

Indiana Wesleyan University
Division of Health and Human Performance
PHE 101-82G – *Concepts of Health and Wellness* (1-hour course)
Tues/Thurs from 9:25-10:20 a.m. (Class meeting from 09/02/21 through 10/19/21)
Classroom RWC (Recreation and Wellness Center) – Room 242
Syllabus – Fall, 2021



Instructor: Dr. Lanette Sessink, Associate Professor
Office: 765.677.3494; **Cell:** 740.398.6812 – before 9:00 p.m., please
Office Location: RWC 144-D
Email: lanette.sessink@indwes.edu
Professor's Office Hours: MWF 10:00 a.m.–11:30 a.m.; 2:30-4:00 p.m.
T/TH 10:30-11:30 a.m.; 2:00-4:00 p.m.

University Mission Statement

Indiana Wesleyan University is a Christ-centered academic community committed to change the world by developing students in character, scholarship and leadership.

Course Description

This course is designed to help students develop a better understanding of the importance of physical fitness and healthy life-style practices. Each student will participate in fitness assessment activities in hope of developing long and short-term fitness goals. Required of all students.

Required Text

Lockhard, Barbara, Hager, Ron (2020). *Foundations for a Healthy Lifestyle*. Perceivant, LLC: Indianapolis, IN. ISBN: 978-1-7346906-4-4. **Note:** Students must purchase the e-Textbook code for access to the Perceivant website. Students will submit each lab online, via Perceivant through Brightspace. A hard copy of the textbook is not required since each student will have access through e-Text.



Course Learning Outcomes

According to the *World Changing Aims* listed in your Brightspace when you log into *myIWU*, the following outcomes have been created for this class. At the successful completion of this course, the student should be able to:

1. Describe the basic functions and structure of the human body as it relates to health and wellness (1b, 1c).
2. Explain the need for good physical fitness in today's society (1a, 3c, 3e).
3. Interpret results from various personal fitness assessments (cardiorespiratory, muscular, body composition and flexibility) and identify potentially detrimental personal health behaviors (1c, 2d).
4. Develop a personal wellness plan to address identified poor health behaviors (2d).
5. Exam and articulate your commitment to personal fitness, particularly in relationship to Christian beliefs (2d, 3b, 3d, 3e).

Class Expectations

1. Instructor responsibilities:

- a. Start and end class on time.
- b. Provide course information on a timely basis.
- c. Treat all students with courtesy and respect.
- d. Create a student-centered environment and be open to constructive input from students in this course.
- e. Share my passion.
- f. Ensure that opportunities to participate are enjoyed by all students in the course.

2. Student responsibilities:

- a. Attend every class session and participate.
- b. Come to class on time and refrain from packing up belongings before class ends.
- c. Turn off electronic devices and store them before class begins.
- d. Give respectful attention when the instructor or student is speaking.
- e. Complete all homework assignments on time.
- f. Follow IWU's Covid-19 regulations if you are feeling sick, have a fever, or have been around someone with Covid-19.
- g. Being tardy is disruptive to the class. If a student is tardy two times, it will constitute as one absence.

3. Assignments/Attendance

- a. Assignments must be turned in on the due-date of the syllabus. Students are allowed to turn in late assignments (no more than 24 hours from the due date); however, only a maximum of **half the credit** will be earned. Anything turned in after that time will receive no credit.
- b. A student may not make up a class assignment unless they provide an excused absence.
- c. Students are expected to attend all class sessions, unless sick or at an approved school-sponsored event. IWU's attendance policy is back in place for this semester. The *IWU Approved Student Absence* policy outlines what constitutes an excused absence. Only for those reasons may a student make up missed class assignments.
- d. Excused absences are those exempted through Academic Affairs. The IWU Approved Student Absence policy and COVID-19 policy is listed in Brightspace under *Student Resources and Information*. Only for those reasons may a student make up missed class material. If you are gone for a school-sponsored event, be sure to communicate with the professor **prior** to any trip.

4. Class Participation

- a. Come prepared for each class. This includes reading the required chapters and being ready to discuss. You receive points daily for class participation in discussions and labs, so being present and participating can earn you up to five (5) points each day.
- b. Laptops are allowed for note-taking, research on topics discussed in class, and labs only.

5. Honesty and Integrity:

- a. Students are expected to practice the highest standards of ethics, honesty, and integrity in all of their academic work.
- b. Any form of academic dishonesty (e.g., plagiarism, cheating and/or misrepresentation) will result in disciplinary actions. This may include failure for part or all of the course, as well as suspension from the university.

