

HED 166  
Lifestyle and Wellness  
SHSU  
College of Education and Applied Science  
Department of Health and Kinesiology

Spring 2008

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#### Course Objectives

Upon completion of this course, students will be able to:

- Identify the dimensions of health and wellness and describe their relationship to a positive lifestyle
- Discuss the importance of health literacy to person, family and community wellness
- Distinguish among the biological, environmental (physical and social), and behavioral forces, both controllable and uncontrollable, that affect personal and community wellbeing
- Understand the ways in which gender, race, ethnicity, sexual orientation, and socioeconomic status influence health and wellness
- Identify the risk factors and effects of cardiovascular disease and heart disease and describe preventative measures
- Assess nutritional habits and their impact on a healthy lifestyle
- Discuss social and psychological factors which lead to eating disorders and disordered eating patterns
- Define stress and its effects on the individual
- Identify different methods of stress management
- Discuss the use ( and abuse) of drugs, alcohol, and tobacco
- Discuss prevention and treatment of sexually transmitted diseases
- Identify common conditions and diseases which can occur during the aging process

#### Assignments and Examinations

1. In-class activities. All students are responsible for attending class. Numerous in-class activities will be assigned throughout the course of the semester. In-class activities require your presence in order to complete them
2. Family Health Portrait
3. Daily journal
4. Film Review
5. Examinations

## **Attendance and Classroom Policy**

**In accordance with University policy, regular and punctual attendance is expected. 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. The following policy will be applied to all members of this class.**

<b>Perfect attendance</b>	<b>2% bonus on overall grade</b>
<b>1-3 absences</b>	<b>no bonus or deduction</b>
<b>4 absences</b>	<b>3% deduction from overall grade</b>
<b>5 absences</b>	<b>5% deduction from overall grade</b>
<b>6 absences</b>	<b>10% deduction from overall grade</b>
<b>7 absences</b>	<b>Register again in the spring.</b>

**Student absences on Religious Holy Days Policy (SHSU):**

**Section 51.911(b) of the Texas Education Code requires that an institute 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.**

**Disability Statement:**

**It is the policy of Sam Houston State University that no otherwise qualified disabled individual shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Disabled students may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720**