Time: T-R 1:40-2:55 pm
Place: Silcox Physical Education & Health Center, Room 117
Instructor: William R. Barfield, Ph.D., FACSM
Office Located: Silcox Physical Education & Health Center # 213
Office Hours: M-W-F 10:00-11:00 am
T-R 9:00-10:00 am
Office Phone/Fax: (803) 953-6746 / (803) 953-6757
Prerequisites: None
Course Description: A study of principles and problems of personal, group, and community health as applied to everyday living. (3 credit hours)
Student Learning Outcomes: Upon 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, and spiritual dimensions of health.
(2) Define stress and examine how stress and anxiety may have direct and indirect effects on your immune system and on overall health.
(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 fitness.
(5) Define addictions and describe signs of addiction versus habit.
(6) Discuss the negative impact the use of alcohol, tobacco, and caffeine have on health/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.

Course Requirements: Log and Journal Assignments-15%
  Inclass Presentation-  10%
  Examinations-        75%

Description of Projects:
(1) Class Participation: All students will be expected to contribute to class discussions and will be held responsible for ALL lectures and assignments.

(2) Logs and Journal Assignments (15%): All students will compile logs and/or journals of stress, food consumption, and physical activity. These logs/journals are designed to provide the student with personal information related to lifestyle choices. Following information gathering students will set a goal in one area (stress, food, or activity) and work to accomplish the goal they have set for themselves. At the end of each log students will provide a typewritten summary of their results. The summary will include: clear statement of the goal, whether the goal was met, self assessment, personal satisfaction with progress, health/wellness goals for the future.

(3) Each student will make an in class presentation on a topic of choice approved by Dr. Barfield (10%). Each student project must be accompanied by an outline for each student in class and Dr. Barfield.

Exams:          Exam #1 (25%) will cover Chapters 1-7 and information provided in lectures which may not be found in the textbook.
provided Exam #2 (25%) will cover Chapters 8-14 and information provided in lectures which may not be found in the textbook.

Exam #3 (25%) will be comprehensive and will include covered in the textbook through Chapter 21 as well as discussed in class.

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

Attendance Policy: (1) Students are expected to attend class, however all students will be allowed one (1) unexcused absence without penalty, except during tests. Each unexcused absence in excess of one will result in 2% points being deducted from your final average.
(2) Class will begin and end in a timely manner. You are expected to be prepared when class begins. Persistent tardiness will not be tolerated and will result in loss of points.
(3) You are responsible for any work missed when you fail to attend class.

Make-Up Policy: (1) Make-up exams will be given at the discretion of the professor when extenuating circumstances exist. It is the student’s responsibility to see Dr. Barfield within three class days to request a make-up date and time. If a student is absent on the day of an exam without prior arrangements that student will receive a zero.
(2) Assignments not turned in at the designated time will be accepted at the discretion of Dr. Barfield. Be aware that unusual circumstances must exist for acceptance of late assignments, and if accepted, points will be deducted based on tardiness of the assignment.

Academic Honor Code: Students will be expected to abide by the academic honor code found in the most current edition of the Student Handbook

Cell Phone/PDA Policy
1. Students will turn off all cell phones/PDAs, Blackberrys and other electronic devices during class. Failure to abide with this policy will result in permanent dismissal from class.

Tentative Course Outline:
January 12- Introduction, Brief Course Outline
Chapter 1-Promoting Healthy Behavior, Journal/Log
In-Class Presentation Explanation.

January 14- Chapter 2-Psychosocial Health

January 19- Chapter 3-Managing Stress

January 21- Chapter 4-Violence and Abuse

January 26- Chapter 5-Healthy Relationships

January 28- Chapter 6-Sexuality

February 2- Chapter 6-Sexuality
Journal #1 due

February 4- Chapter 7- Reproductive Choices

February 9- Chapter 7- Review for Test #1

February 11- Southeast ACSM-NO Class

February 16- Exam #1-Chapter 1-7 plus lecture material

February 18- Chapter 8-Nutrition

February 23- Chapter 9-Managing Your Weight
Journal #2

February 25- Chapter 10-Personal Fitness

March 2- Chapter 11-Addictions and Addictive Behavior

March 4- Chapter 12-Drinking Responsibly
Journal #3 due

March 8-12 Spring Break

March 16 Chapter 13-Tobacco and Caffeine

March 18- Chapter 14-Illlicit Drugs and Review for Test #2

March 23- Test #2-Chapters 8-14 plus lecture material

March 25- Chapter 15-Cardiovascular Disease

March 30- Chapter 16-Cancer-Reducing Your Risks

April 1- Chapter 17-Infectious Disease
| April 6- | Chapters 18 & 19-Noninfectious Diseases and Healthy Aging |
| April 8- | In-Class Presentations |
| April 13- | In-Class Presentations |
| April 15- | In-Class Presentations |
| April 20- | In-Class Presentations |
| April 22- | Last Class Day |
| May 4- | Final Exam 12:00-3:00 pm |