

Lecture Information: 5:00 pm Monday, Schneider 2000, Haworth Business College

Activity Information: Friday 1:00 pm, Rm 1012 Student Rec Center

Lab Information: Wednesday 1:00 pm, Rm 3016 Student Rec Center

Webpage: [elearning.wmich.edu](http://elearning.wmich.edu)

Class 14: <http://connect.mheducation.com/class/c-weideman-5pm-lecture-spring-2015>

#### INSTRUCTOR INFORMATION:

Instructor	Phone	Office	Office Hours	Email
Carol Weideman, Ph.D.	387-3087	SRC 1059	W/F 8:30-10am and by appt	<a href="mailto:carol.weideman@wmich.edu">carol.weideman@wmich.edu</a>
Katy Rhodes	387-2689	4 <sup>th</sup> Floor SRC	W/F 11:00 am – 12:00 pm	<a href="mailto:katelyn.m.rhodes@wmich.edu">katelyn.m.rhodes@wmich.edu</a>

#### OVERVIEW:

**Course Text & Requirements:** --- **you need these to be successful in class**

##### 1. Required Textbooks:

- a. PEGN 1700-1820 Health and Wellness Course Manual. Weideman, C. (2014). Hayden McNeil.  
- photocopying of worksheets is not allowed or tolerated.
- b. Fit and Well Custom, McGraw Hill with Connect.  
There are 3 options: A) Purchase the bundle through the bookstore (~143.00)  
B) Electronically Purchase Connect without Ebook using web address above \$61.25  
C) Electronically Purchase Connect Plus WITH Ebook using web address above: \$92.00

**The LearnSmart/Connect site provides free access for two weeks, so please be sure to register even if you don't yet have the textbook.**

2) Appropriate dress for activity as described by instructor (i.e. non marking footwear, athletic wear, etc.)

3) Equipment as described by instructor

4) Lock for stowing personal items during physical activity

#### Course Description

- This Health and Wellness Course fulfills the requirements in Distribution Area 8: Health and Well-being. This two-credit course includes meets three times/week: one mass lecture, one discussion/lab, and one activity session.
- The purpose of the course is to provide knowledge and opportunity to facilitate positive health changes through adulthood.** After completion of this course, you will have the skills to make healthful choices for today and tomorrow.

The PEGN HEALTH & WELLNESS is comprised of a lecture, lab and activity component. Each will meet once a week. Students will be exposed to information and experiences, which will allow them to:

- 1) Develop physical fitness skills,
- 2) Acquire a knowledge base about human wellness,
- 3) Develop a positive attitude toward wellness and physical activity

**Do not co-enroll for more than one H&W section in one semester – you'll receive credit for only one section.**

#### Course Objectives: The student will:

- Acquire knowledge of health and wellness concepts by completing assignments
- Demonstrate responsibility by completing assignments following the guidelines of the class as outlined by the instructor
- Demonstrate responsibility by following correct class procedures and rules outlined in the class syllabus and the WMU student code during all class sessions.
- Demonstrate knowledge of resting, target range, and recovery heart rates.
- Demonstrate correct warm-up and cool-down activities during each class period.
- Demonstrate skills related to the Health and Wellness session as presented by instructor

### **College Students with Disabilities Statement**

Any student with a documented disability (physical, learning, psychiatric, vision, hearing, etc.) who needs to arrange reasonable accommodations must contact the professor and also Disabled Student Resources and Services at (269) 387-2116 at the beginning of the semester

### **College of Education Diversity Statement**

The College of Education maintains a strong and sustained commitment to the diverse and unique nature of all learners and high expectations for their ability to learn and to apply their learning in meaningful ways.

### **WMU Human Rights Statement**

It is a fundamental policy of Western Michigan University not to discriminate on the basis of sex, sexual orientation, color, race, age, religion, national origin, height, weight, marital status, or handicap in its educational programs, admissions, employment, promotions, salaries and social activities. Through its example of and teaching, Western strives to foster in its students, faculty, and staff respect for basic human rights. In its external relationships, the University is supportive of those activities that seek constructive change in the development of human rights in this country and abroad.

### **Statement Regarding Academic Conduct:**

You are responsible for making yourself aware of and understanding the policies and procedures in the Undergraduate and Graduate Catalogs that pertain to Academic Honesty. These policies include cheating, fabrication, falsification and forgery, multiple submission, plagiarism, complicity and computer misuse. [The policies can be found at [www.catalog.wmich.edu](http://www.catalog.wmich.edu) under Academic Policies, Student Rights and Responsibilities.] If there is reason to believe you have been involved in academic dishonesty, you will be referred to the Office of Student Conduct. You will be given the opportunity to review the charge(s). If you believe you are not responsible, you will have the opportunity for a hearing. You should consult with your instructor if you are uncertain about an issue of academic honesty prior to the submission of an assignment or test.

