

WASHBURN UNIVERSITY
DEPT OF HPEES PE198 LIFETIME WELLNESS Fall 2008

<u>SEC</u>	<u>ACTIVITY</u>	<u>TIME</u>	<u>DAYS</u>	<u>LOCATION</u>	<u>INSTRUCTOR</u>
A	Cardio-Kickboxing	8:00-8:50am	MWF	SRWC	Mr. Moore
B	Lifetime Sports	8:00-8:50am	MWF	PC 100	Mr. Edmonds
C	Weight Training	8:00-8:50am	MWF	SRWC	Mr. LeSuer
D	Walk/Jog	9:00-9:50am	MWF	PC 100	Mr. Edmonds
E	Self Defense	9:00-9:50am	MWF	SRWC	Mr. Moore
F	Weight Training	9:00-9:50am	MWF	SRWC	Mr. LeSuer
G	Aerobics/Pilates	10:00-10:50am	MWF	PC 125	Ms. Miller-Thornwall
H	Volleyball/Basketball	10:00-10:50am	MWF	PC 100	Dr. Friesen
I	Weight Training	10:00-10:50am	MWF	SRWC	Ms. Quinn
J	Aqua Exercise	11:00-11:50am	MWF	PC 126	Ms. Wilber
L	Walk/Jog	11:00-11:50am	MWF	PC 100	Ms. Miller-Thornwall
M	Self Defense	11:00-11:50am	MWF	PC 125	Ms. Evans
N	Aerobics/Body Toning	1:00-1:50pm	MWF	PC 125	Ms. Miller-Thornwall
O	Walk/Jog	1:00-1:50pm	MWF	PC 100	Ms. Omni
P	Self Defense-Cr. Justice	1:00-1:50pm	MWF	SRWC	Mr. Moore
Q	Badminton/Pickleball	8:00-9:15am	TR	PC 100	Ms. Sobba
R	Lifetime Sports	8:00-9:15am	TR	SRWC	Ms. Omni
S	Weight Training	8:00-9:15am	TR	SRWC	Mr. Green
T	Body Toning	9:30-10:45am	TR	PC 125	Ms. Omni
W	Walk/Jog	9:30-10:45am	TR	PC 100	Ms. Sobba
X	Weight Training	9:30-10:45am	TR	SRWC	Mr. LeSuer
Y	Aerobics	11:00-12:15	TR	PC 125	Ms. Omni
AB	Bowling	11:00-12:15	TR		Dr. Wohl
AG	Lifetime Sports	11:00-12:15	TR	PC 100	Ms. Cushing
AC	Body Toning	5:30-6:45pm	TR	PC 125	Ms. Wendling
AD	Swimming	5:30-6:45pm	TR	PC 126	Mr. Bennett
AF	Walk/Jog	5:30-6:45pm	TR	PC 100	Ms. Cushing

***PE 198 cannot be repeated for credit**

Contact Numbers:

The Department of Health, Physical Education and Exercise Science (HPEES) office phone number is 670-1459. Your instructor will provide you with his/her contact number(s). You are strongly encouraged to contact your instructor and discuss any difficulty you may experience with the class as soon as possible.

Text: Hales, D. (2007). An Invitation to Wellness: Making Healthy Choices. Thomson Wadsworth.

Purpose/Scope:

The purpose of this course is to introduce the essential concepts of wellness and demonstrate how to link conceptual information with an activity for the promotion of health and physical fitness. The wellness approach will emphasize personal responsibility for one's health through the development of behaviors, which promote optimal enhancement of all dimensions of health for a productive and satisfying life.

Generally, the course will include activity sessions and lecture presentations each week, with some activity sessions being devoted to fitness testing and/or experiences, which illustrate lecture concepts. In addition to reading the text and other printed handouts, the student also may be required to complete lab reports, homework assignments and/or written summaries of class concepts. Discretionary assignments also may be assigned and will vary according to the nature of each section activity.

Course Objectives:

Upon completion of the course the student should be able to demonstrate understanding of:

1. ...the concept of “wellness” in relation to the 6 major dimensions of health.
2. ...the components of physical fitness.
3. ...exercise principles and their application to achieving optimal fitness.
4. ...additional components of wellness, including stress management, substance abuse, nutrition, degenerative disease, risk management, health/fitness consumerism and lifestyle adjustment.
5. ...the process of behavior change through participation in a behavior change project.

