

Wayland Baptist University-Amarillo
Division of Education

WBU's 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 human kind.

Course Name: EXSS 2306 VC01- Health and Wellness

Term: Spring 2 2026

Instructor: Dr. J. B. Boren, PhD, CEP-C (ACSM)

Phone: (806) 352-5207

Email: borenjb@wbu.edu

Office Hours: by appointment, Amarillo Campus, Rm 204

Class Time/Location: varies (VC course)

Course 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.

Prerequisites: None.

Text/Materials: Corbin, C. B., Welk, G. J., et al. (2023). *Concepts of fitness and wellness: A comprehensive lifestyle approach, 13th ed.* Boston: McGraw-Hill. ISBN 978-1-266-65513-5 (paper)

We are scheduled to use an Ebook (built-in e-textbook) for this term.

Optional Materials: None.

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: (Online Class)

Students are expected to participate in all required instructional activities in their courses. 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 2 or more weeks of an 8-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 at a minimum complete the **Required First Assignment**.

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.

Important: For this online version of EXSS 2306, 25% of the course translates to 5 quizzes or 5 labs. So if you skip 5 or more quizzes, you will receive an F in the course. If you skip 5 or more labs, you will receive an F in the course. These are not additive...either one will result in an F.

Academic Integrity:

[Link to Statement on Academic Integrity](#)

Artificial Intelligence:**A. Generative AI tools usage encouraged and may be actively assigned in coursework.**

- i. Use of generative AI tools is actively encouraged and incorporated in to specific assignments for this course.
- ii. Use of generative AI tools for assignments in brainstorming, content understanding, or revision to work is perfectly acceptable if cited and referenced properly in any submitted work for the course.
- iii. Use of generative AI is encouraged as long as students understand the use of generative AI in the course is to be an assistance tool and not the generator of assignments and submitted work. Ultimately, all submitted work must still reflect student's own work, understanding, and analysis.
- iv. Specific parameters for generative AI usage provided by the instructor.
- v. Any use of generative AI tools outside of the approved instructor parameters will be considered a form of plagiarism and academic dishonesty.

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 Disability Services Coordinator and Academic Coach serves as the coordinator of students with disabilities and must be contacted concerning accommodation requests (office (806) 291-1057. Documentation of a disability must accompany any request for accommodations.

Instructor Contact: DO NOT use the messenger system in Blackboard. Instead, email me directly. My email is

borenjb@wbu.edu

The messenger in BB is not consistent and I may miss messages left there. I will see and be able to answer your emails much more quickly when you use regular school email.

Course Requirements and Grading Criteria:

Grading:

| | |
|------------------|------------------|
| Discussion Board | 100 pts. |
| Labs | 400 pts. |
| Exercise Log | 150 pts. |
| Quizzes | 350 pts. |
| Total | 1000 pts. |

Grading Scale: A 900 and above

B 800-899

C 700-799

D 600-699

F 599 and below

I Incomplete (given only in special circumstances; and only in last week 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. The incomplete report must be signed by the instructor and the student (exception for VC students in remote areas).

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.

Specific Requirements for the Online Student-

- **Compatible Computer and Access to Blackboard-** You CANNOT take this course unless you can do the following-
 - Have regular access to a computer
 - Have a stable internet connection
 - Be able to log in to Blackboard
 - Be able to navigate in Blackboard and find your assignments
 - Be able to complete the assignments within Blackboard
 - Be able to rectify any software issues related to using Blackboard
 - Be able to communicate with the instructor via email
 - Know how to convert your time to CENTRAL time, including daylight savings time

If you cannot do ALL of the above, for the duration of the course, you must do one of the following:
Borrow a friend's computer, find a public computer, or drop the course.

**Computer incompatability, inability to understand how to use Blackboard, getting 'kicked out' of assignments, weather-related issues, 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!!

- **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).
- **Discussion Board-** Two discussion board assignments will be written in this course; one is an introduction and the other is a 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. Assignments will time-out on the due date at midnight, central time (allow for daylight savings time). **Do Not Request Make-Ups!** This portion of the class will comprise 10% of final grade.

