

WBUonline

School of Education

Syllabus EXSS 2306 Health and Wellness

**WAYLAND MISSION STATEMENT**:

Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success, and service to God and humankind.

# EXSS 2305 - Foundations of Health and Wellness

Summer 2018

## **INSTRUCTOR**:

Dr. Michael West

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**Office:** online

## CATALOG DESCRIPTION:

This course is an overview of personal health and wellness issues, including exercise, diet, social and family aspects, religious activities, medical considerations, and psychological factors as they relate to the non-traditional student. Emphasis will be placed on lifestyle behavioral changes that promote long-term well- being. The course includes inventories of lifestyles, planning for positive change, and the use of lifetime physical activities in the overall wellness scheme.

## PREREQUISITE:

None

## REQUIRED TEXTBOOK AND RESOURCES MATERIALS:

Corbin, C. B., Welk, G. J., et al. (2013). *Concepts of fitness and wellness: A comprehensive lifestyle approach, 11th ed.* Boston: McGraw-Hill. ISBN 978007352348-4

## COURSE WEBSITE:

A course website has been established on WBU’s Blackboard server. Each student is REQUIRED to establish an active account for this website and to log on to BB regularly for posted lecture notes, messages, assignments, handouts, and quizzes.

As an online student you must have a compatible computer, access to Blackboard, and certain computer skills. Click on the "***test your computer***" on the upper right column of the Blackboard login page to determine compatibility. Use the "***Blackboard for Students***" tutorials on the course menu to make sure you know how to:

* complete and upload assignments
* communicate with your instructor
* view MyGrades and find assignment receipts and discussion posting verification

\*\*Computer incompatibility, inability to understand how to use Blackboard, or software issues are NOT excuses for non-completion of assignments!! \*\*

\*\*Lack of access to a textbook is NOT an excuse for non-completion of assignments!!\*\*

## COURSE COMMUNICATION POLICY:

Wayland’s email address is the official method of communication between instructors and students taking courses through Wayland Baptist University. Students are REQUIRED to establish and activate their Wayland email account. Instructors reserve the right to deny email from other sources.

Whenever you contact the instructor by email, **please put the assignment title (if applicable) and section number in the subject line of the email.** If your email address does not contain your name, please add your name to the subject line as well. I can’t help you if I don’t know who you are or what class you are in.

## COURSE OUTCOME COMPETENCIES:

This course is designed to provide an introduction and overview to personal health and wellness concepts and practices for the non-traditional college student. By the end of the course, each student will be able to -

* List the health-related and skill-related aspects of physical fitness
* Define the health-related aspects of physical fitness and relate their importance to activities of daily living
* Describe a set of lifetime physical activities appropriate for adult and family participation
* List important contraindicated exercises and give reasons why they are to be avoided
* Describe the Food Guide Pyramid and identify the components of a healthy diet
* Describe the aspects of fad diets and list reasons why they are health risks
* Identify stressors in their life, and make behavioral changes to reduce stress and its effects
* Describe the health risks of tobacco use, alcohol abuse, and the misuse of prescription and illegal drugs
* Identify common sexually transmitted diseases and their epidemiological rates in society
* Describe the signs, symptoms, and risk factors for various cancers
* List the risk factors for coronary heart disease and identify those that can be modified via lifestyle changes
* Identify the characteristics of quackery and fraud in health, fitness, and nutrition products and services
* Develop a comprehensive plan for a healthy lifestyle

## ATTENDANCE REQUIREMENTS:

*“The University expects students to make class attendance a priority.”* You should note that failure to attend class will affect your ability to perform well on exams. Students must have good class attendance to be successful in this course. Online courses are no different in this regard; however, participation must be defined in a different manner.

1. Student “attendance” in an online course is defined as active participation in the course as described in the course syllabus. Instructors in online courses are responsible for providing students with clear instructions for how they are required to participate in the course. Additionally, instructors are responsible for incorporating specific instructional activities within their course and will, at a minimum, have weekly mechanisms for documenting student participation. These mechanisms may include, but are not limited to, participating in a weekly discussion board, submitting/completing assignments in Blackboard, or communicating with the instructor.

