

Oxford College of Emory University  
**PE 102 Health/Wellness**  
Dr. Shappell  
Fall 2002

**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](mailto: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**  
**M/W/F CALENDAR**  
**Dr. Shappell**

<b>DATES</b>	<b>INSTRUCTION</b>
<b>AUGUST</b>	
Wednesday 28 <sup>th</sup>	Orientation
Friday 30 <sup>th</sup>	Orientation
<b>SEPTEMBER</b>	
Wednesday 4 <sup>th</sup>	Background
Friday 6 <sup>th</sup>	Begin Unit #1 (Holistic approach)
Monday 9 <sup>th</sup>	The Six Components/Adopting a Lifestyle
Wednesday 11 <sup>th</sup>	Nutrition/Weight Control
Friday 13 <sup>th</sup>	Continued...
Monday 16 <sup>th</sup>	Unit #2/Exercise
Wednesday 18 <sup>th</sup>	<b>Quiz #1</b>
Friday 20 <sup>th</sup>	Exercise
Monday 23 <sup>rd</sup>	Training Changes
Wednesday 25 <sup>th</sup>	Medical Aspects of Exercise
Friday 27 <sup>th</sup>	<b>Quiz #2</b>
Monday 30 <sup>th</sup>	OPEN
<b>OCTOBER</b>	
Wednesday 2 <sup>nd</sup>	OPEN
Friday 4 <sup>th</sup>	Unit #3/Infectious Diseases
Monday 7 <sup>th</sup>	STD's
Wednesday 9 <sup>th</sup>	OPEN
Friday 11 <sup>th</sup>	<b>Quiz #3</b>
Wed 16 <sup>th</sup>	Cancer
Friday 18 <sup>th</sup>	Cardiovascular Disease
Monday 21 <sup>st</sup>	Continued
Wednesday 23 <sup>rd</sup>	<b>Quiz #4</b>
Friday 25 <sup>th</sup>	Unit #5/Stress/Coping

Monday 28 <sup>th</sup>	Continued
Wednesday 30 <sup>th</sup>	Open
<b>NOVEMBER</b>	
Friday 1 <sup>st</sup>	<b>Quiz #5</b> / Unit # 6 / Depression
Monday 4 <sup>th</sup>	Continued
Wednesday 6 <sup>th</sup>	Continued
Friday 8 <sup>th</sup>	<b>Quiz #6</b>
Monday 11 <sup>th</sup>	OPEN
Wednesday 13 <sup>th</sup>	Unit #7/Drug Abuse
Friday 15 <sup>th</sup>	Continued
Monday 18 <sup>th</sup>	Continued
Wednesday 20 <sup>th</sup>	Continued
Friday 22 <sup>nd</sup>	Open
Monday 25 <sup>th</sup>	<b>Quiz #7</b>
<b>DECEMBER</b>	
Monday 2 <sup>nd</sup>	Open
Wednesday 4 <sup>th</sup>	Review
Friday 6 <sup>th</sup>	Review
Monday 10 <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.

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

<b>DATES</b>	<b>INSTRUCTION</b>
<b>AUGUST</b>	
Thursday - 29 <sup>th</sup>	Orientation
<b>SEPTEMBER</b>	
Tuesday - 3 <sup>rd</sup>	Orientation
Thursday - 5 <sup>th</sup>	Orientation
Tuesday - 10 <sup>th</sup>	Unit #1- Defining Health & Wellness/The Six Components.
Thursday - 12 <sup>th</sup>	Nutrition/Weight Control (Adopting a Lifestyle - Unit #2)
Tuesday - 17 <sup>th</sup>	<b>Quiz #1</b>
Thursday - 19 <sup>th</sup>	Exercise, Training Changes
Tuesday - 24 <sup>th</sup>	Continued...
Thursday - 26 <sup>th</sup>	<b>Quiz #2</b> / Unit # 3 Infectious Disease
<b>OCTOBER</b>	
Tuesday - 1 <sup>st</sup>	STD's
Thursday - 3 <sup>rd</sup>	<b>Quiz #3</b> / Cancer, Cardiovascular Disease
Tuesday - 8 <sup>th</sup>	Open
Thursday - 10 <sup>th</sup>	<b>Quiz #4</b> / Unit # 5
Thursday - 17 <sup>th</sup>	Stress/Coping with Stress
Tuesday - 22 <sup>nd</sup>	OPEN
Thursday - 24 <sup>th</sup>	<b>Quiz #5</b> / Unit # 6 (Depression)
Tuesday - 29 <sup>th</sup>	Continued

Thursday 31 <sup>st</sup>	OPEN
<b>NOVEMBER</b>	
Tuesday - 5 <sup>th</sup>	OPEN
Thursday - 7 <sup>th</sup>	<b>Quiz #6</b> / Unit # 7
Tuesday - 12 <sup>th</sup>	Drug Abuse
Thursday - 14 <sup>th</sup>	Continued
Tuesday - 19 <sup>th</sup>	OPEN
Thursday - 21 <sup>st</sup>	OPEN
Tuesday - 26 <sup>th</sup>	<b>Quiz #7</b>
<b>DECEMBER</b>	
Tuesday - 3 <sup>rd</sup>	Review
Thursday - 5 <sup>th</sup>	Review
<b>Tuesday - 10<sup>th</sup></b>	<b>FINAL EXAM</b>

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