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 11:00am - Noon, TR 10:30-Noon 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 (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. **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 in the Sassy Ink packet.
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. This means that it is the student’s choice whether or not to take the final, which is comprehensive. It will only replace the lowest grade of the previous written 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.

Final Exam (Not required) (100pts. = 12.5%) Covers course objectives; format - all essay.

**Evaluation Criteria & Scale:**

Exam 1 100pts
Exam 2 100pts
Exam 3 100pts
Exam 4 100pts
(Final Exam can replace the lowest of these exams)

400pts

Logs 50pts Each
Four logs Total

200pts

Family Tree Project/Presentation

70pts

Announced assignments 30 pts

Total Points Assignments 700pts
Grade Scale:

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<th>Grade</th>
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<tbody>
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<td>90-100%</td>
<td>A</td>
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<tr>
<td>88-89%</td>
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<td>78-79%</td>
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<tr>
<td>70-74%</td>
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<tr>
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<td>B-</td>
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<tr>
<td>525-546</td>
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<tr>
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<td>525-546</td>
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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 After 3 or more excused absences students will not be eligible for bonus points for attendance.

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.”

SPECIAL ASSIGNMENTS DUE DATES (270 Points of the Course)

January 17  Fast Food Assignment due
17  Start activity log
24  Activity log and analysis due
24  Start food log & Calorie Burn
31  Food log & Calorie Burn due

February 7  Start stress log
14  Stress log and analysis due
19  Start communication log
26  Communication log and analysis due
28  Class Release for Health Risks Survey

March 10  Health Risks Surveys Summary Due-Hard Copy Only bring Summary to class

April 16  Family Tree Project ALL Written reports Due
16, 18, 21, 23  Oral Report Presentations and Posters Due
(Students draw- lottery for date of presentation – oral is only 10pts of project and may be opted out with the 10pt loss. Posters still due on lottery date.)

Course schedule:
**January**

8w  Introduction to course,

10f  Chap. 1, Assessing Your Health, LD

13m  Chap. 9 Fitness

15w  Chap. 9

17f  Chap. 8 Maintaining a Healthy Weight and Focus on Body Image

Fast Food, Assignment due, Start Activity Log

**20m**  MLK Holiday

22w  Chap. 7 Eating for a Healthier You,

24f  Chap. 7, Activity Log Due, Start Food Log and Calorie Burn

28m  Chap. 7

30w  Chap. 11 Drinking Responsively

31f  Chap. 11, Food Log & Calorie Burn Due

**February**

3m  **Test #1**, Chaps. 1,7,8,9,11  Bring Pencil to class

5w  Chap. 2, Psychosocial Health

7f  Chap. 2 and Focus on Spiritual Health,  **Start Stress Log**

10m  Chap. 3 Stress Management

12w  Chap. 3, and Focus on Sleep

14f  Chap. 19 Violence, Date Rape Video,  **Stress Log Due**

17m  Chap. 19 Violence, Focus on Reducing Risk of Injury
19w  Chap. 4 Healthy Relationships and Communicating Effectively

Start Communication Log

21f  Chap. 4

24m  Chap. 4

26w  Test #2, Chaps. 2, 3, 4, 19 - Communication Logs Due

Start Health Risk Survey

28f  Class Release for Health Risk Survey

March

4-8  Spring Break

10m  **Survey Summary due in class Hard Copy Only**

12w  Chap. 5 Sexuality

14f  Chap. 5 & 14* (*STD section)

17m  Chap. 6 Reproductive Choices

19w  Chap. 10 Addictions

21f  Chap. 10 Addictions

24m  Chap. 12 Tobacco Use

26w  Chap. 13 Marijuana Debate

28f  Chap. 13 Drug Misuse and Abuse

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

April

2w  Chap. 15 Cardiovascular Disease and Focus on Diabetes

4f  Chap. 16 Cancer

7m  Chap. 14 Infectious Diseases
9w  Chap. 17 Chronic Conditions  
11f  Chap. 21 Healthy Aging, Death, Dying **Lottery Pick for Presentations**  
14m  Test #4, Chaps. 14, 15, 16, 17, 21  
16w  Family Project  **All Papers Due, Report Presentations Begin**  
18f  Report Presentations  
21m  Report Presentations  
23w  Report Presentations, **Last Day of Class**  

**Exam Period*** Friday, April 25, Noon.*

*The final exam is optional. It will only replace the lowest test grade of the first four tests. It will cover the Eight Course Objectives from the syllabus and it is totally essay.*