DB #1 will be a *personal introduction and statement of goals* (tell the class who you are, where you live, what you do when you aren't doing online class work, at least one interesting fact about yourself, and state your goals for both this course and for your overall health as you move forward in life). You are not required to respond to others, but this is encouraged. This assignment is worth 50 points. Obviously, there are no wrong answers, but you could still lose points for non-college-level writing (see the 'Quality of Your Work' document for details.) Late submissions will be penalized 5 points per day.

DB #2 will be to *write an update on your progress during the course, and your plan to continue your diet/exercise regimen after the course*. How have you improved so far? What will you do when the class is over? I'm interested in a general plan with some achievable goals to which you can refer, and to which you can have someone close to you hold you accountable. This can be in paragraph form or bullet points, and needs to be substantive enough to be clear to anyone who reads it.

Responses to other students is NOT required, but may be helpful to them. Be an encourager, and don't be afraid to point out goals that may be unachievable. This is NOT a research paper, but rather an exercise in critical thinking about one's own positions regarding plans for improvement. There is no need to use citations or references unless you cite data that is not commonly known (such as research results or government reports). Even though it's not a research paper, you need to support your statements with factual material, not heresay or emotionalism. Not everyone will agree on all issues, but everyone should be able to make an argument from principle and facts (as opposed to emotions) for each area.

- **Quizzes** - 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. Be sure to carefully read each question, and answer in context. Don't insert unnecessary words and don't misspell words, or the computer will count your answer wrong. (I will correct occasional mistakes, but I won't abide carelessness or sloppy work.) Quizzes which are missed may *not* be made up. Start your quizzes

early; don't wait until the last day. All quizzes are available at the beginning of the course and will remain available until the end. Don't wait until the last day to start them. Quizzes are one-time-only and cannot be re-attempted (except for the quiz over the syllabus). **[Important: If you miss five (5) 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 (35% of final grade). **IMPORTANT:** Your ebook is *separate* from Blackboard...you may do as much work in the ebook as you wish, but I can't see your answers until you put them in the lab in Blackboard. Labs are not locked like quizzes...you may re-enter the lab as many times as necessary to correct errors. All labs are available from the beginning of the course and will remain available until the end. **[Note: Remember, if you miss five (5) or more labs, you will automatically receive an F for the course.]**
- **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 via the Journal area in Blackboard. **Do not attempt to turn in the Exercise Log early, and do not email the log!!** (If you email it and fail to post it in Blackboard, there will be a 50-point deduction. Late submissions will also incur a 50-point deduction. Submissions after the end of the term are not accepted by University policy.) There is no specified style for these logs...you may keep them in any style that is useful to you, such as handwritten, in a file on your computer, on your phone, etc. 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. Copy the log into the body of the journal and then attach it as a file in case I can't read it for some reason. Acceptable file types include the following-

| | |
|------------------|--|
| -Microsoft Excel | -PNG |
| -Microsoft Word | -PDF (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)

Time Zone: Please note that all listed due date times are based on Central Time (or Central Daylight Savings Time when it applies...TX *does* observe daylight savings time). Make adjustments for your location if you are not in the Central Time zone.

Course Outline: *(For details, see attachments at the end of the syllabus.)*

Email Account: As part of the basic requirements of this class, it is expected that every student will use their WBU email account. Important- You must set up your WBU email account and log into it on a regular basis. Otherwise, your emails to me from Blackboard will bounce when I try to return them to you, and you won't get a response. Email will be used by the instructor to disseminate information to students in such areas as general information, quizzes, and assignments. I prefer the email contact to phone contact, especially if you are notifying me of an absence. 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.

Additionally, official emails from the University will be sent to your WBU email. If you don't use it, you may miss a drop warning which could cause you to be dropped from the class; this in turn may negatively affect your financial aid award.

Blackboard page: You will need your PowerCampus ID number to login to this account. Homework, assignments, quizzes, the final exam, the syllabus, and schedules will be available on the Blackboard page, along with supplementary materials and information.

Disclaimer: The instructor reserves the right to cancel, change, modify, rearrange or otherwise divert from this document, to make changes as I deem appropriate, or to change, without notice, any of the information or requirements if I deem such change to be appropriate, in the best interest of the class as a whole, or when necessary due to unforeseen circumstances. This syllabus is not a contract, but a set of guidelines by which the class will operate. No extra credit will be assigned or made available for this course.

