Time & Place: Noon, Silcox Physical Education and Health Center, Room 207

Instructor: Mrs. Barnette

Office Located: Silcox Center, Room 212

Office Phone: 953-6747   Email: barnettes@cofc.edu

Office Hours: MWF, 10am - 11:50am, TR 8-9am, 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.

Required Texts:

Course Objectives: As a result of completion of this course students should be able to:
1. discuss health, wellness and explain interconnected roles of physical, social, mental, emotional, spiritual, and environmental areas of health.
2. describe healthy nutrition, weight management, and a physical fitness plan.
3. describe stress, addictions, assertive, passive, and aggressive communication and how these factor in their health and wellness.
4. describe the risk major factors, including, alcohol, tobacco, and marijuana, for cardiovascular disease, cancer, and sexually transmitted infections.
5. discuss and discriminate between chronic and infectious diseases.

Student Learning Outcomes:
1. Students will be able to demonstrate their knowledge of the six different areas of health and interconnected roles to wellness by passing Test 1 with a grade of 80% or more.
2. Students will be able to demonstrate their knowledge of healthy nutrition, weight management, and writing a physical fitness play by passing Test 1 with a grade
of 80% or more and successfully completing their Food Log and Activity Log with a grade of 80% or more.

3. Students will be able to demonstrate their knowledge of stress, addictions, and the three communications styles by successfully passing Tests 2 & 3 with a grade of 80% or more and completing their Stress Log and Communication log with a grade of 80% or more.

4. Students will be able to demonstrate their knowledge of major risk factors, including alcohol, tobacco, and marijuana, for cardiovascular disease, cancer, and sexually transmitted infections by successfully passing Tests 3 & 4 with a grade of 80% or more.

5. Students will be able to demonstrate their knowledge of discriminating between chronic and infectious diseases by successfully passing Test 4 with a grade of 80% or more.

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 still lose 50%. Also you may NOT email assignments for any reason. (Students do have option of turning in hard copy, but it's 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:** Four exams will be given during the semester. Only 4 exam grades will be counted toward the final grade. Students have the option of dropping the lowest grade if they choose to take the 5th exam given during the exam period.

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:**

<table>
<thead>
<tr>
<th>Exam 1 100pts</th>
<th>Exam 2 100pts</th>
<th>Exam 3 100pts</th>
<th>Exam 4 100pts</th>
<th>Total 400pts</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>400pts</td>
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</table>

<table>
<thead>
<tr>
<th>Four Logs, 50pts Each, Total</th>
<th>200pts</th>
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</thead>
</table>

<table>
<thead>
<tr>
<th>Announced assignments</th>
<th>30pts</th>
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</thead>
</table>

**Total Points Assignments** 700pts

**Grade Scale:**

<table>
<thead>
<tr>
<th>90-100% A</th>
<th>C+</th>
<th>75-77%</th>
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</thead>
<tbody>
<tr>
<td>88-89% A-</td>
<td>C-</td>
<td>68-69%</td>
</tr>
<tr>
<td>85-87% B+</td>
<td>D+</td>
<td>66-67%</td>
</tr>
<tr>
<td>80-84% B</td>
<td>D</td>
<td>64-65%</td>
</tr>
<tr>
<td>78-79% B-</td>
<td>D-</td>
<td>62-63%</td>
</tr>
<tr>
<td>70-74% C</td>
<td>F</td>
<td>0-61%</td>
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</table>

<table>
<thead>
<tr>
<th>630-700 points A</th>
<th>490-524 points C</th>
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<tbody>
<tr>
<td>616-629 points A-</td>
<td>476-489 points C-</td>
</tr>
<tr>
<td>595-615 points B+</td>
<td>462-475 points D+</td>
</tr>
<tr>
<td>560-594 points B</td>
<td>448-461 points D</td>
</tr>
<tr>
<td>546-559 points B-</td>
<td>438-447 points D-</td>
</tr>
<tr>
<td>525-545 points C+</td>
<td>437 and below F</td>
</tr>
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</table>

