Time & Place: Noon, Silcox Physical Education and Health Center, Room 206
Instructor: Mrs. Barnette
Office Located: Silcox Center, Room 212
Office Phone: 953-6747   Email: barnettes@cofc.edu
Office Hours: MWF 10:00am - Noon, TR 8:30-9:00 and by appointment.
Prerequisites: None
Grading: A, A- B+, B, B-C+, C, C-D+, D, D-, F

Course Description:
An overview of the factors that affect one's ability to achieve and obtain optimal health. Emphasis will be on decision-making and personal responsibility. (3 credit hours)

Required Texts:

Course Objectives:
Upon the successful completion of this course the student should be able to:

* 1. Define health and wellness, and explain the interconnected roles of the physical, social, mental, emotional, spiritual, and environmental dimensions of health.
* 2. Define stress and examine how stress and anxiety may have direct and indirect effects on physical performance and personal wellness. (This objective meets Standard II of the School of Education.)
* 3. Discuss positive communication skills as they relate to social/ psychological dynamics as well as the impact these skills have on your health and interpersonal relationships.
* 4. Discuss the factors of nutrition and exercise as they relate to the assessment and the development of weight control and personal fitness.
* 5. Define addictions and describe signs of addiction versus habit. (This objective meets Standard V of the School of Education.)
* 6. Discuss the negative impact from the use of alcohol, tobacco, and caffeine on health and wellness.
* 7. Discuss the risk factors for cardiovascular disease and cancer.
* 8. Discuss the characteristics and risk factors of the most common sexually transmitted diseases including HIV/AIDS.
* 9. Discuss the methods of identifying signs/symptoms of covered health issues and appropriate methods of treatments, interventions, and referrals.
* 10. Be able to educated others with information of covered health issues.

Course Requirements:

5% Practice and Pop Tests
10% Family Tree Project
28% Logs and Analyses
57% Examinations

Description of Projects:

• 1. Daily assignments. (30pts. =5%). Students are responsible for all reading assignments are expected to be prepared for each class to participate on the readings for that day. Some class participation may require overnight assignments.

• 2. Outside assignments (250pts. =36%).
  a. Logs and analyses. (200pts.) Students will compile logs for stress, food consumption, and physical activity. Each log is designed to provide the students with their own personal information in each of these three areas. Students will then analyze the information in regard to healthy guidelines provided by the text and set a goal to improve their health in each of these three areas. **Logs must be deposited in OAKS dropbox for course by Midnight of due date or 50% loss of points. (Students do have option of turning in hard copy.)**
  b. Family Tree project and oral presentation (70pts.). Students will complete a family tree documenting family member health problems. The project is three parts including a tree poster, written report and oral presentation to class. Additional report information is located in the Sassy Ink packet. Poster 40 points, written report 20 points, oral presentation 10 points.
All written reports must be in OAKS dropbox by midnight on due date or 50% loss of points. (Students do have option of turning in hard copy on assignments.)

Examinations: Students will have the opportunity to drop the lowest grade of these five tests.

Exam #1 (100pts. = 12.5%) chapters 1,8-10,12.
Exam #2 (100pts. = 12.5%) chapters 2-5.
Exam #3 (100pts. = 12.5%) chapters 6,7,11,13, 14,17*
Exam #4 (100pts. = 12.5%) chapters 15-20.
Exam #5 (100pts. = 12.5%) Course objectives, taken during exam period.

Evaluation Criteria & Scale:

Exam 1 100pts
Exam 2 100pts
Exam 3 100pts
Exam 4 100pts

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400pts

Logs 40 pts each
Analysis 10 pts each
Total for logs/analyses

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200pts

Family Tree Project/Presentation

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70pts

Daily assignments/quizzes 30 pts

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Total Points Assignments 700pts

Grade Scale: (Implemented 2006-07)

90-100% A      C+  75-77%
88-89%    A-     C-  68-69%
85-87%  B+         D+  66-67%
80-84%  B         D  64-65%
78-79%  B-         D-  62-63%
70-74%  C         F  0-61%

630-700 points  A  490-525 points  C
616-629 points  A-  476-490 points  C-
595-616 points  B+  462-476 points  D+
560-595 points  B  448-462 points  D
546-560 points  B-  438-448 points  D-
525-546 points  C+  437 and below  F

**Bonus Points:**

Bonus point opportunities will be announced during the semester. There is a **50 points cap** on total accrued bonus points. (Also see attendance.)

