

I. Goals of the Course:

Upon completion of this course the student should be able to...

- A. Demonstrate competency in the instructional objectives pertaining to the cognitive area which preface each chapter in the text.
- B. Engage in a walking program vigorous enough to achieve a target heart rate of 70% of maximum.
- C. Understand the relationships between the cognitive and physical components of the course and elements One(1), Two(2), Four(4) and Six(6) listed in the preface to this course.

II. Course Description: This course is designed to foster personal responsibility in regard to one's health and lifestyle. Basic health/wellness concepts will be discussed as well as having the student engage in a less rigorous, regular exercise program.

III. Text: Understanding Health and Wellness (Shappell)

IV. Dress: Since regular walking will be engaged in during each class, the student should wear walking shoes, socks and loose fitting, comfortable clothing.

V. Contents: Achieving wellness, nutrition and exercise, understanding and preventing disease, drug use and abuse, weight control, healthy sexual activity, protecting against sexually transmitted disease, AIDS, infectious disease, cardiovascular disease, cancer and basic health care.

VI. Cut Policy:

The student will be allowed two or three absences during the semester (three, MWF, Two, T,TH). Students missing more than the allotted absences will have fifty (50) points deducted from their final point total.

VII. Units of Instruction:

- A. Unit One (pp. 1-14) (Exam #1)
 - 1. Defining Health and Wellness
 - 2. The Holistic Model of Health and Wellness
 - 3. The Six Components of Health and Wellness
 - 4. Adopting a Lifestyle - Nutrition, Weight Control and Facts about Fat
 - 5. Objectives: Introduction; 1-3/Chapter One; 1-6
- B. Unit Two (pp. 15-19) (Exam #2)
 - 1. Adopting a Lifestyle
 - 2. Aerobic Exercise, The Cardiorespiratory System, Changing the Cardiorespiratory System. Physiological and Medical Changes due to Aerobic Exercise.
 - 3. Objectives: Chapter One; 7-10
- C. Unit Three (pp. 23-28) (Exam #3)
 - 1. The Physical Dimension
 - 2. Infectious Diseases, The Immune System, Influenza, Mononucleosis, Hepatitis, Staph Infections, Pneumonia, STDs
 - 3. Objectives: Chapter Two; 1-5
- D. Unit Four (pp. 31-34) (Exam #4)
 - 1. The Physical Dimension
 - 2. Cancer and Cardiovascular Disease
 - 3. Objectives: Chapter Three; 1-8
- E. Unit Five (pp. 36-49) (Exam #5)
 - 1. The Mental/Emotional Dimension
 - 2. Occupational, Intellectual and Spiritual Wellness
 - 3. The Mental/Emotional Dimension: Coping in Life
 - 4. Stress
 - 5. Objectives: Chapters Four and Five; 1, 2 / 1-6
- F. Unit Six (pp. 53-58) (Exam #6)
 - 1. The Mental/Emotional Dimension: Depression
 - 2. The Mental/Emotional Dimension: Social Wellness
 - 3. Deviant Social Behavior, Non-Assertive Behavior
 - 4. Objectives: Chapters Six and Seven; 1-3; 1, 2

- G. Unit Seven (pp. 61-66) (Exam #7)
1. The Mental Emotional Dimension: Drug Abuse
 2. Addiction, Categories of Drugs, Tobacco Use, Alcohol Use
 3. Objectives: Chapter Eight; 1-7

The instructor, aside from reviewing the text material with the class, will elaborate and expand on the material studied.

Instructional objectives will be provided. These objectives state what it is the student should understand, define, list or explain. The ability of the student to demonstrate that he or she has grasped these competencies will be measured by Unit quizzes.

Generally, each class will be divided into two parts. The first half of the class will be devoted to cognitive material (unit discussions) and the second half will be devoted to low impact exercise.

VIII. Evaluation:

One thousand points are available in this course. To achieve the following grade(s), the student must achieve the following number of points:

1. 900 - 1000 - A
 2. 800 - 899 - B
 3. 700 - 799 - C
 4. 600 - 699 - D
- A. Regular Exercise: (300 Points) The exercise program consists of power walking three times per week. IF THE STUDENT overcuts that student will have 50 points, per overcut, deducted from the 300 points. Any time this student fails to work at target heart rate level that student will have 15 points deducted from the 300.
- B. Quiz Grades: (600 Points). Seven quizzes will be administered. The best six (6) quiz grades will be summed. Each quiz is worth 100 points. (60%)
- C. Final Exam: (100 Points). The student will be administered a final exam during the last class day of the semester. (10%)

IX. Honor Code:

Students are expected to adhere to the Honor Code with reference to all matters relating to the evaluative process of this course.

X. E-mail Address:

rshappell@learnlink.emory.edu

XI. Phone:
4-8352

XII. Office Hours:
MWF 7:45-8:30am
 1:45-2:30pm
T/TH 9:30-10:00am
 1:00-2:00pm

A student not able to meet at these times need only request a time convenient for both the student and myself.

**PE 102 - HEALTH/WELLNESS
T/Th CALENDAR
Dr. Shappell**

DATES	INSTRUCTION
*Please Note: The calendar is subject to change. Certain events or circumstances may necessitate change.	Be assured, however, that the instructor will give advance notice if such change is required.
JANUARY	
Thursday - 16 th	Orientation
Tuesday - 21 st	Orientation/Medical Profile
Thursday 23 rd	Overview of Course Objective/Holistic Approach
Tuesday - 28 th	Unit #1; Defining Health and Wellness/The Six Components
Thursday - 30 th	Power Walking/Target Heart Rate
FEBRUARY	
Tuesday - 4 th	Unit #2/Nutrition; Weight Control-Adopting a Lifestyle
Thursday - 6 th	Quiz #1 /Begin Exercise Unit (#2)
Tuesday - 11 th	Exercise Unit Continued
Thursday - 13 th	Quiz #2 /Unit #3 Infectious Disease
Tuesday - 18 th	Continued...
Thursday - 20 th	STD's
Tuesday - 25 th	Quiz #3 /Begin Unit #4
Thursday - 27 th	Cancer/Cardiovascular Disease
MARCH	
Tuesday - 4 th	Quiz #4 /Program/Read Unit # 5
Thursday - 6 th	Stress
Tuesday - 18 th	Quiz #5
Thursday - 20 th	Unit #6; Depression
Tuesday - 25 th	Continued...
Thursday - 27 th	Open
APRIL	
Tuesday - 1 st	Quiz #6
Thursday - 3 rd	Open
Tuesday - 8 th	Open
Thursday - 10 th	Drug Abuse
Tuesday - 15 th	Drug Abuse
Thursday - 17 th	Drug Abuse
Tuesday - 22 nd	Quiz #7
Thursday - 24 th	Review/Study Guide/Student Evaluations
Tuesday - 29 th	FINAL EXAM

Note: Students walk each Tuesday and Thursday. In addition, students walk once more between Thursday and Tuesday. Details in class.

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