

PLYMOUTH STATE UNIVERSITY
Department of Health, Physical Education and Recreation
Course Outline

Course Number: PE 2850

Semester Hours: 3.0

Title: Wellness Choices

Course description:

A course designed to encourage personal awareness and responsibility for optimal health across all dimensions of wellness focusing on the role of physical activity and healthy behaviors. Students will assess their personal lifestyle and design strategies for behavioral change.

Required text: Rebecca J. Donatelle (2009) Health the Basics 8th e. Benjamin Cummings

Electronic Companion: http://wps.aw.com/bc_donatelle_health_8/

General Education: WELLNESS CONNECTION (WECO): Wellness Courses provide opportunities for students to identify connections between life choices, personal wellness and a field of study. These courses help students develop an appreciation for the connection between mind and body and make a commitment to life skills and lifestyle choices.

Objectives: Experiential Learning—This course requires students to

1. Discuss and reflect on current health issues and how they may effect one's personal well-being as well as have an impact on society
2. Assess Personal Lifestyle Choices and Identify any high risks behaviors or habits through a Personal Wellness Plan and Family Medical Tree
3. Understand and be able to apply the Levels of Prevention Model and The Health Belief Model

Requirements:

1. Read text as assigned. See attached schedule
2. Attend class (2 absences allowed) and Participate in discussions
3. Choose a personal wellness topic and complete the Plan
4. Demonstrate competency on exams
5. Write reflection on topics as assigned
6. Complete all assigned interactive worksheets

Grading:

4 EXAMS (100 points each)	400 points
Wellness Plan	100 points
Interactive Worksheets (10X10pts)	100 points
Reflections in the discussion board	50 points (10 points each)
<ul style="list-style-type: none">• Video # 1• Video # 2• Share your website• Fitness experience (Ch 11- Interactive Assess Yourself – Cardio)• A Plymouth State University event	
Attendance/Participation	25 points
Final Essay & presentation	25 points

TOTAL = 700 points

A 95-100 %	C+ 76-79 %
A- 90-94 %	C 73-75 %
B+ 86-89 %	C- 70-72 %
B 83-85 %	D 60-69 %
B- 80-82 %	F Below 60 %

Notes:

- Make-up exams will be given the last day of classes.
- The exams can cover any material from readings, lectures, worksheets and films.
- The non cumulative exams may have multiple choice questions, true/false, fill-in-the blanks and short-answer questions.
- Each absence to class, without an excuse, will result in the deduction of 5 points from your Attendance/Participation grade. Same rule applies to student speaking on their cell phones or in small groups (unless the instructor is using cooperative learning strategy in class).
- Academic dishonesty and plagiarism is not tolerated. Please review your PSU student handbook for details on this topic.

Class Schedule	Tuesdays	Thursdays
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January 27/29	Introductions; Syllabus What is Wellness ?	Chapter 1-Intro Worksheet # 1
February 3/5	Chapter 2: Psychological	Chapter 2:Psychosocial Worksheet # 2
February 10/12	Chapter 3: Stress	EXAM # 1 ** TOPIC DUE
February 17/19	Chapter 9: Nutrition Worksheet # 3	Chapter 10: Weight MyPyramid.gov
February 24/26	Chapter 11 – Fitness Worksheet # 4	Chapter 11: Fitness
March 3/5	Chapter 11-Testing	Chapter 11: Fitness Worksheet # 5
March 10/12	EXAM # 2	Chapter 15 Environmental Health
SPRING BREAK		
March 24/26	Chapter 7: Addiction	Chapter 8: Drugs Worksheet # 6
March 31 and April 2	Chapter 8: Drugs (Online) Worksheet #7	EXAM # 3 (Online)
April 7/9	Chapter 4: Violence	Chapter 5: Relationships Worksheet # 8
April 14/16	Chapter 6-Birth control Chapter 14-STDs	Chapter 6- Pregnancy Worksheet # 9
April 21/23	EXAM # 4	Chapter 12: CVD Worksheet # 10
April 28/30	Chapters 12/13: Cancer	Chapter 14: Life’s transition Personal Plan DUE
May 5/7	Class Presentations	Final Reflection & Evaluations

Assignment Details

1). Blackboard discussion (worth 10 points each): You MUST answer all 3 of these Questions.

You have to publish your answers in Blackboard. DUE at class following the event:

- a) What is your Opinion of the topic/speaker/event? How do you FEEL about it?
- b) What did you LEARN from this experience? Be Specific
- c) How will you USE this information in your own life to make better wellness choices?

2). Interactive worksheets – this battery of worksheets will help you understand the concepts in each chapter. They also provide a space for self reflection. Due dates are located on page 3 of this document. If they are late, the maximum points that you can earn is 50% of the total points (5 points per worksheet). Visit the textbook’s online companion and then click on the chapter, then click on “self assessment” and then on “interactive worksheet”.

Worksheet # 1 – Chapter 1 -Part 1, 2 and 3

Worksheet #2 – Chapter 2 – Emotional Intelligence Assessment & Satisfaction with Life

Worksheet #3 – Chapter 9 – Your Eating Habits

Worksheet #4 – Chapter 10- Why do you eat?

Worksheet #5 –Chapter 11- How much do I move? Part 1 and Part 2

Worksheet #6 – Chapter 7 – Are you addicted? And What is substance abuse?

Worksheet #7 – Chapter 8 – “A Dozen Drink Dilemma” & “Smoke and Snuff Stumpers”

Worksheet #8 – Chapter 5 - Are you ready to be a parent?

Worksheet #9 – Chapter 6 – Your genetics history

Worksheet #10 – Chapter 12- Cardio Risk assessment

3) WELLNESS CHOICES PLAN REQUIRED FORMAT

Topic Due: February 12, 2009 10 points

Use the Self Assessment (p 6-10) to help you choose a specific wellness topic.
Also, use the SMART goal acronym for setting up your topic/goal.

FINAL PROJECT DUE: April 30, 2009

1. TOPIC/goal
WRITE a realistic and concise statement re: WHAT you want to accomplish and HOW you plan to reach your goal. 10 points

2. WHY did you choose this topic, and HOW will it Positively affect YOUR personal wellness? Be specific and Give DETAILS! What level(s) of prevention are addressed? 40 points

3. Address the Factors which will influence your success (see chapter 1). Consider the Predisposing, Enabling, and Reinforcing Factors.

What BARRIERS exist that may hinder progress/success? IDENTIFY clearly and EXPLAIN (examples—time, cost, illness, lazy, lack of availability). 20 points

What RESOURCES exist that may help you reach your goal? IDENTIFY Clearly and EXPLAIN (examples—Free, friends, family support, Motivation) 20 points

4. HOW will you RECORD/MEASURE success? What are your strategies for change? SHOW your step by step plan with weekly progress results. YOU MUST SUMMARIZE the data and put it into a Chart or Graph for easier interpretation. GRAPH any change as a function of time (the Full 10 weeks). 50 points

5. EVALUATION/ASSESSMENT—Did you meet your Goal? If not, Why not? If yes, HOW will you maintain it? Explain completely. WHAT did you learn?? This reflection of your overall performance is important! 50 points

Example:

Topic—Weight management

Goal—NOT gain Freshman 15

How—Drink water instead of soda; walk 20 minutes every day

Record—Weigh at beginning and end. Use calendar to track water
And walking

Graph weight change and # days (per week) walk OR # days drink
Water instead of soda