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:  MWF, 8-9am, 11 - Noon, TR 8:30-9:15am and by appointment.

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 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.

**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.

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 30 pts

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

Grade Scale: (Implemented 2006-07)

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** (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 tard. 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)**

<table>
<thead>
<tr>
<th>August</th>
<th>25</th>
<th>Start activity log</th>
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<tbody>
<tr>
<td></td>
<td>27</td>
<td>Start Fast Food Assignment</td>
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<tr>
<td></td>
<td>29</td>
<td>Fast Food Assignment Due</td>
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<tr>
<th>September</th>
<th>1</th>
<th>Activity log and analysis due</th>
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<tbody>
<tr>
<td></td>
<td>1</td>
<td>Start food log &amp; Calorie Burn</td>
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<tr>
<td></td>
<td>8</td>
<td>Food log &amp; Calorie Burn due</td>
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<tr>
<td></td>
<td>15</td>
<td>Start stress log</td>
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<tr>
<td></td>
<td>22</td>
<td>Stress log and analysis due</td>
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<tr>
<td></td>
<td>29</td>
<td>Start communication log</td>
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<thead>
<tr>
<th>October</th>
<th>6</th>
<th>Communication log and analysis due</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>6</td>
<td>Start Health Risks Survey Due</td>
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<tr>
<td></td>
<td>13</td>
<td>Health Risks Surveys Summary Due</td>
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<tr>
<td></td>
<td></td>
<td><strong>Bring Hard Copy Only (Not OAKS) to class</strong></td>
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<tr>
<th>November</th>
<th>17</th>
<th>Family Tree Project -ALL STUDENTS - Written reports Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>17, 19, 21, &amp; December 1</td>
<td>Oral Report Presentations and Posters Due</td>
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<td>(Students draw in lottery for due date)</td>
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Course schedule:

**August**

20w Introduction to course,

22f Chap. 1, Assessing Your Health, LD

25m Chap. 9 Fitness, **Start Activity Log**

27w Chap. 9 **Fast Food Assignment**

29f Chap. 8 Maintaining a Healthy Weight and Focus on Body Image **Fast Food Assignment Due**

**September**

1m Chap. 7 Eating for a Healthier You, **Activity Log Due, Start Food Log and Calorie Burn**

3w Chap. 7

5f Chap. 7

8m Chap. 11 Drinking Responsively, **Food Log & Calorie Burn Due**

10w Chap. 11

12f **Test #1**, Chaps. 1,7,8,9,11 Bring Pencil to class

15m Chap. 2, Psychosocial Health, **Start Stress Log**

17w Chap. 2 and Focus on Spiritual Health

19f Chap. 3 Stress Management

22m Chap. 3, and Focus on Sleep, **Stress Log Due**
24w Chap. 19 Violence, Date Rape Video

26f Chap. 19 Violence, Focus on Reducing Risk of Injury

29m Chap. 4 Healthy Relationships and Communicating Effectively

**Start Communication Log**

**October**

1w Chap. 4

3f Chap. 4

**6m** Test #2, Chaps. 2, 3, 4, 19 - Communication Logs Due

**Start Health Risk Survey**

8w Chap. 5 Sexuality

10f Chap. 5 STI's (Chap.14 Guest Speaker)

13m Health Risk Survey - **Hard Copy Only Due in Class**

15w Chap. 6 Reproductive Choices

17f Chap. 10 Addictions,

20m Chap. 10 Addictions

22w Chap. 13 Marijuana Debate

24f Chap. 12 Tobacco Use

27m Chap. 13 Drug Misuse and Abuse

**29w** Test #3, Chaps. 5, 6, 10, 12, 13, 14*

31f Chap. 15 Cardiovascular Disease and Focus on Diabetes

**November**

3-4 Fall Break/Election Day

5w Chap. 16 Cancer

7f Chap. 14 Infectious Diseases

10m Chap. 17 Chronic Conditions
12w  Chap. 21 Healthy Aging, Death, Dying **Lottery Pick for Presentations**

14f  Test #4, Chaps. 14, 15, 16, 17, 21 (SCAPHERD Convention)

17m  **Family Project  All Papers Due, Report Presentations Begin**

19w  Report Presentations

21f  Report Presentations

24m  Monday before Thanksgiving Break (Special Topic Discussion)

**26,27,28, Thanksgiving Break**

**December**

1m  **Report Presentations Last Day of Class**

**Exam Period* Friday, December 5th, 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.