Time & Place: Noon, Silcox Physical Education and Health Center, Room 117

Instructor: Mrs. Barnette

Office Located: Silcox Center, Room 212

Office Phone: 953-6747  Email: barnettes@cofc.edu

Office Hours: M-F 11:00am - Noon and by appointment any day.

Prerequisites: None

Grading: A, B+, B, C+, C, 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:

Required Materials:
Packet from Sassy Ink, 219 Calhoun St. 577.2774 (approximate cost $4).

Packet Contents:
Fast Food Assignment
Logs & Analyses Criteria
Communication Styles Facts
Calorie Burn Worksheet
Marijuana Facts
Health Risks Survey
Family Tree Project Criteria

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.

Course Requirements:

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

Description of Projects:

• 1. Daily assignments and pop quizzes (30pts. =5%). Students are responsible for all reading assignments and expected to be prepared for each class to participate and/or take pop quizzes 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.

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. (NO EMAIL PAPERS ACCEPTED)
Poster 40 points, written report 20 points, oral presentation 10 points.

**Examinations:** Students will have the opportunity to drop the lowest grade of these five tests and/or not take the final exam.

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

--------------------------------------------------------- 200pts

Family Tree Project/Presentation  

--------------------------------------------------------- 70pts

Daily assignments 30 pts  

---------------------------------------------------------
**Total Points Assignments** 700pts

**Grade Scale:**

90-100% A  
88-89% A-  
85-87% B+  
75-77% C+  
68-69% C-  
66-67% D+
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. 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 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.

**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    12    Fast Food Assignment
            15    Start activity log
            22    Activity log and analysis due
            22    Start food log
            29    Food log and analysis Due

February   5     Start stress log
            15    Stress log and analysis due
            17    Start communication log
            26    Communication log and analysis due

March      15    Health Risks Survey Due

April      14    Family Tree Project due (All Students - Written reports)
            16, 19, 21, 23, 26    Oral Presentations and Posters Due based on lottery picks

Course schedule:

January
11m     Introduction to course,
13w Chap. 1, Promoting Health Behavior, LD, Fast Food Assignment, due Friday, 12th

15f Chap. 10 Fitness, Start Activity Log

18m MLK HOLIDAY

20w Chap. 10

22f Chap. 9 Weight Management, Activity Log Due, Start Food Log

25m Chap. 8 Nutrition

27w Chap. 8

29f Chap. 8, Food Log Due

**February**

1m Chap. 12 Drinking Responsively

3w Test #1, Chaps. 1, 8, 9, 10, 12 Bring Pencil to class

5f Chap. 2, Psychosocial Health, Start Stress Log

8m Chap. 2, Start Chap. 3 Stress Management

10w Chap. 3

12f Chap. 4 Violence, Date Rape Video

15m Chap. 4 Violence, Stress Log Due

17w Chap. 5 Healthy Relationships and Communicating Effectively Start Communication Log

19f Chap. 5 Jump Rope for Heart

22m Chap. 5

24w Chap. 5

26f Test #2, Chaps. 2, 3, 4, 5 - Communication Logs Due

**March**

1m Chap 6 Sexuality
3w    Chap. 6 & 17* (*STD section)

5f    Class Release for Health Risk Surveys

8-12  Spring Break

15m   Health Risk Surveys Due, Class Discussion of Results

17w   Chap. 7 Reproductive Choices

219f  Chap. 11 Addictions

22m   Chap. 13 Smoking

24w   Chap. 14 Marijuana Debate

26f   Chap. 14 Illicit Drugs

29m   Test #3, Chaps. 6, 7, 11, 12, 14, 17*

31w   Chap. 15 Cardiovascular Disease

April

2f    Chap. 16 Cancer

5m    Chap. 17 Infectious Diseases

7w    Chap. 18 Non-infectious Ailments

9f    Chap. 19 Life Transitions Lottery Pick for Presentations

12m   Test #4, Chaps. 15-19,

14w   Family Project All Written Papers Due, Poster Presentations Begin

16f   Report Presentations

19m   Report Presentations

21w   Report Presentations,

23f   Report Presentations

26m   Report Presentations, Last Day of Class
Exam Period: Wednesday, April 28th Noon (see below)

(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.)