You are encouraged to direct students to access the Code of Hone and general academic polices on such issues as diversity, religious observance, and student disabilities at [www.wmich.edu/conduct](http://www.wmich.edu/conduct), [www.wmich.edu/registrar](http://www.wmich.edu/registrar) and [www.wmich.edu/disabilityservices](http://www.wmich.edu/disabilityservices).

### **Etiquette:**

- Be prepared – Read prior to class
- **Please do not use electronic devices including cell phones, iPods, or anything similar during class**
- **Respect your classmates** by entering and exiting class quietly and keeping conversation to a minimum

**Lecture Component: Everything will be weighted to equal 40% of final H&W grade (24.4% weighted score to pass class)**

**5%: LearnSmart Flashcards/Study activities**

**40%: Connect Activities**

**20%: In-class activities/reflections**

**15%: Campus Health Activity (Associated with the Sindecuse Health Center Resources)**

**20%: Cumulative Final Exam**

**Physical Activity Component: Everything will be weighted to equal 30% of final H&W grade (18.5% weighted score to pass class)**

**75%: Participation**

**5%: Assigned Worksheets**

**10%: Skill testing & quizzes**

**10%: Exercise log**

**Laboratory Component: Everything will be weighted to equal 30% of final H&W grade (18.5% weighted score to pass class)**

**70%: Assigned Worksheets**

**30%: Participation**

**Lecture Schedule**

Module	Date	Topic <i>(The instructor reserves the right to make adjustments)</i>
1	1/12	Ch 1 Understanding Wellness, Organizing lecture seating
	1/19	Martin Luther King Birthday – You'll meet lab/activity this week but not lecture
2	1/26	Ch 2 Principles of fitness
3	2/2	Ch 11 Cardiovascular Endurance/Health
4	2/9	Ch 15 Environmental Health
5	2/16	Ch 12 Infectious Disease
6	2/23	Ch 5 Nutrition
7	3/2	Ch 13 <b>The Real Buzz Performance</b> <b>Spirit day on Friday – no class if you have lab/activity</b>
	3/9	Spring Break
8	3/16	Ch 11 Spirituality & Sleep
9	3/23	Ch 10 Stress
10	3/30	Ch 12 Sexuality <b>Great expectations Performance</b>
11	4/6	Ch 6 Maintaining a Healthy Weight
12	4/13	Happiness
13	4/20	Ch 12 Living with Cancer
<b>Available online during the scheduled exam day, Monday 4/27 12am-11:59pm</b>		Lecture Final Exam (Cumulative) Once started, the exam will be open 2hours, with only one opportunity. I will be available in the lecture hall during the scheduled exam hours:  9am lecture, Mon 4/27 (10:15am – 12:15pm) 5pm lecture, Mon 4/27 (5-7pm) 6pm lecture, Mon 4/27 (7:15-8:30pm)

### Physical Activity Requirements

We will meet for physical activity one day/week. You are expected to be dressed appropriately as described by the instructor. and be prepared to participate for the respective activity to receive full credit. A valid student ID is required to enter the SRC recreation center. If you forget your ID, go to the HPER office (4<sup>th</sup> floor SRC) to obtain a one-time pass for class. Bring a lock to place your book bag, coat, etc. in a locker, as the SRC does not allow bags in the activity area. Small lockers are available for a quarter if you don't have your own lock.

**Physical Activity Absence policy:** Each absence will result in a loss of 10 points. Students should be prompt for class – more than 5 minutes late will result in a deduction of 5points for the day.

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**Worksheets:** Please see schedule below for point value and specific due dates. Some worksheets will be completed and collected during class. Homework is collected the first five minutes of class.

**Physical Activity Quiz:** A multiple choice/SA/TF exam will be given (see schedule below)

**Exercise Log and Exercise Summary** Students will be asked to complete exercise logs (3dpw) throughout the course of the semester. Students must bring the log in each assigned day and it will be returned the following week. The exercise logs are found at the back of the lab manual. It must be filled out legibly for credit.

### Locker Rental & Towel Service Available

Locker Rental WMU students may rent a locker at the current semester or session rate. Coin lockers are available for daily use for \$.25 (small) or \$.50(large). You may utilize your own lock on lockers throughout the building for daily usage, but the lock must be removed by the end of the night. Any locks left on lockers, not rented from the SRC, will be removed and contents held for 48 hours. A \$5 retrieval fee will be assessed for contents left in lockers overnight.

Semester/Session	Small Locker	Large Locker
Fall or Spring	\$25	\$35
Summer I or Summer II	\$12.50	\$17.50

**Towel Service** Students may purchase towel service on a semester basis as a stand-alone service or add-on to locker rental. Towels are tracked and monitored by our Towel Tracker system. Students that purchase towel service will be issued a Towel Tracker card that will provide access to our Towel Tracker cabinet. Daily towel service is also available for \$1. You are limited to one towel at a time and are responsible for lost/damaged items.