Attendance:

You are expected to be in class, properly prepared and ready to participate in the activity or lecture planned for that day. Participation is a major component of attendance. Please be aware that attendance is taken every class period. Poor attendance will reduce your total class points as follows:

In the MWF class format, on the fourth absence and with EACH succeeding absence you will have **8 points subtracted from your total semester points. If you accrue 14 or more total absences you will fail the course.**

In the TR class format, on the third absence and with EACH succeeding absence you will have **12 points subtracted from your total semester points. If you accrue 10 or more total absences you will fail the course.**

*Arriving late/leaving early may result in partial/full absence, as determined by your instructor.

Evaluation:	Laboratory Assignments	=	110 points
	Quizzes/Other assignments	=	100 points
	Behavior Change Project	=	65 points
	Wellness Essay	=	<u>25 points</u>
	Total	=	300 points

Grading Scale:	A = 90 - 100% = 269 - 300 points	D = 60 - 69% = 179 - 208 points
	B = 80 - 89% = 239 - 268 points	F = < 60% = < 179 points
	C = 70 - 79% = 209 - 238 points	

Important Notes:

1. All cell phones, pagers, iPods and other similar devices must be turned off upon entering the classroom. This will help keep disruptions during lecture or activity to a minimum. Laptop computers may be used in lecture, but only for the purpose of note taking. Abuse of this privilege will result in the student being asked to leave the class and not being allowed to use their laptop in future classes. Thank you for your cooperation in this area.
2. Information contained in this syllabus may be changed due to unforeseen circumstances. It is, ultimately, the responsibility of each student to be aware of and adjust accordingly to any changes communicated by the instructor.

Select Mission of the University:

Washburn University shall prepare qualified individuals for careers, further study and life long learning through excellence in teaching and scholarly work. Washburn University shall make a special effort to help individuals reach their full academic potential. *Washburn University Board of Regents, 1999*

Academic Misconduct Policy:

All students are expected to conduct themselves appropriately and ethically in their academic work. Inappropriate and unethical behavior includes (but is not limited to) giving or receiving unauthorized aid on examinations or in the preparation of papers or other assignments, or knowingly misrepresenting the source of academic work. Washburn University's Academic Impropriety Policy describes academically unethical behavior in greater detail and explains the actions that may be taken when such behavior occurs. For guidelines regarding protection of copyright, consult www.washburn.edu/copyright/students. For a complete copy of the Academic Impropriety Policy, contact the office of the Vice President for Academic Affairs, Bradbury Thompson Alumni Center Suite 200, or go on-line to: www.washburn.edu/admin/vpaa/fachdbk/FHsec7.html#VIII

Disability Services:

The Student Services Office is responsible for assisting in arranging accommodations and for identifying resources on campus for persons with disabilities. Qualified students with disabilities must register with the office to be eligible for services. The office MUST have appropriate documentation on file in order to provide services. Accommodations may include in-class note takers, test readers and/or scribes, adaptive computer technology, brailled materials. Requests for accommodations should be submitted at least two months before services should begin; however, if you need an accommodation this semester, please contact the Student Services Office immediately.

Location: Student Services, Morgan Hall Room 150

Phone: 785-670-1629 or TDD 785-670-1025

E-Mail: student-services@washburn.edu

Students may voluntarily identify themselves to the instructor for a referral to the Student Services Office.

Center for Undergraduate Studies and Programs (CUSP):

As a Washburn student, you may experience difficulty with issues such as studying, personal problems, time management, or choice of major, classes, or employment. The Center for Undergraduate Studies and Programs (Office of Academic Advising, Educational Opportunity Program, and Office of Career Counseling, Testing and Assessment) is available to help students either directly through academic advising, mentoring, career counseling, testing and developing learning strategies or by identifying the appropriate University resource. If you feel you need someone with whom to discuss an issue confidentially and free of charge, contact CUSP in Morgan 122, 785-670-1299, advising@washburn.edu.

