

HED 166 – LIFESTYLES AND WELLNESS

Sam Houston State University
College of Education and Applied Science
Department of Health and Kinesiology
Summer 2008

- Instructor:** Martha Bass, Ph.D.
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Office hours: as posted
- Text/Readings:** Hoger, W.K. (2002). *Wellness: guidelines for a healthy lifestyle* (4th edition). Belmont, CA: Wadsworth
- Course Description:** This course will provide the student with learning opportunities that will stress the importance of formulating and maintaining desirable personal health attitudes and behaviors that will improve overall quality of life. These opportunities will fall within the dimensions of spiritual, social, intellectual, physical, and mental health.
- Objectives:** After completion of this course, the student should be able to:
1. Clarify personal values and attitudes related to mental, emotional, social, and spiritual aspects of health and wellness.
 2. Identify accurate science-based information related to the concepts of wellness in order to make personal decisions regarding health.
 3. Evaluate personal behavior as it related to a healthy lifestyle.
 4. Develop health-related skills and knowledge necessary to promote health and wellness.
- Course Requirements:**
1. Attendance – see attendance policy.
 2. Each student will participate in class activities and discussion groups.
 3. Web site investigation – Each student will critique a health care product or service web site.
- Evaluation:**
- | | |
|------------------------------|-----------------|
| Exams (2 at 100 points each) | 200 points |
| Web Site Investigation | 50 points |
| Family History | <u>50points</u> |
| Total | 300 points |

A = 90% and above
B = 80% - 89%
C = 70% - 79%
D = 60% - 69%
F = < 60%

Attendance: In accordance with University policy, regular and punctual class attendance is expected of all students. Justification for absences will be determined by the instructor. Students who know in advance that they will be absent are advised to inform the instructor prior to the absence.

Disability Statement: Students with a disability that affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired. You may contact the Director of the Counseling Center, ext. 1720 for further information.