Tracking Your Grade

- Attendance/Participation (11 x 5 pts each) 55 points
- Assignments Listed in Schedule 365 points
- Personal Wellness Plan (50 points) 50 points
- Examinations (2 exams at 100 pts each) 200 points
- Total Points 670 points**

Grading

To calculate your course grade: $\frac{\text{Total points earned} \times 100}{\text{Total points possible}}$ = your grade percentage

Grading Scale

A	93%-100%
A-	90.0%-92.9%
B+	87.0%-89.9%
B	83.0%-86.9%
B-	80.0%-82.9%
C+	77.0%-79.9%
C	73.0%-76.9%
C-	70.0%-72.9%
D+	67.0%-69.9%
D	63.0%-66.9%
F	0%-62.9%

Be sure to track your progress throughout the semester toward the grade you are working hard to receive.

Helpful Tools

Please see Brightspace for assistance with protocols with COVID-19, student support, technical support, system maintenance, academic honesty, disability services, excused absence policy, federal credit hour expectations, Jackson Library, The Den, and the Inkwell Writing Center.

Tentative Class Schedule

Class Day/Date	Topic	Points
Thurs, Sept 2, 2021	Introductions/Syllabus/Brightspace and Perceivant Getting Started 1. Par-Q Readiness for Physical Activity 2. Self-Introduction 3. Syllabus Quiz	 5 pts 5 pts 5 pts
Sun, Sept 5, 2021	Getting Started and Chapter 1 due via Perceivant thru Brightspace	
Tues, Sept 7, 2021	Chapter 1: Introduction: Establish a Healthy Concept of Self 1. PowerPoint 2. Introduction: Establish a Health Concepts of Self – Guided Learning 3. The Personal Wellness Wheel 4. Discuss: Establish a Healthy Concept of Self. Must post one message and respond to one students' discussion post.	 5 pts 5 pts 5 pts

	5. Living Well Project: Establish a Healthy Concept of Self	
	6. Chapter Quiz: Establish a Healthy Concept of Self	10 pts
		10 pts
Thurs, Sep 9, 2021	Chapter 2: Behavior Change: Motivation for Making Healthy Change	
	1. PowerPoint	
	2. Behavior Change: Motivation for Making Health Change Guided Learning	5 pts
	3. Self-Assess: Worth Index	5 pts
	4. Discuss: Motivation for Making Healthy Change	5 pts
	5. Chapter Quiz: Motivation for Making Healthy Change	10 pts
	Chapter 3: Functional Fitness: A Foundation for Life	
	1. PowerPoint	
	2. Why Be Fit? Functional Fitness – A Foundation of Life Guided Learning	5 pts
	3. Discussion: Functional Fitness-A Foundation for Life	5 pts
	4. Chapter Quiz: Function Fitness – A Foundation for Life	10 pts
Sun, Sept 12, 2021	Chapters 2 & 3 due via Perceivant thru Brightspace	
Tues, Sept 14, 2021	Chapter 4: Cardiorespiratory Fitness	
	1. PowerPoint	
	2. Where Do I “FIT”? Cardiorespiratory Fitness Guided Learning	5 pts
	3. NOTE: Will be Done in Class – Rockport Walk Test (see Sept 16 th class session)	
	4. Create a SMART Goal for Exercise	5 pts
	5. Chapter Quiz: Cardiorespiratory Fitness	10 pts
	Chapter 5: Flexibility	
	1. PowerPoint	
	2. Why Should I Stretch? Improving Flexibility Guided Learning	5 pts
	Quiz: Improving Flexibility	10 pts
Thurs, Sept 16, 2021	LAB IN CLASS (Note: Meet Downstairs by Fitness Room)	
	1. Rockport One-Mile Walk Test (Time and heart rate at end)	10 pts
	2. Lateral Reach	5 pts
	3. Leg Raise	5 pts
	4. Hip Raise	5 pts
	5. Groin Stretch	5 pts
	6. Ankle Flexion	5 pts
	7. Sit and Reach	5 pts
	8. Shoulder Reach	5 pts
Sun, Sept 19, 2021	Chapters 4, 5 & Flexibility Lab Assignments due via Perceivant thru Brightspace	
Tues, Sept 21, 2021	Exam #1: Chapters 1-5	
Thurs, Sept 23, 2021	LAB IN CLASS (Note: Meet Downstairs by Fitness Room)	
	1. Supine Bridge with Leg Extension	5 pts
	2. Wall Sit Strength Test	5 pts
	3. Sit Up Hold at 60 Degrees Strength Test	5 pts

