

**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 exercise program consists of power walking three times per week. IF THE STUDENT overcuts that student will have 50 points, per overcut, deducted from the 300 points. Any time this student fails to work at target heart rate level that student will have 15 points deducted from the 300.
- 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>*Please note: The calendar is subject to change. Certain events or circumstances may necessitate change.</b>	<b>Be assured, however, that the instructor will give advance notice if such change is required.</b>
<b>JANUARY</b>	
Wednesday 15 <sup>th</sup>	Orientation
Friday 17 <sup>th</sup>	Orientation/Medical Profile
Wednesday 22 <sup>nd</sup>	Background/Holistic Approach
Friday 24 <sup>th</sup>	Holistic Approach continued/Power Walk
Monday 27 <sup>th</sup>	Unit #1/Definitions/Six Components
Wednesday 29 <sup>th</sup>	Continued
Friday 31 <sup>st</sup>	Nutrition/Weight Control
<b>FEBRUARY</b>	
Monday 3 <sup>rd</sup>	Nutrition/Weight Control Continued
Wednesday 5 <sup>th</sup>	Nutrition/Weight Control Continued
Friday 7 <sup>th</sup>	Unit #2/Exercise
Monday 10 <sup>th</sup>	<b>Quiz #1</b>
Wednesday 12 <sup>th</sup>	Exercise
Friday 14 <sup>th</sup>	Continued
Monday 17 <sup>th</sup>	<b>Quiz #2</b>
Wednesday 19 <sup>th</sup>	Open
Friday 21 <sup>st</sup>	Unit #3/Infectious Disease
Monday 24 <sup>th</sup>	Continued
Wednesday 26 <sup>th</sup>	Continued
Friday 28 <sup>th</sup>	<b>Quiz #3</b>
<b>MARCH</b>	
Monday 3 <sup>rd</sup>	Unit #4/Cancer and Cardiovascular Disease
Wednesday 5 <sup>th</sup>	Continued
Friday 7 <sup>th</sup>	Continued
Monday 17 <sup>th</sup>	<b>Quiz #4</b>
Wednesday 19 <sup>th</sup>	Open
Friday 21 <sup>st</sup>	Unit #5/Stress
Monday 24 <sup>th</sup>	Continued...
Wednesday 26 <sup>th</sup>	Continued...
Friday 28 <sup>th</sup>	<b>Quiz #5</b>
Monday 31 <sup>st</sup>	Open
<b>APRIL</b>	
Wednesday 2 <sup>nd</sup>	Open
Friday 4 <sup>th</sup>	Unit #6/Depression

Monday 7 <sup>th</sup>	Continued...
Wednesday 9 <sup>th</sup>	Continued
Friday 11 <sup>th</sup>	<b>Quiz #6</b>
Monday 14 <sup>th</sup>	Drub Abuse
Wednesday 16 <sup>th</sup>	Continued...
Friday 18 <sup>th</sup>	Continued...
Monday 21 <sup>st</sup>	Open
Wednesday 23 <sup>rd</sup>	<b>Quiz #7</b>
Friday 25 <sup>th</sup>	Review/Study Guide/Student Evaluations
Monday 28 <sup>th</sup>	<b>Final Exam</b>

NOTE: The walking program is performed each M/W/F. Thus about one half of the class is discussion and the other one half is walking.