

- 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%)

VIII. Honor Code:

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

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

DATES	INSTRUCTION
AUGUST	
Wednesday - 30th	Orientation
SEPTEMBER	
Friday - 1st	Unit #1- Defining Health & Wellness/The Six Components.
Wed - 6th	The Six Components
Friday - 8th	Nutrition - Weight Control
Monday - 11th	Nutrition - Weight Control Continued
Wednesday - 13th	Unit #2 - Exercise
Friday - 15th	Quiz #1
Monday - 18th	Exercise
Wednesday - 20th	Training Changes
Friday - 22nd	Medical Aspects of Exercise
Monday - 25th	Quiz #2
Wednesday - 27th	Open
Friday - 29th	Open
OCTOBER	
Monday - 2nd	Unit #3/Infectious Diseases
Wednesday - 4th	STD's
Friday - 6th	Open
Monday - 9th	Quiz #3
Wednesday - 11th	Cancer
Friday - 13th	Cardiovascular Disease
Wednesday - 18th	Cardiovascular Disease Continued
Friday - 20th	Quiz #4
Monday - 23rd	Stress Questionnaire
Wednesday - 25th	Unit #5 / Coping
Friday - 27th	Stress
Monday - 30th	Open
NOVEMBER	
Wednesday - 1st	Quiz #5
Friday - 3rd	Unit #6 / Depression
Monday 6th	Depression Continued
Wednesday - 8th	Depression Continued
Friday - 10th	Quiz #6
Monday - 13th	Open
Wednesday - 15th	Unit #7 / Drug Abuse
Friday - 17th	Drug Abuse Continued
Monday - 20th	Drug Abuse Continued
Monday - 27th	Drug Abuse Continued
Wednesday - 29th	Quiz #7
DECEMBER	
Friday - 1st	Open
Monday - 4th	Open
Wednesday - 6th	Open
Friday - 8th	Review
Monday - 11th	Final Exam

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

DATES	INSTRUCTION
AUGUST	
Thursday - 31st	Orientation
SEPTEMBER	
Tuesday - 5th	Unit #1- Defining Health & Wellness/The Six Components.
Thursday - 7th	Unit #1 - Adopting a Lifestyle
Tuesday - 12th	Quiz #1 / Unit # 2 Adopting a Lifestyle
Thursday - 14th	Aerobic Exercise, The Cardiorespiratory System, Training
Tuesday - 19th	Aerobic Exercise, The Cardiorespiratory System, Training, Continued...
Thursday - 21st	Quiz #2
Tuesday - 26th	Unit #3 - The Physical Dimension, Infectious Diseases
Thursday - 28th	The Physical Dimension Continued, STD's
OCTOBER	
Tuesday - 3rd	Quiz #3 / Cancer, Cardiovascular Disease
Thursday - 5th	Quiz #4
Tuesday - 10th	Unit #5 / The Mental Emotional Dimension
Thursday - 12th	The Mental Emotional Dimension Continued...
Tuesday - 19th	The Mental Emotional Dimension Continued...
Thursday - 24th	Stress
Tuesday - 26th	Quiz #5
Tuesday - 31st	OPEN
NOVEMBER	
Thursday - 2nd	Unit #6 / Depression, # Objectives
Tuesday - 7th	Social Wellness and Deviant Behavior
Thursday - 9th	OPEN
Tuesday - 14th	Quiz #6
Thursday - 16th	Drug Abuse
Tuesday - 21st	Drug Abuse
Tuesday - 28th	OPEN
Thursday - 30th	Quiz #7
DECEMBER	
Tuesday - 5th	Review
Thursday - 7th	Review
Tuesday - 12th	FINAL EXAM