

OXFORD COLLEGE of Emory University
Division of Physical Education and Dance
PE 102 Health/Wellness

Instructor: Ms. Jane Hoffmeyer

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Office Hours: Monday/Wednesday/Friday: 8:30—9:30

Tuesday/Thursday: 10:15—11:15

***or by appointment**

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Course Description:

This course explores specific topics which promote pro-active lifestyles. Each topic covered includes applied skills to make good lifestyle choices. Basic health/wellness concepts will be discussed as well as having the student engage in a less rigorous, regular exercise program.

Goals of the Course:

1. Identify and define the basic components of healthy lifestyles.
2. Identify behaviors that promote healthy lifestyles.
3. Define self-defeating lifestyle behaviors.
4. Assess current fitness level.
5. Develop plans to implement change in the dimensions of wellness.
6. Engage in a walking program vigorous enough to achieve a target heart rate of 70% of maximum.

Course Content:

1. Achieving wellness
2. Nutrition and exercise
3. Understanding and preventing disease
4. Drug use and abuse
5. Weight control
6. Healthy sexual activity
7. Protecting against sexually transmitted disease
8. AIDS
9. Infectious disease
10. Cardiovascular disease
11. Cancer
12. Basic health care

Text: Understanding Health and Wellness (Shappell)

Dress:

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

Attendance policy:

Students are expected to attend class regularly and to be on time. Classes will begin at the appropriate time and tardiness and absences will be considered in your final evaluation. Students will be allowed two or three absences during the semester (three for MWF classes, and two for TTH classes). Students missing more than the allotted absences will have points deducted from the participation grade. **10 points will be deducted for the next three absences and 10 points will be deducted thereafter for every absence.** Students are expected to be punctual to class. Students entering class after attendance has been taken are considered tardy and **being tardy to class three times will equal one absence.**

Honor code :

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

Course Evaluation:

A = 90-100 B = 80 – 89.9 C = 70 – 79.9 D = 60 – 69.9 F = Below 59.9

A. Written Exams: (40%)

- | | |
|----------------|-----|
| 1. Chapter 1-2 | 10% |
| 2. Chapter 3-5 | 10% |
| 3. Chapter 6-8 | 10% |
- The lowest grade will be dropped

- | | |
|---------------|-----|
| 4. Final Exam | 20% |
|---------------|-----|

B. Participation: (30%)

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 power walking two times a week. Refer to the attendance policy (above) for the amount of points deducted if the students exceeds the allotted number of absences.

C. Wellness Dimensions: (10%)

All students are required to write a one-page summary for four of the dimensions of Wellness. In each summary, students will discuss activities that were selected and

engaged in the previous week(s) that positively enhanced the quality of life, for each specific dimension. The summaries are handwritten in class and will be graded on content, organization, mechanics, and grammar. There will be 5 points deducted for every day the dimension is late. The due dates are on the class calendar.

D. Wellness Assignments: (10%)

All students will complete 2 wellness assignments in the course. One will be a nutritional analysis and the other is a “real age” assignment. Both will be completed using websites and will be due on the dates listed on the class calendar. There will be 5 points deducted for every day the assignment is late.

E. Notebook: (10%)

Each student will keep a notebook for the activity component of the course. The notebook will include: Target Heart Rate sheet, a workout log, and a sheet estimating your daily energy expenditure.

**PE 102 Health/Wellness
Spring 2003
Ms. Hoffmeyer**

TH	1/16	Orientation
T	1/21	Introduction
TH	1/23	Chapter 1
T	1/28	Chapter 1
TH	1/30	Chapter 1
T	2/4	SDAAHPERD Conference to present a program Wellness Assignment #1
TH	2/6	SDAAHPERD Conference Wellness Assignment #2
T	2/11	Wellness Assignments 1&2 Due Physical Dimension
TH	2/13	Chapter 2
T	2/18	Chapter 2
TH	2/20	Exam #1
T	2/25	Chapter 3
TH	2/27	Chapter 3
T	3/4	Chapter 4
TH	3/6	Chapter 4 Intellectual Dimension
T	3/11	Spring Break
TH	3/13	Spring Break
T	3/18	Chapter 5
TH	3/20	Chapter 5
T	3/25	Exam #2
TH	3/27	Emotional Dimension
T	4/1	Chapter 6
TH	4/3	Chapter 7
T	4/8	Chapter 8
TH	4/10	Chapter 8
T	4/15	Spiritual Dimension
TH	4/17	Exam #3
T	4/22	Review
TH	4/24	Review
T	4/29	Final Exam

Adjustments in the calendar may be necessary due to unforeseen circumstances.

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