Time & Place: Noon, Silcox Physical Education and Health Center, Room 207
Instructor: Mrs. Barnette, Adjunct, Retired Faculty
Office Located: Silcox Center, Room 406
Office Phone: N/A  Email: barnettes@cofc.edu
Office Hours: By appointment only
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 educated others with information of covered health issues.

Course Requirements:

5% Special Assignments

10% Family Tree Project

28% Logs and Analyses

57% Examinations

Description of Requirements:

1. Special 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. Other 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:**

<table>
<thead>
<tr>
<th>Evaluation Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 1 100pts</td>
<td>100pts</td>
</tr>
<tr>
<td>Exam 2 100pts</td>
<td>100pts</td>
</tr>
<tr>
<td>Exam 3 100pts</td>
<td>100pts</td>
</tr>
<tr>
<td>Exam 4 100pts</td>
<td>100pts</td>
</tr>
<tr>
<td></td>
<td>400pts</td>
</tr>
<tr>
<td>Logs 50pts Each</td>
<td>50pts</td>
</tr>
<tr>
<td>Four logs Total</td>
<td>200pts</td>
</tr>
<tr>
<td>Family Tree Project/Presentation</td>
<td>70pts</td>
</tr>
<tr>
<td>Announced assignments</td>
<td>30 pts</td>
</tr>
<tr>
<td></td>
<td>700pts</td>
</tr>
</tbody>
</table>

**Total Points Assignments** 700pts
Grade Scale: (HHP Department Scale)

<table>
<thead>
<tr>
<th>Percentage Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>88-89%</td>
<td>A-</td>
</tr>
<tr>
<td>85-87%</td>
<td>B+</td>
</tr>
<tr>
<td>80-84%</td>
<td>B</td>
</tr>
<tr>
<td>78-79%</td>
<td>B-</td>
</tr>
<tr>
<td>70-74%</td>
<td>C</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>630-700</td>
<td>A</td>
</tr>
<tr>
<td>616-629</td>
<td>A-</td>
</tr>
<tr>
<td>595-615</td>
<td>B+</td>
</tr>
<tr>
<td>560-594</td>
<td>B</td>
</tr>
<tr>
<td>546-559</td>
<td>B-</td>
</tr>
<tr>
<td>525-545</td>
<td>C+</td>
</tr>
</tbody>
</table>

**Bonus Points:**

Bonuses 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 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)

All Assignments Start and Due Dates (270 Points of the Course)

<table>
<thead>
<tr>
<th>January</th>
<th>17t</th>
<th>Start activity log</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>19r</td>
<td>Start Fast Food Assignment</td>
</tr>
<tr>
<td></td>
<td>24t</td>
<td>Fast Food Assignment Due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Activity log and analysis due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start food log</td>
</tr>
<tr>
<td></td>
<td>31t</td>
<td>Food log due</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>February</th>
<th>7t</th>
<th>Start stress log</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>14r</td>
<td>Stress log and analysis due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Start communication log</td>
</tr>
<tr>
<td></td>
<td>21r</td>
<td>Communication log and analysis due</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>March</th>
<th>28t</th>
<th>Start Health Risks Survey</th>
</tr>
</thead>
<tbody>
<tr>
<td>April</td>
<td>11t</td>
<td>Health Risks Surveys Due by 8am Class</td>
</tr>
<tr>
<td></td>
<td>18t</td>
<td>Family Tree Project Written Reports Due</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Oral Report Presentations begin (Posters due when student presents.)</td>
</tr>
</tbody>
</table>
Course schedule:

January

12r Roll creation, Chap. 1, Assessing Your Health and Finances
17t Chap. 9 Fitness, Start Activity Log
19r Chap. 7 Eating for a Healthier You, Fast Food Assignment
24t Chap. 7 and Chap. 8 Maintaining a Healthy Weight, Activity Log Due, Fast Food Assignment due, Start Food Log
26r Chap. 8 Maintaining a Healthy Weight and Focus on Body Image
31t Chap. 10, Drinking Alcohol Responsibly, Food Log Due

February

2r Test #1, Chap. 1, 7, 8, 9, 10, Study Guide on OAKS
7t Chap. 2, Psychosocial Health and Focus on Spiritual Health, Start Stress Log
9r Chap. 3 Stress and Focus on Sleep
14t Chap. 4 Healthy Relationships and Communicating Effectively Stress Log Due, Start Communication Log
16r Chap. 4 and Date Rape Video
21t Chap. 19 Violence, Focus on Reducing Risk of Injury Communication Logs Due
23r Test #2, Chaps. 2, 3, 4, 19
28t Chap. 5 Sexuality, Chap. 14 STI’s

March

2r Reproductive Choices
6-11  
**Spring Break**

14t  
Focus on Addictions p. 289

16r  
Chap. 11 Ending Tobacco Use/Marijuana Discussion

21t  
Chap. 12 Avoiding Drug Misuse and Abuse

23r  
**Test #3  Chap. 5, 6, 11, 12, 13, 14, Addictions p. 289**

28t  
Chap. 15 Cardiovascular Disease, **Start Health Risk Survey (electronic)**

30r  
Chap. 16 Cancer

**April**

3t  
Chap. 13 Infectious Disease

5r  
Chap. 17 Chronic Diseases and Focus on Diabetes

11t  
Chap. 21 Healthy Aging, Death and Dying, Health Risk Survey Results
  **Health Risks Survey Due**

13r  
**Test #4 Chap. 13, 15, 16, 17, 21, Diabetes**

18t  
**Family Tree Project ALL Written Reports Due, Presentations Begin**

20r  
Family Tree Presentations

25t  
**Last Day of Class, Teacher Evaluations, CPR, Grade Status**

Exam -  **Saturday April 29th, 8am.**

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