Semester/Session	Towel Service Only	Add-on to Locker Rental
Fall or Spring	\$20	\$10
Summer I or Summer II	\$10	\$5

### Lab/Discussion Requirements

***Cell phones must be PUT AWAY during all class periods!***

We will meet for Lab one day/week. The gradebook will indicate Lab Part 1 (35pts) and Lab Part 2 (35 pts).

**Worksheets (70%):** Please see schedule below for specific due dates and point values. Some worksheets will be completed and collected during class. If assigned to be completed outside of class, worksheets not turned in during the first five minutes of class will be considered late.

### Final Notes

University policy regarding absences due to religious observances: Please note that the student is responsible for alerting the instructor in advance of the observance. Please see the university policy <http://www.wmich.edu/provost/pdf/ReligiousObservances.pdf>

### Absence policy for Lecture/Lab/Activity

Missing a class means missing the points. If you have an absence due to a university documented activity, work must be completed and turned in prior to the absence to obtain credit. You must alert the instructor prior to the absence.

For an illness to be excused, a medical excuse is required. The instructor must be contacted immediately.

EMAIL POLICY – AN EMAIL DOESN'T EXCUSE AN ABSENCE – DON'T EMAIL ME IMMEDIATELY BEFORE OR AFTER SCHEDULED CLASS WITH THE EXPECTATIONS OF FORGIVENESS

**Correspondence:** Response to emails will not be immediate, but will occur within 48 hours. Please plan accordingly. **The lab/activity instructor should be a great resource for immediate answers.**

**Grading Scale is based upon percentage (points earned/points available)**

<b>A 92-100%</b>	<b>B 81-85%</b>	<b>C 71-75%</b>	<b>D 61-65%</b>
<b>BA 86-91%</b>	<b>CB 76-80%</b>	<b>DC 66-70%</b>	<b>E ≤ 60%</b>

**LAB ACTIVITY SCHEDULE AND ASSIGNMENTS** Adjustments may be made at the instructor's discretion.

Date	Wednesday	Date	Friday
1/14	Topic: <b>Getting started</b> Assignment: worksheet 1, 2 due 1/16	1/16	Topic: <b>HR, stretching, exercise log</b> Assignment: Worksheet (21 in class ) and 20, 22 due 1/21 <b>***DRESS FOR ACTIVITY***</b>
1/21	Topic: <b>Muscular Strength Intro</b> Assignment: Worksheet 9 in class	1/23	Topic: <b>Tennis; Rules/Serve</b>
1/28	Topic: <b>Muscular Strength in weight room</b> Assignment: worksheet 9 due @ end of class <b>*** DRESS FOR ACTIVITY***</b>	1/30	Topic: <b>Tennis; Forehand/Backhand Swings</b>
2/4	Topic: <b>Fitness testing intro</b> Assignment: Worksheet 7 in class	2/6	Topic: <b>Tennis; Practice</b> <b>Serving/Forehand/Backhand Swings/Volley</b>
2/11	Topic: <b>Fitness assessments @ tennis courts</b> Assignment: None <b>***DRESS FOR ACTIVITY***</b>	2/13	Topic: <b>Tennis; Singles Games</b>
2/18	Topic: <b>Fitness Planning</b> Assignment: Worksheet 8 due 2/25	2/20	Topic: <b>Tennis; Doubles Games</b>
2/25	Topic: <b>Dietary Planning</b> Assignment: Worksheet 17 due 3/4	2/27	Topic: <b>Racquetball; Rules/Serve</b>
3/4	Topic: <b>Substance Abuse/ Addictive Behaviors</b> Assignment: Worksheet 10, 11 due 3/18	3/6	Topic: <b>Racquetball; Forehand/Backhand</b>
3/18	Topic: <b>Emotional Health</b> Assignment: Worksheet 12, 13 in class	3/20	Topic: <b>Racquetball; Doubles Match Play</b>
3/25	Topic: <b>Relaxation</b> Assignment: Relaxation activity and worksheet 14 in class	3/27	Topic: <b>Racquetball; Singles Simulation Game</b>
4/1	Topic: <b>Food Labels</b> Assignment: Worksheet 18 in class	4/3	Topic: <b>Badminton; Rules/Serve</b>
4/8	Topic: <b>Peer Education</b> Assignment: Worksheet 15, 16 in class	4/10	Topic: <b>Badminton; Forehand/Backhand/Serve</b>
4/15	Make-up date (or no class)	4/17	Topic: <b>Badminton; Match Play</b>
4/22	Topic: <b>Fitness Retest @ tennis courts</b> Assignment: Retest and worksheet 19 <b>***DRESS FOR ACTIVITY***</b>	4/24	Topic: <b>Badminton; Match Play</b>
Finals week	<b>Turn in Worksheet #19 with attached exercise logs at arranged date with instructor</b>		

\* Scheduled makeup activity for physical activity absence: Participation in the Color Run, Saturday April 11

\*Extra credit for 1 absence in lab: Volunteer for the Color run on April 10 or 11: Contact amy.seth@wmich.edu