2. Students aware of necessary absences must inform the professor with as much advance notice as possible in order to make appropriate arrangements.

3. Any student absent 25 percent or more of the online course, i.e., non-participatory during 3 or more weeks of an 11 week term, may receive an F for that course. Instructors may also file a Report of Unsatisfactory Progress for students with excessive non-participation.

4. Any student who has not actively participated in an online class prior to the census date for any given term is considered a "no-show" and will be administratively withdrawn from the class without record. To be counted as actively participating, it is not sufficient to log in and view the course. The student must be submitting work as described in the course syllabus.

Additional attendance and participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university’s attendance policy.

## DISABILITY STATEMENT:

*“In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation requests at (806) 291-3765. Documentation of a disability must accompany any request for accommodations.”* Problems with accessing digital materials should be referred to the EIRAC coordinator, Dr. Patricia Ritschel-Trifilo at 806-291-3745.

## ACADEMIC HONESTY:

*“University students are required to conduct themselves according to the highest standards of academic honesty.”* Any student guilty of cheating or other forms of academic dishonesty may be penalized at the instructor’s discretion by one or more of the following:

1. Assigning a grade of F (0%) to the work in question.

2. Assigning a grade of F for the entire course.

3. Recommendation for more severe punishment; including probation, suspension, or expulsion from the University (see student handbook for further information)

READ the **University Statement on Plagiarism and Academic Dishones**ty in Course Information.

## COURSE REQUIREMENT AND GRADING CRITERIA:

Students should allow a very minimum of 4-8 hours per week for reading, reviewing, studying, and homework exercising. Your course grade will be determined based on the number of points you earn on the various activities listed below.

## COURSE EVALUATION AND GRADING:

***Without Final Exam (waived for no missing quizzes) With Final Exam***

**Grading:** Discussion Board 150 pts. Discussion Board 150 pts.

Labs 350 pts. Labs 350 pts.

Exercise Log 150 pts. Exercise Log 150 pts.

Quizzes 350 pts. Quizzes 350 pts.

**Total 1000 pts.** Final 100 pts.

**Total 1100 pts.**

## UNIVERSITY GRADING SYSTEM

**Grading Scale:** A 900 and above 990 and above

B 800-899 880-989

C 700-799 770-879

D 600-699 660-769

F 599 and below 659 and below

**I** incomplete - Incomplete (given only in special circumstances; and only in last two weeks of course)

**W** withdrawal - (give to students who drop after the census date but before the deadline)

A grade of incomplete is changed if the deficiency is made up by the middle of the next regular semester, otherwise it becomes an “F.” This grade is given only if circumstances beyond the student’s control prevented completion of work during the semester enrolled and attendance requirements have been met, and then only in the last two weeks of a class. For a student to be granted an “I” the instructor must file an incomplete report which details which work must be completed by the student and the deadline date for the completion.

Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Executive Vice President/Provost to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

Reading Assignments- Students will need to read along in the supplied materials and web-based materials. The labs in the textbook should be completed in a timely manner. Assessment of student reading will come from student participation in posting materials in a timely manner, student performance on quizzes, and direct questioning from the instructor (if needed). Missing pages in your book is not an excuse for not completing reading or lab assignments. It is your responsibility to check your book for completeness if you buy a used copy. It you find pages missing, your bookstore should exchange the book for you.

Discussion Board- Two discussion board assignments will be written in this course; one is an introduction and the other is a short (1-2 pages) summary of an assigned topic, including YOUR interpretation of the facts and circumstances of reality. These will be completed on the “Discussion Board” portion of BlackBoard. This portion of the class will comprise 15% of final grade.