	4. Front Plank Strength Test	5 pts
	5. Side Plank Strength Test	5 pts
	6. Push Up Assessment	5 pts
	7. Body Weight Calculator	5 pts
Tues, Sept 28, 2021	Chapter 6: Muscle Health: Muscle Endurance and Strength	
	1. PowerPoint	
	2. What are My Strengths? Muscle Endurance and Strength Guided Learning	5 pts
	3. Quiz: Muscle Endurance and Strength	10 pts
	Chapter 7: Nutritious Eating: Enjoy Nutritious Foods	
	1. PowerPoint	
	2. Am I What I Eat? Enjoy Nutritious Foods Guided Learning	5 pts
	3. Calorie Calculator Activity	5 pts
	4. Discussion: Nutritious Eating	5 pts
	5. Quiz: Enjoy Nutritious Foods	10 pts
Thurs, Sept 30, 2021	Chapter 8: Body Composition: Maintaining a Healthy Weight	
	1. PowerPoint	
	2. How Do I Measure Risk? Maintaining a Healthy Weight Guided Learning	5 pts
	LAB IN CLASS – Body Composition	
	1. BMI (using Bioelectric Impedance Machine)	5 pts
	2. Waist Circumference Assessment	5 pts
	3. Quiz: Maintaining a Healthy Weight	10 pts
Sun, Oct 3, 2021	Chapters 6, 7 and Muscular Endurance & Strength Lab due via Perceivant thru Brightspace	
Tues, Oct 5, 2021	Chapter 9: Stress Management: Making Stress Work for You Effectively	
	1. PowerPoint	
	2. Am I Managing Stress? Making Stress Work for You Effectively Guided Learning	5 pts
	3. Stress in Your Life	5 pts
	4. Perceived Stress Scale	5 pts
	5. Stress Auditory Assessment	5 pts
	6. Quiz: Making Stress Work for You Effectively	10 pts
Thurs, Oct 7, 2021	No Class – Fall Break	
Sun, Oct 10, 2021	Chapter 8 & 9 due via Perceivant thru Brightspace	
Tues, Oct 12, 2021	Chapter 10: Understanding Your Mental Health	
	1. PowerPoint	
	2. Understanding Your Mental Health Guided Learning	5 pts
	3. Mental Health Assessment (Only Need to Take One)	10 pts
	4. Cell Phone Addiction	10 pts
	5. Quiz: Understanding Your Mental Health	10 pts
Thurs, Oct 14, 2021	Chapter 11: Healthy Relationships: Healthy Living Within Society	

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| 1. PowerPoint | |
| 2. Are My Relationships Healthy? Healthy Living Within Society Guided Learning | 5 pts |
| 3. Satisfaction with Life Scale | 5 pts |
| 4. Discussion: Healthy Living Within Society | 5 pts |
| 5. Quiz: Healthy Living Within Society | 10 pts |

Sun, Oct 17, 2021 **Chapter 10 & 11 due via Perceivant thru Brightspace**

Tues, Oct 19, 2021 **Exam #2: Chapters 6-12**

Wed, Oct 20, 2021 **Personal Wellness Plan due via Perceivant thru Brightspace**

Total Assignment Points	365 pts
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Assignment Due Dates (Note: does not include exams on 9/21/21 and 10/19/21)

Day/Date	Assignment(s)
Time Due: 11:59 p.m. (before midnight)	
Sunday, Sept 5, 2021	Getting Started and Chapter 1 due via Perceivant thru Brightspace
Sunday, Sept 12, 2021	Chapters 2 and 3 Assignments due via Perceivant thru Brightspace
Sunday, Sept 19, 2021	Chapters 4, 5 and Flexibility Lab Assignments due via Perceivant and Brightspace
Sunday, Oct 3, 2021	Chapters 6, 7 and Muscular Endurance and Strength Lab due via Perceivant thru Brightspace
Sunday, Oct 10, 2021	Chapters 8 and 9 Assignments due via Perceivant thru Brightspace
Sunday, Oct 17, 2021	Chapters 10 and 11 Assignments due via Perceivant thru Brightspace
Wed, Oct 20, 2021	Personal Wellness Plan submitted online thru Brightspace (under assignments)