**Make-up Test:**

Make-up tests **may be given with an excused absence**, but it is the responsibility of the student to inform the instructor immediately upon missing a test to arrange for make-up tests. If there is no communication from student, at zero will be automatic.

**Attendance: PLEASE READ CAREFULLY!!!!**

Attendance is required. You may miss three classes without being penalized. For each additional unexcused absence, your final grade will be reduced by two points (which translates to **14 points** on your 700 point scale). Excused absences must be pre-approved by Mrs. Barnette or approved by the Undergraduate Dean's Office. No other excuses will be accepted. Those students not using the acceptable amount of cuts will have 2 bonus points per absence (14 pts. on 700 pt. scale) added to their final point total. Entering class after roll call is considered tardy. Three tardies will equal one absence on point deductions. Over 10 minutes late equals two tardies. After 3 or more excused absences students will **not be eligible** for bonus points for attendance.

**Honor System:**

The College of Charleston Honor System is recognized in this course. For the specific details of responsibility and penalty, see the current edition of the College of Charleston Student Handbook. Take special note of the following **NEW policy concerning grades and cheating**. “**Cases of suspected academic dishonesty will be reported directly to the Dean of Students. A student found responsible for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition**
for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.”

Numbers for Health Concerns:

S.C. HIV/STD HOTLINE                College of Charleston Health Center
1-800-322-AIDS (2437)                              953-5520

SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)

August 27 Fast Food Assignment due

27 Start activity log

September 3 Activity log and analysis due

3 Start food log & Calorie Burn

10 Food log & Calorie Burn due

17 Start stress log

24 Stress log and analysis due

October 1 Start communication log

8 Communication log and analysis due

24 Start Health Risks Survey Due

November 9 Class Release for Health Risks Survey

12 Health Risks Survey Due - **Hard Copy bring to class**

November 26 Family Tree Project due (Written report)

26, 28, 30, Dec. 3 Oral Report Presentations and Posters Due
(Students draw for date)
Course schedule:

**August**

22w   Introduction to course,

24f   Chap. 1, Assessing Your Health, LD

27m   Chap. 9 Fitness, **Fast Food**, **Assignment due**, Start Activity Log

29w   Chap. 9

31f   Chap. 8 Maintaining a Healthy Weight and Focus on Body Image

**September**

3m    Chap. 7 Eating for a Healthier You, **Activity Log Due**, Start Food Log

5w    Chap. 7

7f    Chap. 7

10m   Chap. 11 Drinking Responsibly, **Food Log Due**

12w   Chap. 11

14f   **Test #1**, Chaps. 1,7,8,9,11  Bring Pencil to class

17m   Chap. 2, Psychosocial Health, **Start Stress Log**

19w   Chap. 2 and Focus on Spiritual Health

21f   Chap. 3 Stress Management, **Jump Rope for Heart - Bonus Pts.**

24m   Chap. 3, and Focus on Sleep, **Stress Log Due**

26w   Chap. 19 Violence, Date Rape Video

28f   Chap. 19 Violence, Focus on Reducing Risk of Injury

**October**

1m    Chap. 4 Healthy Relationships and Communicating Effectively  

      **Start Communication Log**

3w    Chap. 4

5f    Chap. 4
8m    Chap. 4, Communication Logs Due
10w   Test #2, Chaps. 2, 3, 4, 19
12f   Chap. 5 Sexuality

15m   Fall Break

17w   Chap. 5 & 14* (*STD section)
19f   Chap. 6 Reproductive Choices
22m   Chap. 10 Addictions,
24w   Chap. 10 Addictions
26f   Chap. 12 Tobacco Use
29m   Chap. 13 Marijuana Debate
31w   Chap. 13 Drug Misuse and Abuse

November
2f    Test #3, Chaps. 5, 6, 10, 12, 13, 14*

5m    Chap. 15 Cardiovascular Disease and Focus on Diabetes
7w    Chap. 16 Cancer

9f    Class Release for Surveys  SCAPHERD Convention

12m   Surveys Due – Class Discussion
14w   Chap. 14 Infectious Diseases/Chap. 17 Chronic Conditions
16f   Chap. 21 Healthy Aging, Death, Dying

19m   Test #4, Chaps. 14, 15, 16, 17, 21 Lottery Pick for Presentations
21-23  Thanksgiving Break

26m   Family Project  All Papers Due, Report Presentations Begin
28w   Report Presentations
December 3m Report Presentations, Last Day of Class

Exam Period* Monday, December 10th, Noon.

*The final exam period will be the fifth test for those who don't exempt. It will cover the Eight Course Objectives from the syllabus.