**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:**
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)**

<table>
<thead>
<tr>
<th>January</th>
<th>13w</th>
<th>Start activity log</th>
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<tbody>
<tr>
<td></td>
<td>15f</td>
<td>Start Fast Food Assignment</td>
</tr>
<tr>
<td></td>
<td>20w</td>
<td>Fast Food Assignment Due</td>
</tr>
<tr>
<td></td>
<td>22f</td>
<td>Activity log and analysis due</td>
</tr>
<tr>
<td></td>
<td>22f</td>
<td>Start food log &amp; Calorie Burn</td>
</tr>
</tbody>
</table>
29f  Food log & Calorie Burn due

February 5f  Start stress log
12f  Stress log and analysis due
19f  Start communication log
26f  Communication log and analysis due
26f  Start Health Risks Survey Due

March 14m  Health Risks Surveys Summary Due
(Must have summary at Noon in class and put in dropbox by Noon.)

April 15f  Family Tree Project -ALL STUDENTS - Written reports Due
15f & 18m  Oral Report Presentations and Posters due when student presents.
(Students draw in lottery 1-15 present 4/15, 15-30 present 4/18)

**Course schedule:**

**January**

8f  Introduction to course, Quiz Show

11m  Chap. 1, Assessing Your Health and Finances

13w  Chap. 9 Fitness, **Start Activity Log**

15f  Chap. 9  **Start Fast Food Assignment**

18m  **MLK HOLIDAY NO CLASS**

20w  Chap. 8 Maintaining a Healthy Weight and Focus on Body Image
**Fast Food Assignment Due**

22f  Chap. 7 Eating for a Healthier You, **Activity Log Due, Start Food Log and Calorie Burn**

25m  Chap. 7

27w  Chap. 7
29f  Chap. 10 Drinking Alcohol Responsibly, **Food Log & Calorie Burn Due**

February

1m  Chap. 10

3w  **Test #1**, Chaps. 1,7,8,9,10  Study Guide on OAKS

5f  Chap. 2, Psychosocial Health, **Start Stress Log**

8m  Chap. 2 and Focus on Spiritual Health

10w  Chap. 3 Stress Management

12f  Chap. 3, Stress and Focus on Sleep, **Stress Log Due**

15m  Chap. 19 Violence, Date Rape Video

17w  Chap. 19 Violence, Focus on Reducing Risk of Injury

19f  Chap. 4 Healthy Relationships and Communicating Effectively

Start **Communication Log**

22m  Chap. 4

24w  Chap. 4

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

Start **Health Risk Survey**

29m  Guest Speaker

March

4w  Chap. 5 Sexuality Chap. 14 STI's

6f  Class Release for Health Risk Survey - summary **due in class and in dropbox**
Noon, Monday 14th.

7-11  **Spring Break**

14m  **Health Risk Survey** - must have summary in class and put in dropbox by Noon - class time.
16w Chap. 6 Reproductive Choices
18f Focus pg. 289 Addictions,
21m Addictions
23w Chap. 11 Ending Tobacco Use
25f Marijuana Debate
28m Chap. 12 Avoiding Drug Misuse and Abuse
30w Test #3, Chaps. 5, 6, 11, 12, 13, 14, Addictions, p.289

April
1f Chap. 15 Cardiovascular Disease and Focus on Diabetes
4m Chap. 16 Cancer
6w Chap. 13 Infectious Diseases
8f Chap. 17 Chronic Conditions & Diabetes p. 444
11m Chap. 21 Healthy Aging, Death, Dying Lottery Pick for Presentations
13w Test #4, Chaps. 13, 15, 16, 17, 21, Diabetes
15f Family Project All Papers Due, Report Presentations Begin (1-15)
18m Report Presentations (16-30)
20w Evaluations, CPR, Grade Status

Exam Period* Monday April 25th, Noon.

*The final exam is optional. It will replace the lowest of the 4 test grades. It will cover the Course Objectives from the syllabus and be essay question format.