If there is a discrepancy between dates in Blackboard, the dates in the syllabus will take precedence.

Make-ups Policy- Since this course is asynchronous (not minute-by-minute live contact), and the assignments are open for 8 weeks (including labs and quizzes), **there will be NO make-ups allowed.** **If you miss five (5) or more quizzes (or five (5) or more labs), you will automatically receive an F for the course.]**

Bibliography: TBA

Labs Checklist

Labs are done using the textbook materials. Answers are then input into Blackboard. Labs will normally be open for the duration of the course and will close at midnight Central Time on the Saturday before Week 8.

Do not request make-ups. (The reason they can't be given is, once the item closes on BB, it can't be re-opened for a single student...it's the whole class or none at all.) You may start a lab, leave it, and come back to it as often as desired. **You may (and should!) re-enter labs to correct errors, as often as necessary.** If you miss five (5) or more labs, you will automatically receive an F in the course.

IMPORTANT! – Do not wait until the last few hours...if your computer crashes, or BB is down, etc., you won't be able to complete the lab(s) and will lose those points. The windows in which these are available are long...use the time wisely and finish a day or two early. Start early!

| ✓ | Chap | Assignment | Pts | Method of Completion | Available | Due Date |
|---|--|---|----------------------|--|-----------|----------|
| | 1 2 3 4 | 1A 2A 3A 4A | 30 40 25 20 | Do the labs in the textbook, then input the answers in Course Content area in BB. | Mar 23 | May 16 |
| | 5 6 7 8 | 5A 6B Read ch. 7 (no lab) 8B (mile walk only) | 30 30 20 | | Mar 23 | May 16 |
| | 9 10 11 <u>12</u> 13 | 9A Read ch. 10 (no lab) 11A Skip Ch. 12 13C | 20 20 20 | You MUST input answers into Blackboard...simply doing the work in your Ebook will not result in credit for the labs. | Mar 23 | May 16 |
| | 14 15 16 17 | 14A 15B 16A 17C | 20 20 20 25 | | Mar 23 | May 16 |
| | 18 19 20 21 22 23 24 25 | Read ch. 18 (no lab) 19B Read ch. 20 (no lab) Read ch. 21 (no lab) 22A Read ch. 23 (no lab) Read ch. 24 (no lab) 25A | 20 20 20 20 | | Mar 23 | May 16 |

Quiz Checklist

All quizzes must be completed on Blackboard by the due date. **Do not request make-ups.** If you miss five (5) or more quizzes, you will automatically receive an F in the course. The quizzes are open-book. Once you start a quiz, you may not go back to it later. Finish it at that time.

IMPORTANT! - Students who wait until the last day/night before attempting a quiz are asking for trouble. If BlackBoard is down, or your computer crashes, or there's a snowstorm and the power goes out, you will miss that quiz!

The quizzes will be available during the first 7 weeks of the course.

Quiz Schedule

| Chapter | Pts | Time Allowed | Quiz Available | Quiz Due By | Comments |
|----------|-----|--------------|----------------|-------------|---|
| Pre-quiz | 30 | 20 | | | |
| 1 | 10 | 10 | | | |
| 2 | 10 | 10 | | | |
| 3 | 10 | 10 | | | |
| 4 | 10 | 10 | | | |
| | | | | | The <u>Pre-quiz</u> may be taken up to 3 times. All the rest are one-shot. Don't wait until the last day. If you have a computer crash, you are out of luck!! |
| 5 | 10 | 15 | | | |
| 6 | 20 | 10 | | | |
| 7 | 20 | 15 | | | |
| 8 | 20 | 10 | | | |
| 9 | 20 | 10 | | | |
| 10 | 20 | 15 | | | |
| 11 | 20 | 15 | | | |
| 12 | | Skip ch. 12 | | | |
| 13 | 20 | 15 | | | |
| 14 | 20 | 10 | | | |
| 15 | 20 | 10 | | | |
| 16 | 20 | 10 | | | |
| 17 | 20 | 10 | | | |
| 18 | | No quiz | | | |
| 19 | 20 | 10 | | | |
| 20 | | No quiz | | | |
| 21 | | No quiz | | | |
| 22 | 15 | 10 | | | |
| 23 | | No quiz | | | |
| 24 | 15 | 10 | | | |
| 25 | | No quiz | | | |
| | | | | | No Quiz for Chapters 18, 20, 21, 23 or 25 but read the chapters. They are very beneficial. |

