

PE 102 Health/Wellness

Dr. Shappell

Fall 1999

- I. **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.
- II. **Text:** Understanding Health and Wellness (Shappell)
- III. **Dress:** Since regular walking will be engaged in during each class, the student should wear walking shoes, socks and loose fitting, comfortable clothing.
- IV. **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.
- V. **Cut Policy:** The student will be allowed three absences during the semester. Students missing more than three absences will have fifty (50) points, per absence above three, deducted from their final point total. (Two absences are permitted for students enrolled on Tuesdays and Thursdays).
- VI. **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
- Objectives: Introduction; 1-3/Chapter One; 1-6
- B. Unit Two (pp. 15-19) (Exam #2)
1. Adopting a Lifestyle
Aerobic Exercise, The Cardiorespiratory System, Changing the Cardiorespiratory System. Physiological and Medical Changes due to Aerobic Exercise.
- Objectives: Chapter One; 7-10

- C. Unit Three (pp. 23-28) (Exam #3)
1. The Physical Dimension
Infectious Diseases, The Immune System, Influenza, Mononucleosis, Hepatitis,
Staph Infections, Pneumonia, STDs

Objectives: Chapter Two; 1-5

- D. Unit Four (pp. 31-34) (Exam #4)
1. The Physical Dimension
Cancer and Cardiovascular Disease

Objectives: Chapter Three; 1-8

- E. Unit Five (pp. 36-49) (Exam #5)
1. The Mental/Emotional Dimension
Occupational, Intellectual and Spiritual Wellness
2. The Mental/Emotional Dimension: Coping in Life
Stress

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
Deviant Social Behavior, Non-Assertive Behavior

Objectives: Chapters Six and Seven; 1-3; 1, 2

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

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.

VII. Evaluation:

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

900 - 1000 - A

800 - 899 - B

700 - 799 - C

600 - 699 - D

- A. Regular Exercise: (300 Points). The student will receive 300 points by engaging in a regular (in class) exercise routine. (30%)
- 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%)

102 Health/Wellness - Shappell
Fall 1999
Monday / Wednesday / Friday Classes

August

- 25 Orientation
- 27 Unit One: Defining Health and Wellness
- 30 The Six Components of Health and Wellness

September

- 1 Nutrition, Weight Control, Facts About Fat
- 3 Continued...
- 8 Unit Two: Exercise The Cardiorespiratory System, Training the Cardiorespiratory System
- 10 Quiz #1
- 13 Physiological Changes Due to Exercise
- 15 Medical Aspects of Exercise
- 17 Review
- 20 Quiz #2
- 22 Open
- 24 Open
- 27 Open
- 29 Unit Three: Infectious Diseases

October

- 1 STD's
- 4 STD's
- 6 Quiz #3
- 11 Open
- 13 Unit Four: Cancer and Cardiovascular Disease
- 15 Cancer
- 18 Cardiovascular Disease
- 20 Continued...
- 22 Quiz #4
- 25 Open – (Stress Questionnaire)
- 27 Unit Five / The Mental Emotional
- 29 Stress

November

- 1 Stress
- 3 Guest Speaker
- 5 Quiz #5
- 8 Open
- 10 Unit Six: Depression; Social Wellness; Deviant Behavior (Depression Questionnaires)
- 12 Continued...
- 15 Open
- 17 Quiz #6
- 19 Drug Abuse
- 22 Categories of Drugs
- 29 Alcohol/Tobacco

December

- 1 Quiz #7
- 3 Review
- 6 **FINAL EXAM**

102 Health/Wellness - Shappell
Fall 1999
Tuesday / Thursday Classes

August

- 26 Orientation
- 31 Orientation/Unit One: Defining Health and Wellness/The Holistic Model

September

- 2 The Six Components of Health and Wellness/Adopting a Lifestyle
- 7 Nutrition, Weight Control and Facts About Fat
- 9 Continued...
- 14 Unit Two: Aerobic Exercise, The Cardiorespiratory System, Training the Cardiorespiratory System – Quiz #1
- 16 Physiological and Medical Changes Due to Exercise
- 21 Review
- 23 Quiz #2
- 28 Unit Three: Infectious Diseases
- 30 STD's

October

- 5 STD's
- 12 Quiz #3
- 14 Unit Four: Cancer and Cardiovascular Disease
- 19 Continued...
- 21 Quiz #4
- 26 Open (Stress Questionnaire)
- 28 Unit Five: The Mental/Emotional Dimension

November

- 2 Stress
- 4 Stress/Guest Speaker
- 9 Quiz #5
- 11 Unit Six: Depression/Social Wellness/Deviant Behavior (Depression Questionnaire)
- 16 Continued... Drug Abuse
- 18 Quiz #6
- 23 Categories of Drugs
- 30 Alcohol and Tobacco

December

- 2 Quiz #7
- 7 **FINAL EXAM**