Quizzes/Examinations- Quizzes are given for each concept and will cover material from each assigned chapter of the book. The purposes of the quizzes are to assure the instructor the reading material is being read as assigned and to determine the level of competence with each concept from the textbook. Quizzes which are missed (i.e., timed out) may not be made up. The student's grade on the final exam will be substituted for each missing quiz grade. Start your quizzes early; don’t wait until the last day. You may have computer trouble or get kicked off-line; if it is Friday evening or Saturday, I almost certainly won’t be available for your one free reset. Note: Do Not Request Make-Ups! (The reason that makeups are not allowed isn’t because I’m overly structured, it is because timed-out items in Blackboard cannot be turned back on for single students…it is the whole class or none at all. Since I can’t turn it back on for everyone, I can’t turn it back on for you. )

[Note: If you miss seven (7) or more quizzes, you will automatically receive an F for the course.]

Labs- There will be a set of “labs” to complete on your own. Not all labs in the textbook will be assigned; use the chart below to identify the required labs. Labs not assigned may be done on an as- interested basis. Labs assigned from the textbook may require physical activity outside of class; others may only require a survey of personal information. In no case will labs be shared with the class as the information is personal and private. All labs will be verified by completing assignments on BlackBoard. Labs are not locked like quizzes…you may re-enter the lab as many times as necessary to correct errors. **Note: Do Not Request Make-Ups!** (The reason that makeups are not allowed isn’t because I’m overly structured, it is because timed-out items in Blackboard cannot be turned back on for single students…it is the whole class or none at all. Since I can’t turn it back on for everyone, I can’t turn it back on for you.)

Exercise Log- Each student will begin a regular exercise program and will keep an updated log of exercise activity during the term. This log will be turned in during the last week of the course. **Note: Do Not attempt to turn in the Exercise Log early!!** There is no specified format for these logs…you may keep them in any format that is useful to you. However, they will be posted in a Journal at the end of the course, so they must be converted into electronic format in order to accomplish this. Make sure your lab is an attachment and not simply the body of the journal. Acceptable file types include the following:

Microsoft Excel PNG

Microsoft Word PNG (scanned written log is OK)

Text files GIF or TIF (as long as I can open it)

These exercise sessions should be comprised of an activity fitting with the student’s abilities, physical condition, and interests. Regularly scheduled PT and work-related activities are allowed to be used to complete the log. All students who need physician permission to begin an exercise program should obtain such before starting the log (see Lab 3A and complete the PAR-Q there). (15% of final grade)

Extra Credit- I don’t believe in extra credit. There’s plenty of credit to go around to start with. Please do

not request any extra.

## IMPORTANT DATES

Feb. 24 Term begins

Census Date (Last day to drop without record) (25% tuition refund)

Last day to drop course w/ "W" (no tuition refund)

Last day to drop course w/ "WP/WF"

May15 Last day of the term

## TENTATIVE SCHEDULE

| ***Week*** | ***Unit*** | ***Topic*** |
| --- | --- | --- |
| 1 | 1 | Healthy Lifestyle Questionnaire; Concepts 1, 2 and 3 |
| 2 | 1 | continued from week 1 |
| 3 | 2 | continued from week 1 |
| 4 | 2 | Concepts 4, 5, and 6 |
| 5 | 2 | continued from week 4 |
| 6 | 3 | Concepts 7, 8, 9, 10, and 11 |
| 7 | 3 | continued from week 6 |
| 8 | 4 | Concepts 13, 14, 15, 16, and 17 |
| 9 | 4 | continued from week 8 |
| 10-11 | 5 | Concepts 18, 19, 20, 21, 22, and 23 |
| 12 |  | Final Exam due date Aug. 9 |

Unit dates

Unit 1- Feb. 24-March 8

Unit 2- March 9-March 29

Unit 3- March 30-April 12

Unit 4 April 13- April26

Unit 5 April 27-May 10

Final May 11-May 15

Discussion Board post due dates

#1 Feb. 28

#2 March 8