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 11:00am - Noon, TR 10:30-Noon 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. Announced 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. Announced assignment must be turned in on due date or no credit given at all.

• 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 AND if you wait until the last minute and can't submit because of internet problems you'll will still lose 50%. Also you may NOT email assignments for any reason. (Students do have option of turning in hard copy, but it's is due at class time on due date.)

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. The written report is submitted in the dropbox. 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
---------------------------------------------------------------------------------
400pts

Logs 50pts Each
Four logs Total
---------------------------------------------------------------------------------
200pts

Family Tree Project/Presentation
---------------------------------------------------------------------------------
70pts

Announced assignments 30 pts
---------------------------------------------------------------------------------
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)

January
14 Fast Food Assignment due
14 Start activity log
23 Activity log and analysis due
23 Start food log & Calorie Burn
30 Food log & Calorie Burn due

February
6 Start stress log
13 Stress log and analysis due
20 Start communication log
27 Communication log and analysis due
27 Start Health Risks Survey Due

March
1 Class Release for Health Risks Survey
11 Health Risks Surveys Summary Due-Hard Copy bring to class

April
17 Family Tree Project ALL Written reports Due
17, 19, 22, 24 Oral Report Presentations and Posters Due
(Students draw for date)
Course schedule:

**January**

9w  Introduction to course,

11f  Chap. 1, Assessing Your Health, LD

14m  Chap. 9 Fitness, *Fast Food, Assignment due, Start Activity Log*

16w  Chap. 9

18f  Chap. 8 Maintaining a Healthy Weight and Focus on Body Image

21m  **MLK Holiday**

23w  Chap. 7 Eating for a Healthier You, *Activity Log Due, Start Food Log and Calorie Burn*

25f  Chap. 7

28m  Chap. 7

30w  Chap. 11 Drinking Responsively, *Food Log & Calorie Burn Due*

**February**

1f  Chap. 11

4m  **Test #1**, Chaps. 1,7,8,9,11  Bring Pencil to class

6w  Chap. 2, Psychosocial Health, *Start Stress Log*

8f  Chap. 2 and Focus on Spiritual Health

11m  Chap. 3 Stress Management

13w  Chap. 3, and Focus on Sleep, *Stress Log Due*

15f  Chap. 19 Violence, Date Rape Video

18m  Chap. 19 Violence, Focus on Reducing Risk of Injury

20w  Chap. 4 Healthy Relationships and Communicating Effectively  *Start Communication Log*
22f Chap. 4
25m Chap. 4

27w Test #2, Chaps. 2, 3, 4, 19 - Communication Logs Due
Start Health Risk Survey

March
1f Class Release for Health Risk Survey

4-8 Spring Break

11m Survey Summary due in class Hard Copy Only

13w Chap. 5 Sexuality

15f Chap. 5 & 14* (*STD section)

18m Chap. 6 Reproductive Choices

20w Chap. 10 Addictions,

22f Chap. 10 Addictions

25m Chap. 12 Tobacco Use

27w Chap. 13 Marijuana Debate

29f Chap. 13 Drug Misuse and Abuse

April
1m Test #3, Chaps. 5, 6, 10, 12, 13, 14*

3w Chap. 15 Cardiovascular Disease and Focus on Diabetes

5f Chap. 16 Cancer

8m Chap. 14 Infectious Diseases

10w Chap. 17 Chronic Conditions

12f Chap. 21 Healthy Aging, Death, Dying Lottery Pick for Presentations

15m Test #4, Chaps. 14, 15, 16, 17, 21

17w Family Project All Papers Due, Report Presentations Begin
Report Presentations

Report Presentations

24w  Report Presentations, Last Day of Class

Exam Period* Wednesday, May 1st, 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.