Withdrawal Policy:

During fall and spring semesters, students may withdraw from full semester courses through the second week of class with no recorded grade. From the third through the eleventh week a "W" is recorded for any dropped course. Beginning with the start of the twelfth week, there are NO withdrawals, and a grade will be assigned for the course. For short-term or summer course deadlines, please check the appropriate Semester/Session Course Bulletin Web Site (www.washburn.edu/schedule)

Official E-Mail Address:

Your Washburn University e-mail address will be the official address used by the University for relaying important messages regarding academic and financial information and the University will consider this your official notification for important information. It may also be used by your instructors to provide specific course information. If you prefer to use an alternate e-mail address to receive official University notices, you can access your MyWashburn e-mail account, choose the "Options" tab, and select "Settings", scroll to the bottom of the screen and enter the e-mail address you would like your Washburn emails forwarded to in the "mail forwarding" area. Click on save changes. This will complete the process of forwarding your Washburn e-mail. It is your responsibility to ensure that your official e-mail box does not exceed your message quota resulting in the inability of e-mail messages to be accepted into your mailbox

All labs are from the accompanying lab booklet – your instructor may also assign additional “handout” labs. Note due dates for assignments– they are DUE on the date indicated, unless changed by your instructor. Assignments handed in late may be assessed late penalties. Read carefully which lab is due, as they are NOT all due in numerical order. Please bring your textbook and lab booklet to class for all lectures. Chapters should be read prior to the lecture. “Lectures” will be held in PC220 unless otherwise noted in the course schedule. “Activity” days will meet in assigned activity rooms listed on page 1 of this syllabus.

<u>Date</u>	<u>Lecture Topic/Activity</u>	<u>Assignment Due</u>
Mon Aug 18	Syllabus; Course Format and Expectations	DUE: Labs 1 and 2 (do in class)
Wed Aug 20	Activity	
Fri Aug 22	Chapter 1 - An Invitation to Wellness	
Mon Aug 25	Activity	DUE: Labs 3 and 18
Wed Aug 27	Activity	
Fri Aug 29	Chapter 2 - Making Healthy Changes	
	Chapter 3 - The Joy of Fitness	
Mon Sept 1	Activity	DUE: Labs 4 and 5 (This is for your behavior change project)
Wed Sept 3	Activity	
Fri Sept 5	Chapter 4 – Improving Cardiorespiratory Fitness	
	Chapter 10 – Keeping Your Heart Healthy	
	(Review Appendices B and C)	
Mon Sept 8	Activity	DUE: Labs 6 and 7
Wed Sept 10	Activity	
Fri Sept 12	Chapter 5 – Strengthening Your Muscles (Review Appendix D)	
	Chapter 6 - Staying Flexible (Review Appendices E and F)	
Mon Sept 15	Activity	DUE: Labs 11 and 12
Wed Sept 17	Activity (BEGIN your behavior change)	DUE: Lab 8
Fri Sept 19	Chapter 8 - Making Healthy Food Choices	
Mon Sept 22	Chapter 13 – Avoiding Substance Abuse (Meet in Henderson 100)	(Note Date/Room Change) (Review Lab 22)
Wed Sept 24	Activity	DUE: Lab 17
Fri Sept 26	Activity	
Mon Sept 29	Activity	DUE: Labs 13, 14 and 15
Wed Oct 1	Activity	
Fri Oct 3	No Class – Fall Break	

Mon Oct 6	Activity	
Wed Oct 8	Activity	DUE: Lab 9 - (Behav Change Mid-term report)
Fri Oct 10	Chapter 9 - Taking Control of Your Weight	
Mon Oct 13	Activity	
Wed Oct 15	Activity	
Fri Oct 17	Chapter 11 – Preventing Cancer and Other Illnesses (Review Appendix G)	
Mon Oct 20	Activity	<u>Stay focused on your behavior change project!</u>
Wed Oct 22	Activity	DUE: Lab 19
Fri Oct 24	Chapter 7 - Surviving and Thriving (Review Appendix A)	
Mon Oct 27	Activity	
Wed Oct 29	Activity	DUE: Lab 16
Fri Oct 31	Stress Management Activity – Come dressed appropriately for sitting and stretching on a mat while practicing stress management techniques.	
Mon Nov 3	Activity	<u>Stay focused on your behavior change project!</u>
Wed Nov 5	Activity	
Friday Nov 7	Chapter 14 – Protecting Your Sexual Health (Review Lab 23)	
Mon Nov 10	Activity	
Wed Nov 12	Activity	
Fri Nov 14	Activity	
Mon Nov 17	Activity	
Wed Nov 19	Activity	DUE: Lab 10 – (Behav Change Final Report)
Fri Nov 21	Chapter 12 – Taking Care of Yourself Chapter 15 – Protecting Your Safety and Your Environment (Review labs 20, 21, 24)	
Mon Nov 24	Activity	DUE: Lab 25 - Wellness Essay
Wed Nov 26	No Class - Thanksgiving	
Fri Nov 28	No Class - Thanksgiving	
Mon Dec 1	Activity	
Wed Dec 3	Activity	
Fri Dec 5	Activity	

