Instructor: Bea Lavelle, MA, HH
Office Phone: 843.953.3397
Email: lavellebv@cofc.edu
Office Hours: By appointment
Prerequisites: None
Grading: A, A- B+, B, B-C+, C, C-D+, D, D-, F

Course Description:
The course provides an overview of health related challenges facing individuals in today’s modern “westernized” society. Health issues will be approached from both individual and societal perspectives. The course will focus on the concepts of wellness and prevention, as compared to the medical disease model of maintaining health. Emphasis will be on personal responsibility, education of factors that affect our health, decision making and behavior shaping.


Additional Marble Notebook Requirement

Activity Website: [www.pearsonhighered.com/donatelle](http://www.pearsonhighered.com/donatelle)

Numbers for Health Concerns:
College of Charleston Health Center
(843) 953-5520

S.C. HIV/STD HOTLINE
1-800-322-AIDS (2437)

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 educated and able to share information about health issues covered in curriculum.

Course Assessments:

Participation – 20%
Highly interactive student participation is needed for optimal learning of issues related to personal health and decision making skills. Students are expected to be present (see attendance requirement below) and fully prepared at every class as well as actively involved in class discussions (asking questions, sharing knowledge and opinions, etc.) and activities. Your participation is imperative as it equates to 20% of your final grade.

Ten Assignments – 10%
You will be required to complete 10 separate assignments as they pertain to a specific class topic of study. The assignments are short and relate directly to class material. They vary in scope. Specific directions and corresponding rubric will be issued at time of assignment. All announced assignments are due at the beginning of class on the day indicated and must be turned in on due date or no credit is awarded. Late assignments will not be accepted. Multiple page assignments must be stapled and be in proper format: 1” margins on top, bottom and sides, font will be Arial, Calibri or Times Roman, font size will be 12. Proper heading is required: name, date, class, and topic. Word count must be posted on the last page of your paper.

Behavior Change Project – 20%
Each student will identify a personal health behavior of focus and attempt to modify that behavior. The project includes completion of a behavior change contract, log of challenges and success, a three page paper of your journey, and an oral class presentation of your project.

Three Exams – 50%
Three objective exams of equal scoring will be given at regular intervals during the semester. Test questions will be derived from information included in the course textbook, lecture notes, and auxiliary material.
Missed exams: All students are expected to complete an examination at its pre-designated date and time. When an exam is missed due to an emergency or illness on the day of the exam, the student must inform the instructor as soon as possible.

Requests for make-up exams: Students must submit a request to the instructor in writing to schedule a make-up exam. Each request will be reviewed individually and determined at the discretion of the instructor, based upon extenuating circumstances. Students must provide documentation from the Undergraduate Dean’s Office in case of emergency situations or prolonged illness.

Evaluation Scale – 100 possible points

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<td>88 – 89</td>
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Attendance:
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. Excused absences must be pre-approved by the instructor or approved by the Undergraduate Dean's Office. No other excuses will be accepted. Entering class after roll call is considered tardy. Three tardies will equal one absence. Over 10 minutes late equals two tardies. Students missing more than 1/3 of class sessions (9 classes) will receive an “F” for the course. In cases of extreme personal issues leading to prolonged absence, it is in a student’s best interest to contact the Undergraduate Dean’s Office and provide necessary documentation to the instructor.

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.”

Classroom Decorum:
Students are expected to be courteous and respectful at all times. The nature of the course material lends itself to be introspective. It is important to maintain an environment where students feel safe to share personal information. Please respect the privacy of your classmates and do not share personal classroom discussion on the outside.

Electronic Devices are not permitted in class, including lap top computers. All cell phones must be turned off for the duration. If a student fails to comply, they will be asked to leave the classroom and be issued an absence.
With the exception of bottled water, food and beverages are not allowed in the classroom.

**Questions, Concerns, Clarifications:**
Students are encouraged to seek clarification from the instructor on any classroom policy, course requirement or assignment. Please seek instructor help as soon as possible if any question should arise.