Time & Place: Monday, Wednesday, and Friday 10:00-10:50 AM, Silcox Physical Education Center 111

Instructor: Larry “Bucky” Buchanan

Office Located: George Street Fitness Center Office

Office Phone: 953-3898 (Or call my cell 843-860-0364) Email: lbuchana@cofc.edu

Office Hours: Tuesdays and Thursdays 2:00-4:00 PM or by appointment

Prerequisites: None

Grading: A, A- B+, B, B-C+, C, C-D+, D, D-, F

Grade Scale: (Implemented 2006-07)

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
<th>Grade</th>
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<tbody>
<tr>
<td>A</td>
<td>90-100%</td>
<td>C</td>
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<tr>
<td>A-</td>
<td>88-89%</td>
<td>C-</td>
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<tr>
<td>B+</td>
<td>85-87%</td>
<td>D+</td>
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<tr>
<td>B</td>
<td>80-84%</td>
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<tr>
<td>B-</td>
<td>78-79%</td>
<td>D-</td>
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<tr>
<td>C</td>
<td>70-74%</td>
<td>F</td>
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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 educate others with information of covered health issues.
11. Describe biological principles needed to understand public health issues across the life span and apply these principles to public health interventions to eliminate, prevent, and control disease and to minimize their impact on health.

Course Requirements:

15.38%  *Quizzes

23.08%  Logs and Analyses

61.54%  Examinations

*Quiz total can vary.

**Quizzes:** Students will likely take a total of ten 10-point quizzes throughout the semester. The quizzes are designed to help identify important concepts from the assigned reading assignments and class lectures. Quizzes will be given at the discretion of the instructor at the beginning of the class periods. Should you miss a quiz due to an excused tardiness or absence; students must contact the instructor within 48 hours of the missed quiz for opportunities to make up the assignment. **It is the student’s responsibility to contact the instructor in regards to scheduling a make-up.**

**Logs and analyses:** Students will compile logs for stress, communication, 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 handed in by the beginning of class on the day they are due.**
**Examinations:** Students will have the opportunity to demonstrate their knowledge of covered material with 4 exams. Below is their breakdown:

Exam #1 (100pts. = %) chapters 1, 7, 8, 9, 11

Exam #2 (100pts. = %) chapters 2-4, 19.

Exam #3 (100pts. = %) chapters 5, 6, 10, 12, 13, 14*

Exam #4 (100pts. = %) chapters 15, 16, 17, 18, 20, 21.

**Evaluation Criteria & Scale:**

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

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400 pts

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

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150 pts

Quizzes 100 pts

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**Total Points Assignments** 650 pts

**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, a zero will be automatic.

**Electronics Policy:**  
We’re all adults here! If you need to use your phone, please do, but be respectful to those around you and step outside. Please make sure all phones are either off or on silent. Do not use your phone in class.
Attendance:  PLEASE READ CAREFULLY!!!!

Attendance is required. I will be taking it as required by the department and College. One means of assessing your attendance is through random quizzing. It is important that if you miss a class, you get it documented and check in with the instructor regarding any missing or late work. If you miss a class there should be a legitimate reason with documentation. There is no making up quizzes for missing a class without documentation.

Provisions for Students with Special Needs:
The College of Charleston abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act that stipulates no student shall be denied access to an education “solely by reason of handicap.” Disabilities covered by law include, but are not limited to: learning disabilities and hearing, sight or mobility impairments. If you have a documented disability that may have some impact on your work in this class and for which you may require accommodations, please see an administrator at the Center of Disability Service or me so that such accommodation may be arranged.

Make-Up Policy:
Make-up exams are given at the discretion of the professor and are only considered for documented and approved absences. It is the student’s responsibility to contact the instructor if a make-up is necessary. Late assignments, if accepted, will be penalized 25% per day.

Honor System:
Students must do their own work. Please see the 2014-2015 Student Handbook (Academic Honor System) for a description of the College’s Honor System, which is fully supported in this class.

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
Tentative Course schedule:

January
12m  Introduction to course
14w  Chap. 1, Assessing Your Health
16f  Chap. 1. Cont.
19m  No Classes—MLK Holiday.
21w  Chap. 9 Improving your Physical Fitness
23f  Chap. 9 Cont.
26m  Chap. 8 Reaching and Maintaining a Healthy Weight  *Start Activity Log
28w  Chap. 8 Cont.
30f  Chap. 7 Eating for a Healthier You

February
2m   Chap. 7 Cont.
4w   Chap. 11 Drinking Responsively *Activity Log Due
6f   Chap. 11 Cont.
9m   ***Test #1, Chaps. 1,7,8,9,11***
11w  Chap. 2 Promoting and Preserving Your Psychological Health
13f  Chap. 2 Cont.
16m  Chap. 3 Managing Stress and Coping with Life’s Challenges *Start Stress Log
18w  Chap. 3 Cont.
20f  Chap. 19 Preventing Violence and Abuse
23m  Chap. 19 Cont. *Stress Log Due
25w  Chap. 4 Building Healthy Relationships and Communicating Effectively
27f  Chap. 4 Cont. *Start Communication Log
March
2m  Spring Break- NO CLASS
4w  Spring Break- NO CLASS
6f  Spring Break- NO CLASS
9m  Chap. 4 Cont.
11w  ***Test #2, Chap. 2-4, 19***
13f  Chap. 5 Understanding Your Sexuality*Communication Logs Due
16m  Chap. 5 Cont.
18w  Chap. 6 Considering Your Reproductive Choices
20f  Chap. 6 Cont.
23m  Chap. 14 Protecting against Infectious Diseases and Sexually Transmitted Infections
25w  Chap. 14 Cont.
27f  Chap. 10 Recognizing and Avoiding Addiction
30m  Chap. 10 Cont.

April
1w  Chap. 12 Tobacco Use
3f  Chap. 13 Avoiding Drug Misuse and Abuse
6m  Chap. 13 Marijuana Debate
8w  ***Test #3, Chaps. 5, 6, 10, 12, 13, 14***
10f  Chap. 15 Preventing Cardiovascular Disease
13m  Chap. 15 Cont.
15w  Chap. 15 A- Focus on Minimizing Your Risk for Diabetes
17f  Chap. 16 Reducing Your Cancer Risk
20m  Chap. 17 Reducing Risks and Coping with Chronic Conditions
Chap. 18 Choosing Conventional and Complementary Health Care

Chap. 18 Cont.

Chap. 20 Preserving and Protecting your Environment

Chap. 20 Cont.

May 1
Chap. 21 Preparing for Aging, Death, and Dying

4w Chap. 21 Cont.

6w ***Test #4, Chaps. 15, 16, 17, 18, 20, 21***  Last Day of Class