

**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).

## **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 student will be given a Pre and a Post One Mile Walk Test. The student must improve his or her score on the post test. The exercise program consists of FAST walking three times per week. The student will receive 300 points for score improvement. IF THE STUDENT overcuts that student will have 50 points, per overcut, deducted from the 300 points.
- 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](mailto:rshappell@learnlink.emory.edu)

**XI.    Phone:**  
4-8352

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

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**

<b>DATES</b>	<b>INSTRUCTION</b>
<b>*Please Note: The calendar is subject to change. Certain events or circumstances may necessitate change.</b>	<b>Be assured, however, that the instructor will give advance notice if such change is required.</b>
<b>JANUARY</b>	
Thursday - 17 <sup>th</sup>	Orientation
Tuesday - 22 <sup>nd</sup>	Core Survey/Orientation/Read Unit 1 Material
Thursday 24 <sup>th</sup>	Orientation/Program
Tuesday -29 <sup>th</sup>	Defining Health & Wellness/The Six Components/Program.
Thursday - 31 <sup>st</sup>	Nutrition/Weight Control/Dieting/Program
<b>FEBRUARY</b>	
Tuesday - 5 <sup>th</sup>	<b>Quiz #1</b> /Read Unit #2;/Program
Thursday - 7 <sup>th</sup>	Exercise, Training, Training Changes/Program
Tuesday - 12 <sup>th</sup>	Continued
Thursday - 14 <sup>th</sup>	<b>Quiz #2</b> /Read Unit #3 material/Program
Tuesday - 19 <sup>th</sup>	Infectious Disease/Program
Thursday - 21 <sup>st</sup>	STD's/Program/Read Unit #4 Material
Tuesday - 26 <sup>th</sup>	Open
Thursday - 28 <sup>th</sup>	<b>Quiz #3</b> / Cancer/Cardiovascular Disease/Program
<b>MARCH</b>	
Tuesday - 5 <sup>th</sup>	Continued/Program
Thursday - 7 <sup>th</sup>	<b>Quiz #4</b> /Program/Read Unit # 5
Tuesday - 19 <sup>th</sup>	Wellness/Program
Thursday - 21 <sup>st</sup>	Stress/Program
Tuesday - 26 <sup>th</sup>	Open/Read Unit 6 Material/Program
Thursday - 28 <sup>th</sup>	<b>Quiz #5</b> /Program
<b>APRIL</b>	
Tuesday - 2 <sup>nd</sup>	Depression/Program
Thursday - 4 <sup>th</sup>	Deviant Behavior/Program
Tuesday - 9 <sup>th</sup>	<b>Quiz #6</b> /Program/Read unit #7 Material
Thursday - 11 <sup>th</sup>	Drug Abuse/Program
Tuesday - 16 <sup>th</sup>	Drug Abuse/Program
Thursday - 18 <sup>th</sup>	Open
Tuesday - 23 <sup>rd</sup>	<b>Quiz # 7</b> /Program
Thursday - 25 <sup>th</sup>	Review
<b>MAY</b>	
<b>Tuesday - 30<sup>th</sup></b>	<b>FINAL EXAM</b>

**PE 102 - HEALTH/WELLNESS**  
**M/W/F CALENDAR**  
**Dr. Shappell**

<b>DATES</b>	<b>INSTRUCTION</b>
<b>*Please note: The calendar is subject to change. Certain events or circumstances may necessitate change.</b>	<b>Be assured, however, that the instructor will give advance notice if such change is required.</b>
<b>JANUARY</b>	
Wednesday 16 <sup>th</sup>	Orientation
Friday 18 <sup>th</sup>	Orientation/Core Survey
Wednesday 23 <sup>rd</sup>	Begin Unit #1(Read material-see syllabus)
Friday 25 <sup>th</sup>	The six components (adopting a lifestyle)
Monday 28 <sup>th</sup>	Nutrition/Weight Control/Begin Exercise Program
Wednesday 30 <sup>th</sup>	Continued
<b>FEBRUARY</b>	
Friday 1 <sup>st</sup>	<b>Quiz #1</b> /Read Exercise Material (Unit #2)/Program
Monday 4 <sup>th</sup>	Exercise discussion/Program
Wednesday 6 <sup>th</sup>	Medical Aspects of Exercise
Friday 8 <sup>th</sup>	Program
Monday 11 <sup>th</sup>	<b>Quiz #2</b> /Read Unit #3 Material/Program
Wednesday 13 <sup>th</sup>	Infectious Diseases/Program
Friday 15 <sup>th</sup>	STD's/Program
Monday 18 <sup>th</sup>	OPEN/Program
Wednesday 20 <sup>th</sup>	<b>Quiz #3</b> / Read Unit #4 material/Program
Friday 22 <sup>nd</sup>	Cancer/Program
Monday 25 <sup>th</sup>	Cardiovascular Disease/Program
Wednesday 27 <sup>th</sup>	Open/Program
<b>MARCH</b>	
Friday 1 <sup>st</sup>	<b>Quiz #4</b> /Read Unit #5 Material/Program
Monday 4 <sup>th</sup>	Wellness/Program
Wednesday 6 <sup>th</sup>	Stress/Coping/Program
Friday 8 <sup>th</sup>	<b>Quiz # 5</b> / Read Unit #6 material/Program
Monday 18 <sup>th</sup>	OPEN/Program
Wednesday 20 <sup>th</sup>	OPEN
Friday 22 <sup>ND</sup>	Depression/Open
Monday 25 <sup>th</sup>	Social Wellness/Program
Wednesday 27 <sup>th</sup>	<b>Quiz #6</b> / Read Unit #7 material/ Program
Friday 29 <sup>th</sup>	Open/Program
<b>APRIL</b>	

Monday 1 <sup>st</sup>	Drug Abuse/Program
Wednesday 3 <sup>rd</sup>	Continued/Program
Friday 5 <sup>th</sup>	Continued/Program
Monday 8 <sup>th</sup>	Open/Program
Wednesday 10 <sup>th</sup>	Open/Program
Friday 12 <sup>th</sup>	<b>Quiz #7/</b> Program
Monday 15 <sup>th</sup>	Reality!/Program
Wednesday 17 <sup>th</sup>	Reality!/Program
Friday 19 <sup>th</sup>	Questions/Answers
Monday 22 <sup>nd</sup>	Questions/Answers
Wednesday 24 <sup>th</sup>	Review/ Program
Friday 26 <sup>th</sup>	Review
Monday 29 <sup>th</sup>	<b>Final Exam</b>

NOTE: This calendar does not reflect the exercise program. However, the exercise program is a part of each session.