Time & Place:  Monday, Wednesday, and Friday 11:00-11:50 AM, Johnson Center, J-206

Instructor:  Larry “Bucky” Buchanan, MS, MA, CSCS

Office Located:  George Street Fitness Center

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

Office Hours:  Tuesdays and Thursdays 10:00 AM- 12:00 PM or by appointment

Prerequisites:  None

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

Grade Scale: (Implemented 2006-07)

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<thead>
<tr>
<th>Grade Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
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<td>88-89%</td>
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<tr>
<td>70-74%</td>
<td>F</td>
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Course Catalog 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.

Required Texts:


Course Learning 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.

CEPH Competency Description

1. 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. (Competency 5)

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 will have
the opportunity to make-up the quiz within a reasonable amount of time at the convenience of the
instructor and student. **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

Logs 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 2012-2013 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.”

Students can find the complete Honor Code and all related processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

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

**Tentative Course schedule:**

**August**
26w Introduction to course
28f Chap. 1, Assessing Your Health
31m Chap. 9 Improving your Physical Fitness

**September**
2w Chap. 9 Cont.
4f Chap. 8 Reaching and Maintaining a Healthy Weight *Start Activity Log
7m Chap. 8 Cont.
9w Chap. 7 Eating for a Healthier You
11f No Class-- Wedding
14m Chap. 11 Drinking Responsively *Activity Log Due
16w Chap. 11 Cont.
18f ***Test #1, Chaps. 1,7,8,9,11***
21m Chap. 2 Promoting and Preserving Your Psychological Health (Attendance Verification Due 9/22 by Noon)
23w Chap. 2 Cont.
25f Chap. 3 Managing Stress and Coping with Life’s Challenges *Start Stress Log
28m Chap. 3 Cont.
30w Chap. 19 Preventing Violence and Abuse

**October**
2f Chap. 19 Cont. *Stress Log Due
5m Chap. 4 Building Healthy Relationships and Communicating Effectively
7w  Chap. 4 Cont.  *Start Communication Log
9f  Chap. 4 Cont.
12m  ***Test #2, Chap. 2-4, 19***
14w  Chap. 5 Understanding Your Sexuality*Communication Logs Due
16f  Chap. 5 Cont.
19m  Fall Break. No Class.
21w  Chap. 6 Considering Your Reproductive Choices
23f  Chap. 14 Protecting against Infectious Diseases and Sexually Transmitted Infections
26m  Chap. 10 Recognizing and Avoiding Addiction
28w  Chap. 12 Tobacco Use
30f  Chap. 12 Cont.

November
2m  Chap. 13 Avoiding Drug Misuse and Abuse
4w  Chap. 13 Marijuana Debate
6f  ***Test #3, Chaps. 5, 6, 10, 12, 13, 14***
9m  Chap. 15 Preventing Cardiovascular Disease
11w  Chap. 15A Managing Diabetes
13f  Chap. 16 Reducing Your Cancer Risk
16m  Chap. 17 Reducing Risks and Coping with Chronic Conditions
18w  Chap. 18 Choosing Conventional and Complementary Health Care
20f  Chap. 18 Cont.
23m  Chap. 20 Preserving and Protecting your Environment
25w  No Class.
27f  No Class.
30m  Chap. 20 Cont.

**December**
2w  Chap. 21 Preparing for Aging, Death, and Dying

4f  Chap. 21 Cont.

7m  ***Test #4, Chaps. 15, 16, 17, 18, 20, 21***  Last Day of Class