Discussion Board Instructions

- Write your DB entry by adding a new thread to each of the topical sections. Do not attempt to attach files. If you 'pre-write' your paper in other software, copy-and-paste it into the Blackboard window.
- Reply to previous postings by other students to add your comments to their posts as required. PLEASE be aware that body language isn't possible in an online forum, so you can't 'read' things like sarcasm, dry humor, or other non-verbal cues, so BE CAREFUL how you word your comments and BE AWARE that even if it sounds like someone is being insulting or rude, that is likely not the case.
- This is the place to put your opinions on controversial subjects, but BE PREPARED to defend your opinions with facts. The instructor WILL CHALLENGE you if you post hearsay, myths, or other undocumented fallacies masquerading as facts. If you say "studies show" or "science has proven", I will insist on supporting research...I'll ask you to name those studies. Be prepared. One of my favorite quotes- "It ain't what we don't know that will hurt us...it's what we know that ain't so!" - Will Rogers
- Write your post with the same care you would write a hard-copy paper to turn in for a grade. **Do not use emoticons or other 'chatroom' slang...these will receive deductions in points.**
- Answer with complete thoughts and address your opinions in a thoughtful and complete way. Points will be deducted for laziness in your responses. This is not a research paper, it is you posting your opinions in a supported, well-thought-out way. If you haven't ever thought through your opinions, it's time you do so. Make sure you analyze your thought before writing them down, because I will (and so will the other students).
- Unlike the quizzes and labs, these assignments have start and stop dates within the term. The assignment will time out at midnight on the due date (Central Time...adjust to your time zone!).
- And finally, have some fun with it!!

| Assignment | Topic | Pts | Due Date |
|---------------------|---|-----|-------------|
| Discussion Board #1 | <p>Write a <i>personal introduction and statement of goals</i> (tell the class who you are, where you live, what you do when you aren't doing online class work, at least one interesting fact about yourself, and state your goals for both this course and for your overall health as you move forward in life). Late submissions are penalized five points per day.</p> <p>Required Responses to Others' Posts: none required, but are encouraged</p> | 50 | Apr 1 (Wed) |
| Discussion Board #2 | <p><i>Progress and Plan</i></p> <p>Required Responses to Other' Posts: none required</p> <p>Please post directly to Blackboard.</p> | 50 | May 6 (Wed) |

Exercise Log Instructions

Each student shall begin a regular exercise program (if not already involved in one) and will keep an updated log of exercise activity during the term. If the student already has a regular exercise program, he or she simply needs to log this program for the purposes of the class. No additional program is required; of course, additional exercise can be added if desired by the student.

This log can be turned in starting Monday the last week of the course and are due NLT midnight on Friday during the last week of the course. Remember to use Texas time (and TX does observe daylight savings time).

Do Not attempt to turn in the Exercise Log early!!

There is no specified format/style for these logs...you may keep them in any format/style that is useful to you. However, they will be attached to a Journal in Blackboard at the end of the course, so they must be converted into electronic format in order to accomplish this. Copy your log into the body of the Journal entry, then attach it as a file. Acceptable file types include the following-

- Microsoft Excel
- Microsoft Word
- Text files
- Handwritten log scanned in PDF or TIF/GIF format

These exercise sessions should be comprised of activities 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).

If the Exercise Log is not submitted via the Journal by the due date, but you email it to me before the end of the course, there will be a 75-point deduction. If you do not email it before the end of the class, you will get no points for the log.

| Item | How to Turn it In | Points | Due Date |
|--------------|--|---------|---|
| Exercise Log | Copy into text box or attach to the Journal in the 'Exercise Log' Link | 150 Pts | May be turned in anytime from May 11 – May 15 (Mon-Fri) |