



**School of Education and Exercise and Sports Science**

**Virtual Campus – Winter 2008**

**Nov. 10, 2008 – Feb. 14, 2009**

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

**Course Name:** EXSS 2306 VC01- Health and Wellness

**Term:** Winter 2008

**Instructor:** Dr. J. B. Boren, PhD, CCES

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**Office Hours:** by appointment, Amarillo Campus, Rm 101

**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. (2007). *Concepts of fitness and wellness: A comprehensive lifestyle approach, 7<sup>th</sup> ed.* Boston: McGraw-Hill.

**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)

- Since attendance is not “real-time” with a Virtual Campus class, attendance is not part of the grading. However, participation is just as, if not more, important in a VC class as a face-to-face class. Therefore, any student who falls behind in participation will be notified of the deficiency, and if the deficiency is not made up in a timely manner, the student will be given an ‘F’ in the course and no further work will be graded. Contact the instructor if you must miss some time due to work, military, or other obligations.
- The class will be broken down into segments/units; you must complete all unit-specific work before the unit “times out” on BlackBoard. Once the unit “times out” the unit assignments will disappear. They CANNOT be brought back for individual students. If you miss the time frame for these assignments, you will not get credit for them.

**Disability Statement:** Any student, who because of a disabling condition, may require some special arrangement in order to meet course requirements, should contact the instructor on the first day of class to make the necessary accommodations.

## Course Requirements and Grading Criteria:

### Without Final Exam (waived for no missing quizzes)

<b>Grading:</b>	Position Papers	200 pts.
	Labs	250 pts.
	Exercise Log	300 pts.
	Quizzes	250 pts.
	<b>Total</b>	<b>1000 pts.</b>

### With Final Exam

Position Papers	200 pts.
Labs	250 pts.
Exercise Log	300 pts.
Quizzes	250 pts.
Final	100 pts.
<b>Total</b>	<b>1100 pts.</b>

## 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 (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. The incomplete report must be signed by the instructor and the student (exception for VC students in remote areas).

## 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
  - Be able to log in to Blackboard
  - 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 check to see if assignments have posted to Blackboard

If you cannot do ALL of the above, for the duration of the course, you must immediately do one of the following-

- Borrow a friend's computer to complete the above
- Find a public computer to complete the above
- Drop the course

**\*\*Computer incompatibility or software issues is NOT an excuse for allowing make-ups on 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).
- Position Papers- Two position papers will be written in this course; these are short (1-2 pages) summaries of an assigned topic, including YOUR interpretation of the facts. (For the Virtual Campus version of the course, these will be completed on the "Discussion Board" portion of BlackBoard.)

**Paper #1** will be on *the government's role in health issues* (how much control or input should the government have on your health care? who should pay for it? etc.)

**Paper #2** will be on *fad diets or weight loss gimmicks* (this relates to diet pills, fad/TV diets, liquid or restrictive diets, exercise gimmicks, squirrely exercise equipment, etc.)

Pick an area of interest from within these topics. Then write the paper using your own views, supported by facts, of the particular topic. This is NOT a research paper, but rather an exercise in critical thinking about one's own positions regarding the listed topics. There is no need to use citations or references unless you cite data that is not commonly know (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. (20% of final grade)

- 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. The final examination is comprehensive. It may also be waived by students who have completed all quizzes. (20% of final grade)
- 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 (30% of final grade).
- 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 at the end of the course. There is no specified format for these logs...you may keep them in any format that is useful to you. However, they will be turned in via the digital dropbox feature in Blackboard, so they must be converted into electronic format in order to accomplish this. Acceptable file types include the following-
  - Microsoft Excel
  - Microsoft Word
  - Text files

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). (30% of final grade)

**Course Outline:**

<i>Week</i>	<i>Unit</i>	<i>Topic</i>
1	1	Healthy Lifestyle Questionnaire; Concepts 1 and 2
2	1	continued
3	1	continued
4	2	Concepts 3, 4, 5, and 6
5	2	continued
6	3	Concepts 7, 8, 9, 10, and 11
7	3	continued
8	4	Concepts 13, 14, 15, 16, and 17
9	4	continued
10	5	Concepts 18, 19, 20, 21, 22, and 23
11	5	Final Exam

**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. Please use this means of communication to contact the instructor or any other students in the class. I prefer the email contact to phone contact, especially if you are notifying me of an absence.

**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.

**Other Information:**

University students are expected to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, forgery, or plagiarism. The penalties for academic misconduct are severe and will be enforced. For specific information on the policies and penalties relating to academic misconduct, see the WBU catalog or the student handbook.

