

SAM HOUSTON STATE UNIVERSITY

Department of Health & Kinesiology

HED 166 – Lifestyles and Wellness

Spring 2008

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Text/Readings: Insel, Paul & Roth, Walton. (2008). *Core Concepts in Health* (10th edition update). New York, NY: McGraw-Hill
ISBN: 978-007-352963-9

Course Rationale:

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.

Course Objectives:

The student will:

1. identify the seven dimensions of health and wellness and describe their relationship to a positive lifestyle.
2. discuss the importance of living a healthy lifestyle.
3. assess current levels of health and wellness and develop a self-help plan for lifestyle change.
4. discuss the cause and effects of cardiovascular disease.
5. identify the risk factors for heart disease and describe preventive measures.
6. discuss the differences between health and fitness.
7. define muscular strength, endurance, and flexibility in relation to meeting the various principles of training.
8. identify the recommended dietary guidelines for Americans and their implications for health and wellness.
9. assess nutritional habits and their impact on a healthy lifestyle.
10. define body composition and discuss the risk factors associated with obesity.
11. discuss factors which lead to eating disorders.
12. define stress and describe its effects on the individual.
13. identify different methods of stress management. recognize the importance of
14. personal safety in the home, at work, and during recreation.
15. discuss the use and abuse of drugs, alcohol, and tobacco.

16. discuss the causes, prevention, and treatment of sexually transmitted diseases, including AIDS.

17. identify common conditions and diseases which can occur during the aging process. 18. become an informed consumer regarding fraud and health care.

Course Content:

Dimensions of Health and Wellness, and related risk factors

Cardiovascular diseases

Components of physical fitness

Self-help plan for lifestyle change

Muscular strength, endurance, and flexibility

Nutrition, body composition, and eating disorders

Stress management

Personal safety

Substance use and abuse

Sexuality, sexually transmitted diseases, and AIDS

Common conditions and diseases

Consumer education

Course Requirements:

1. Attendance

Regular and punctual attendance is mandatory. If you should miss any class, it is your responsibility to make up any work that was missed and prepare for the next class period. More than two absences will affect your grade as follows:

3 absences	reduction of one letter grade
4 absences	reduction of two letter grades
5 absences	reduction of three letter grades
6 absences	failure of the course

Participate in class activities, assignments and discussion groups.

Each assignment will count from 10-20 points. If absent, students are not permitted to

“make-up” the assignments unless it is an excused absence.

You will have a project due during the semester. Details will be given soon over the assignment.

4. Examinations

There will be 3 exams in this course. Each exam will consist of multiple choice, matching, true/false and short answer essay questions. Students are responsible for all information given in class, as well as any handouts presented. Specifics for each exam will be discussed in class.

Course Evaluation:	Exams (3 @ 100 pts. each)	300 points
	Project	100 points
	Activities	<u>200 points</u>
	Total	600 points

Guidelines:

Assignments must be typed (double-spaced)

2. Assignments are due at the beginning of class on the assigned date. Late papers will

be penalized.

3. Do NOT submit assignments electronically (unless given approval).

4. Turn off all cell phones, iPods or other electronic devices that may disrupt the class.

5. If you are absent, it is your responsibility to obtain all the notes and handouts for the class.

Plagiarism

Plagiarism includes, but is not limited to, the use, by paraphrase or direct quotation, of the published or unpublished work of another person without full or clear acknowledgement. It also includes the unacknowledged use of materials prepared by another person or agency engaged in the selling of term papers or other academic materials. Please refer to University's Code of Conduct for actions that may result from student academic misconduct. The consequences for any infraction will include no credit for the assignment and being reported to academic affairs. If you have any question about what constitutes plagiarism, please come and see me.

Student absences on religious holy days policy:

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor.

A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will

complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

Students with disabilities policy:

“Students with a disability which 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.” The physically impaired may contact the Director of the Counseling Center, 294-1720.