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: 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% Class announced assignments
10% Family Tree Project
28% Logs and Analyses
57% Examinations

Description of Projects:

• 1. Class announced assignments. (30pts. =5%). Assignments that are given one class notice and will not be eligible for credit if late.

• 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

Class announced assignments 30 pts

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

**Grade Scale:**
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. 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:

<table>
<thead>
<tr>
<th>S.C. HIV/STD HOTLINE</th>
<th>College of Charleston Health Center</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-800-322-AIDS (2437)</td>
<td>953-5520</td>
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**SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)**

<table>
<thead>
<tr>
<th>January</th>
<th>14</th>
<th>Fast Food Assignment</th>
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<tbody>
<tr>
<td>14</td>
<td></td>
<td>Start activity log</td>
</tr>
<tr>
<td>21</td>
<td></td>
<td>Activity log and analysis due</td>
</tr>
<tr>
<td>21</td>
<td></td>
<td>Start food log</td>
</tr>
<tr>
<td>28</td>
<td></td>
<td>Food log and analysis due</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>February</th>
<th>4</th>
<th>Start stress log</th>
</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td></td>
<td>Stress log and analysis due</td>
</tr>
<tr>
<td>16</td>
<td></td>
<td>Start communication log</td>
</tr>
<tr>
<td>23</td>
<td></td>
<td>Communication log and analysis due</td>
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</table>

<table>
<thead>
<tr>
<th>March</th>
<th>14</th>
<th>Health Risks Survey Due</th>
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</table>

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<tr>
<th>April</th>
<th>18</th>
<th>Family Tree Project due (All Students - Written reports)</th>
</tr>
</thead>
<tbody>
<tr>
<td>18, 20, 22, 25</td>
<td></td>
<td>Oral Presentations and Posters Due based on lottery picks</td>
</tr>
</tbody>
</table>
Course schedule:

**January**

10m    Introduction to course,

12w    Chap. 1, Promoting Health Behavior, LD, *Fast Food Assignment, due Friday, 14th*

14f    Chap. 10 Fitness, **Start Activity Log**

17m    **MLK HOLIDAY**

19w    Chap. 10

21f    Chap. 9 Weight Management, **Activity Log Due, Start Food Log**

24m    Chap. 8 Nutrition

26w    Chap. 8

28f    Chap. 8, **Food Log Due**

31m    Chap. 12 Drinking Responsively

**February**

2w     **Test #1, Chaps. 1, 8, 9, 10, 12 Bring Pencil to class**

4f     Chap. 2, Psychosocial Health, **Start Stress Log**

7m     Chap. 2, Start Chap. 3 Stress Management

9w     Chap. 3

11f    Chap. 4 Date Rape Video, **Stress Log Due**

14m    Chap. 4 Violence

16w    Chap. 5 Healthy Relationships and Communicating Effectively **Start Communication Log**
18f  Chap. 5  **Jump Rope for Heart**

21m  Chap. 5

23w  Chap. 5

25f  **Test #2, Chaps. 2, 3, 4, 5 - Communication Logs Due**

28m  Chap 6 Sexuality

**March**

2w  Chap. 6 &17* (*STD section)

4f  **Class Release for Health Risk Surveys**

7-11  **Spring Break**

14m  **Health Risk Surveys Due**, Class Discussion of Results

16w  Chap. 7 Reproductive Choices

18f  Chap. 11 Addictions

21m  Chap. 11

23w  Chap. 13 Smoking

25f  Marijuana Debate

27m  Chap. 14 Illicit Drugs

30w  **Test #3, Chaps. 6, 7, 11, 12, 14, 17**

**April**

1f  Chap. 15 Cardiovascular Diseas

4m  Chap. 16 Cancer

6w  Chap. 17 Infectious Diseases

8f  Chap. 18 Non-infectious Ailments

11m  Chap. 19 Life Transitions
13w  Chap. 20 Environmental Health

15f  Test #4, Chaps. 15-20

18m  Family Project All Written Papers Due, Poster Presentations Begin

20w  Report Presentations

22f  Report Presentations

25m  Report Presentations, Last Day of Class

Exam Period: Wednesday, May 4th 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.)