**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.

**Make-ups Policy-** Since this course is not minute-by-minute, and the units are open for at least two weeks (including labs and quizzes), there will be NO make-ups allowed. If your work schedule has you away from the internet for more than two weeks, contact me beforehand and we'll work something out.

Missed quizzes will be replaced with the final exam grade (and please note that if you don't miss any quizzes, you won't have to take the final exam). Missed labs are missed points...they will count as a zero on your final grade.

**Bibliography:** TBA

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Assignment Checklist (Labs)  
EXSS 2306 – Winter 2008 – Virtual Campus – WBU

Labs will normally be open from 6 AM CT and will close at 11:55 PM CT on the due date.

Labs WILL NOT be available for make-up after they close. You MUST complete the lab in the window in which it is available.

Unit	✓	Assignment	Method of Completion	Available	Due Date
1		Healthy Lifestyle Questionnaire Labs 1A	Complete on "Labs" page	Nov 10	Dec 5
2		Labs 3A 4A 5B 6B	Complete on "Labs" page	Dec 1	Dec 19
3		Labs 7B (mile walk only) 8A 10B	Complete on "Labs" page	Dec 15	Jan 16
4		Lab 13C 14A 15A 16A 16B 17D	Complete on "Labs" page	Jan 12	Jan 30
5		Labs 18A 19B 21A 22A 24A	Complete on "Labs" page	Jan 26	Feb 13

Quiz Checklist  
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All quizzes must be completed on Blackboard by the due date. Quizzes will be unavailable after the due date, and cannot be made up. If you cannot take the quiz on the due date, make sure to take it early. **\*\*If you do not miss any quizzes, you may waive (not take) the final exam.\*\***

The quizzes are open-book. They are also timed. The time allowed is based on the length of the quiz. Most are ten to fifteen minutes. If you have not read the chapter as assigned, you will have difficulty completing the quiz in the allotted time using the book.

Once you start a quiz, you may not go back to it later. Finish it at that time.

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, and will then have to take the final! Start a day or two early!!

The quiz schedule always starts and ends on a Wednesday. **The quizzes become available at 6 am Central Time and will time out (vanish) at 11:00 pm Central Time.**

**Quiz Schedule**

Unit	Chapter	Quiz Available	Quiz Due By	Comments
1	1	Nov 12	Dec 10	Don't wait until 11 pm the last night. If you have a computer crash, you are out of luck!!
	2	Nov 12	Dec 10	
2	3	Dec 3	Dec 17	
	4	Dec 3	Dec 17	
	5	Dec 3	Dec 17	
3	6	Dec 17	Jan 14	
	7	Dec 17	Jan 14	
	8	Dec 17	Jan 14	
	9	Dec 17	Jan 14	
4	10	Dec 17	Jan 14	
	11	Jan 14	Jan 28	
	12			Chapter 12 is not required reading; optional material
	13	Jan 14	Jan 28	
	14	Jan 14	Jan 28	
	15	Jan 14	Jan 28	
	16	Jan 14	Jan 28	
5	17	Jan 14	Jan 28	
	18	Jan 28	Feb 11	
	19	Jan 28	Feb 11	
	20	Jan 28	Feb 11	
	21			No Quiz for Chapter 21, but read the chapter
	22	Jan 28	Feb 11	
	23	Jan 28	Feb 11	
	24			No Quiz for Chapter 24, but read the chapter

**Instructions for Position Papers (posted in the “Discussion Board” section)-**

- Write your position paper by adding a new thread to each of the topical sections. Do not attempt to attach files...there are too many folks who won't have compatible software to open them. If you 'pre-write' your paper in other software, copy-and-paste it into the Blackboard window, or re-type it there.
- Reply to previous postings by other students to add your comments to their paper. Do not be offended if other students do not agree with you. 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 these 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 paper with the same care you would write a hard-copy to turn in for a grade. **Do not use emoticons or other 'chatroom' slang...these will receive deductions in points.** All of your writing in this course should be college-level and professional.
- And finally, have some fun with it!!

Assignment	Topic	Due Date
Position Paper #1	<i>The government's role in health issues</i> (how much control or input should the government have on your health care? who should pay for it? etc.)	December 18
Position Paper #2	<i>Fad diets, weight loss gimmicks, or fitness/health gimmicks and rip-offs</i> (ones you've tried, or known people who've tried, have seen in the news as dangerous on that don't work, or seen ads for, etc.)	February 5