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, 8-9am, MWF, 11 - Noon, also, by appointment M-F.

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 infections 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.

Course Requirements:

5% Announced Assignments

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 (270pts. =38%).

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 on OAKS.
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. (Which means that a student does have the option of taking the final which is based on 8 course objectives.)

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 30pts
----------------------------------------------------------
Total Points Assignments 700pts

**Grade Scale:**

90-100% A  
C+  75-77%
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. After 3 or more excused absences students will **not be eligible** for bonus points for attendance.

Disability Access Statement:

Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged.

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:

College of Charleston Health Center 953-5520
S.C. HIV/STD HOTLINE 1-800-322-AIDS (2437)

SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)

January 16 Start activity log
21 Start Fast Food Assignment
23 Fast Food Assignment Due
26 Activity log and analysis due
26 Start food log & Calorie Burn
30 Food log & Calorie Burn Due

February 4 Start stress log
11 Stress log and analysis due
16 Start communication log
23 Communication log and analysis due
25 Start Health Risks Survey

March 13 Health Risks Surveys Summary Due
Bring Hard Copy Only (Not OAKS) to class

April 20 Family Tree Project -ALL STUDENTS - Written reports Due
20, 22, 24 Oral Report Presentations and Posters Due
(Students draw in lottery for due date)
Course schedule:

January

12m Introduction to course,
14w Chap. 1, Assessing Your Health,
16f Chap. 9 Fitness, Start Activity Log

19m MLK Holiday no class

21w Chap. 9 Fast Food Assignment

23f Chap. 8 Maintaining a Healthy Weight and Focus on Body Image
Fast Food Assignment Due

26m Chap. 7 Eating for a Healthier You, Activity Log Due, Start Food Log and Calorie Burn

28w Chap. 7

30f Chap. 11 Drinking Responsibly, Food Log & Calorie Burn Due

February

2m Test #1, Chaps. 1,7,8,9,11 Bring Pencil to class

4w Chap. 2, Psychosocial Health, Start Stress Log

6f Chap. 2 and Focus on Spiritual Health

9m Chap. 3 Stress Management

11w Chap. 3, and Focus on Sleep, Stress Log Due

13f Chap. 19 Violence, Date Rape Video

16m Chap. 19 Violence, Focus on Reducing Risk of Injury
Start Communication Log

18w Chap. 4 Healthy Relationships and Communicating Effectively

20f Chap. 4

23m Chap. 4, Communication Logs Due
25w Test #2, Chaps. 2, 3, 4, 19 -
(Start Health Risk Survey - Due after Spring Break)

27f Class release for Health Risk survey - hard copy summary due in class!

March
2-6 Spring Break

9m Health Risk Survey Summary Sheet Due in Class (not accepted late)

11w Chap. 5 Sexuality

13f Chap. 5 STI's (Chap.14 Guest Speaker)

16m Chap. 6 Reproductive Choices

18w Chap. 10 Addictions

20f Chap. 10 Addictions

23m Chap. 12 Tobacco Use

25w Chap. 13 Marijuana Debate

27f Chap. 13 Drug Misuse and Abuse

30m Test #3, Chaps. 5, 6, 10, 12, 13, 14*

April

1w Chap. 15 Cardiovascular Disease

3f Chap. 16 Cancer

6m Chap. 14 Infectious Diseases

8w Chap. 17 Chronic Conditions, Focus on Diabetes (p.482-491)

10f Chap. 21 Healthy Aging

13m Chap. 21 Death and Dying
15w Review of Course, Lottery Pick for Presentations
17f Test #4, Chaps. 14, 15, 16, 17, 21
20m Family Project All Papers Due, Report Presentations Begin
22w Report Presentations
24f Report Presentations
27m Teacher Evals, Grades confirmation, CPR Hands only

Exam Period* Monday, May 4th, 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.