All labs are from the accompanying lab booklet – your instructor may also assign additional “handout” labs. Note due dates for assignments– they are DUE on the date indicated, unless changed by your instructor. Assignments handed in late may be assessed late penalties. Read carefully which lab is due, as they are NOT all due in numerical order. Please bring your textbook and lab booklet to class for all lectures. Chapters should be read prior to the lecture. “Lectures” will be held in PC220 unless otherwise noted in the course schedule. “Activity” days will meet in assigned activity rooms listed on page 1 of this syllabus.

<u>Date</u>	<u>Lecture Topic/Activity</u>	<u>Assignment Due</u>
Tues Aug 19	Syllabus; Course Format and Expectations	DUE: Labs 1 and 2 (<u>do in class</u>)
Thur Aug 21	Chapter 1 - An Invitation to Wellness	
Tues Aug 26	Activity	DUE: Lab 3
Thur Aug 28	Chapter 2 - Making Healthy Changes Chapter 3 - The Joy of Fitness	
Tues Sept 2	Activity	DUE: Labs 4 and 5
Thur Sept 4	Chapter 4 – Improving Cardiorespiratory Fitness Chapter 10 – Keeping Your Heart Healthy (Review Appendices B and C)	
Tues Sept 9	Activity	DUE: Labs 6, 7, and 18
Thur Sept 11	Chapter 5 – Strengthening Your Muscles Chapter 6 – Staying Flexible (Review Appendices D, E and F)	
Tues Sept 16	Activity	DUE: Lab 8 – (BEGIN your <u>Behavior change project</u>)
Thur Sept 18	Activity	DUE: Labs 13, 14 and 15
Tues Sept 23	Activity	DUE: Labs 11 and 12
Thur Sept 25	Chapter 8 – Making Healthy Food Choices	
Tues Sept 30	Chapter 13 – Avoiding Substance Abuse (Meet in Henderson 100)	(Note Date/Room Change) DUE: Lab 17 (Review Lab 22)
Thur Oct 2	No Class – Fall Break	<u>Stay focused on your behavior change project!</u>
Tues Oct 7	Activity	
Thur Oct 9	Chapter 9 – Taking Control of Your Weight	
Tues Oct 14	Activity	DUE: Lab 9 - (<u>BehaviorChange Mid-term Report</u>)
Thur Oct 16	Chapter 11 – Preventing Cancer and Other Illnesses (Review Appendix G)	
Tues Oct 21	Activity	DUE: Lab 19
Thur Oct 23	Chapter 7 – Striving and Thriving (Review Appendix A)	

Tues Oct 28	Activity	DUE: Lab 16
Thur Oct 30	<u>Stress Management Activity</u> – Come dressed appropriately for sitting and stretching on a floor mat while practicing stress management techniques.	
Tues Nov 4	Activity	<u>Stay focused on your behavior change project!</u>
Thur Nov 6	Activity	
Tues Nov 11	Activity	DUE: Lab 10 – (<u>Behavior Change Final Report</u>)
Thur Nov 13	Chapter 14 – Protecting Your Sexual Health (Review Lab 23)	
Tues Nov 18	Activity	DUE: WELLNESS ESSAY
Thur Nov 20	Chapter 12 – Taking Care of Yourself Chapter 15 – Protecting Your Safety and Your Environment (Review Labs 20, 21, and 24)	
Tues Nov 25	Activity	
Thur Nov 27	No Class - Thanksgiving	
Tues Dec 2	Activity	
Thurs Dec 4	Activity	