

# HEALTH, EXERCISE AND SPORT SCIENCE COURSE SYLLABUS HEALTH AND WELLNESS Spring, 2008

**COURSE :** Health 236-                      **TIME:** Tuesdays April 22-May 20  
**ROOM:** AB 202                              **OFFICE HOURS:** By Appt.  
**INSTRUCTOR:** Joy White, M.S., CPP  
**EMAIL:** [joyrpc@bellsouth.net](mailto:joyrpc@bellsouth.net) or [joywhite@ucumberland.edu](mailto:joywhite@ucumberland.edu)

**TEXT:** Health the Basics, 7<sup>th</sup> ed., Donatelle, 2005 Pearson Education, Inc., Benjamin Cummings, San Francisco

**CATALOG DESCRIPTION:** This course is designed to provide information necessary for a holistic approach to health and wellness. Strategies include decision making skills and promote lifestyle choices for optimal health. Strong emphasis is placed on individual responsibility for personal health promotion.

**PROGRAM GOAL:** To foster lifelong habits for healthy living by promoting personal improvement of the mind, body, and spirit through the study and practice of physical and aesthetic principles.

## **LEARNING OUTCOMES:**

1. Identify behaviors that lead to optimal health.
2. Analyze their personal health behaviors and needs, as well as those of their family and society.
3. Identify tools and strategies to affect positive behavior change.
4. Apply decision-making skills to behavior changes necessary for optimal health.
5. Identify the leading causes of death and lifestyle patterns associated with the reduction of risks.
6. Select intelligent behavior in various areas of health on the basis of factual information.
7. Apply course information to change lifestyles, habits and behaviors.

## **TARDINESS AND CLASS ATTENDANCE:**

**THREE TARDIES WILL CONSTITUTE ONE ABSENCE.** A student that arrives for class after the roll has been taken or leaves class early is considered tardy. Students are expected to attend class. As the college policy states, "when a student misses 2 Bridges class he/she will receive an "aF." In the event of an unavoidable absence, the student should meet the professor's terms for "make-up," but the responsibility for the initiation of make-up work rests with the student. If a student misses he/she is responsible for the material covered (lecture notes, handouts, etc.) and will not be provided by the professor.

### **STUDENTS ACCOMODATIONS:**

Students who may have a disability meriting an academic accommodation should contact the Academic Affairs Office in GATL 114 to ensure that their needs are properly evaluated and that documentation is on file. Any accommodations for disabilities must be re-certified each semester by the Academic Affairs Office and the Special Acc. Committee before course adjustments are made.

### **CLASS REQUIREMENTS:** Students are required to:

1. Complete a writing sample identifying behaviors that lead to optimal health.
2. Complete reading and study guide assignments.

### **PLAN OF EVALUATION:**

<u># of Tests</u>	<u>Points</u>
Personal Health Assessment	25 points
Study Guides 3- 25 points each	75 Total
Chapter Tests 3 - 100 points each	300 Total
Magazine Abstracts 2 - 25 points	50 Total
Final Exam	<u>100 points</u>
TOTAL POINTS AVAILABLE	<u>550 points</u>

### **GRADING SCALE**

90-100	=	A
80-89	=	B
70-79	=	C
60-69	=	D
Below 60	=	F

### **CHEATING/PLAGIARISM/FALSIFICATION/UNAUTHORIZED ACCESS:**

Any of these acts of Academic Dishonesty if identified by the instructor, are grounds for receipt of a "0" grade for the method of assessment being used for grading (ie: exam, test, project, etc)

**If a student misses an exam he/she must contact the professor to make arrangements for a make-up exam Before returning to class.**

**The FINAL EXAM will be administered during the University's scheduled period. There will be NO EXCEPTIONS.**

**Absolutely no food or beverages, with the exception of water allowed in the classroom.**