

Oxford College of Emory University
PE 102 Health/Wellness
Dr. Shappell
Fall 2003

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 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 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

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
AUGUST	
Thursday - 28 th	Orientation
SEPTEMBER	
Tuesday - 2 nd	Orientation/Medical Profile/Syllabus
Thursday - 4 th	Overview of Course objective/Holistic Approach
Tuesday - 9 th	Unit #1- Defining Health & Wellness/The Six Components.
Thursday - 11 th	Power Walking/Target Heart Rate
Tuesday - 16 th	Unit #2: Nutrition/Weight Control
Thursday - 18 th	Quiz #1/Begin Unit #2
Tuesday - 23 rd	Exercise
Thursday - 25 th	Quiz #2 / Begin Unit # 3
Tuesday - 30 th	Infectious Disease
OCTOBER	
Thursday - 2 nd	STD's
Tuesday - 7 th	Quiz #3/Begin Unit #4
Thursday - 9 th	Cancer and Cardiovascular Disease
Thursday - 16 th	Open
Tuesday - 21 st	Quiz #4/Begin Unit #5
Thursday - 23 rd	Stress
Tuesday - 28 th	Continued
Thursday 30 th	Quiz #5/Begin Unit #6
NOVEMBER	
Tuesday - 4 th	Depression
Thursday - 6 th	Continued
Tuesday - 11 th	Open
Thursday - 13 th	Quiz #6/Begin Unit #7
Tuesday - 18 th	Drug Abuse
Thursday - 20 th	Drug Abuse
Tuesday - 25 th	Quiz #7
DECEMBER	
Tuesday - 2 nd	Review/Study Guide
Thursday - 4 th	Open
Tuesday - 9th	FINAL EXAM

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

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

DATES	INSTRUCTION
AUGUST	
Wednesday 27 th	Orientation
Friday - 29 th	Orientation/Medical Profile/Syllabus
SEPTEMBER	
Wed - 3 rd	Background/Holistic Approach
Friday - 5 th	Power Walk/Target Heart Rate
Monday - 8 th	Begin Unit #1/Six Components
Wednesday - 10 th	Continued/Begin Unit #2
Friday - 12 th	Nutrition/Weight Control
Monday 15 th	Continued...
Wednesday - 17 th	Begin Unit #2
Friday - 19 th	Quiz #1
Monday - 22 nd	Exercise
Wednesday - 24 th	Continued...
Friday - 26 th	Quiz #2
Monday - 29 th	Open/Begin Unit #3
OCTOBER	
Wednesday - 1 st	Infectious Diseases
Friday - 3 rd	Continued
Monday - 6 th	STD's
Wednesday - 8 th	Quiz #3/Begin Unit #4
Friday - 10 th	Cancer and Cardiovascular Disease
Wednesday - 15 th	Continued
Friday - 17 th	Continued
Monday - 20 th	Quiz #4/Begin Unit #5
Wednesday - 22 nd	Stress
Friday - 24 th	Continued
Monday - 27 th	Open
Wednesday - 29 th	Quiz #5 / Unit # 6
Friday - 31 st	
NOVEMBER	
Monday - 3 rd	Continued
Wednesday - 5 th	Quiz #6/Begin Unit #7
Friday - 7 th	OPEN
Monday - 10 th	Drug Abuse
Wednesday - 12 th	Drug Abuse
Friday - 14 th	Open
Monday - 17 th	Open

Wednesday - 19 th	Open
Friday 21 st	Quiz #7
Monday - 24 th	Open
DECEMBER	
Monday - 1 st	Open
Wednesday - 3 rd	Student Evaluations
Friday - 5 th	Review/Study Guide
Monday - 8th	Final Exam

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