker Health Framework®  Healthy Workplace Participation Program (SOURCE) | Total Worker Health Framework®  UIC In a Day’s Work simulation |
| Reflection  Assessments | Pre-post image reflection  Virtual Discussion Board | Pre-post image reflection  Pre-mid semester values discussion (SOURCE)  Connections Notebook (SOURCE) |
| Final  Assignment | After selecting a job or career of interest, create hypothetical material (poster or letter) targeted at important stakeholders or individual workers who work this job. Students must select THREE topics learned during the semester. Students submitted their hypothetical material and a short paper justifying their selected topics. | |