

UNIVERSITY OF ARKANSAS
DEPARTMENT OF HEALTH, KINESIOLOGY, RECREATION AND DANCE

I. Program Affiliation: Health Science

Course Number and Title: HLSC 1002 – Wellness Concepts

Course Meeting Days and Time: Monday and Wednesday 11:30am – 12:20pm HPER 311

Catalog Description: Health and safety problems with emphasis on the promotion of individual health and safety.

Prerequisites: None

Required Text: Wellness: Guidelines for a Healthy Lifestyle 3rd Edition
Authors: Hoeger, Turner, Hafen Year: 2002 Thomson Learning, Inc.

Professor: Jeanne Bleeker, M.S.

Office: HPER 219

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Office Hours: Monday 10:30-11:30am;

Tuesday 10:30-11:30am (8/27-10/16);

Tuesday 11:30am-12:30pm (10/17-12/16);

Wednesday 10:30-11:30am; and

By appointment

II. Relationship to Knowledge Base:

This introductory health course provides the non-health and health major with an overview of pertinent information about various components and factors that create conditions for certain personal health outcomes. Content information in several health areas is presented along with disease prevention and health enhancement strategies. This course is a foundation for students in the health field.

III. Goals:

1. To enable students to analyze current health status and health habits.
2. To provide knowledge and skills to enable students to choose a healthy lifestyle to improve quality of life.

IV. Competencies/Objectives:

After completing this course, the student should be able to:

- A. Clarify personal values and attitudes related to mental, emotional, physical, social, and spiritual aspects of health and wellness.
- B. Identify accurate science-based information related to the concepts of wellness in order to make personal decisions regarding health.
- C. Evaluate personal behavior as it relates to a healthy lifestyle.

- D. Develop health-related skills and knowledge necessary to promote health and wellness.

V. Content:

- A. Cardiovascular disease, cancer, and other chronic diseases, infectious diseases, and sexually transmitted diseases
- B. Nutrition, fitness, weight control, injury, becoming an informed consumer
- C. Drugs as medicines, drugs of abuse, alcohol, and tobacco
- D. Emotional health, emotional problems, stress, sexuality, and birth control

VI. Evaluation:

Students have the opportunity to earn 350 points. Points are earned based on performance in the following areas:

Unit exams (4 at 50 points each)	200 points
Class participation	100 points
Homework	50 points

- A. Exams: Four unit exams will be administered covering information based on lecture, text, and class discussion. **No exam will be dropped!**

Clear instructions will be provided regarding taking an exam. Students who do not complete exams according to given directions will receive a 10-point deduction from the test grade. Examples of errors in exam completion include (but are not limited to): not recording name and test number on your exam form, not filling in your answers correctly, making stray marks on the exam form, writing directly on the test itself, and removing test forms from the testing room.

Missing an exam is strongly discouraged! Students who miss an exam will be offered the opportunity to take the make-up exam **within one week** of the original exam date. If the student does not complete the make-up exam at this time, a grade of "0" will be recorded for that exam. Make-up exams will **NOT** be the same exam that is administered in class. All make-up exams will be predominantly essay-type questions. **Students who arrive to class on exam day more than 5 minutes late will be required to take the make-up exam!**

- B. Attendance: **Attendance in class is necessary to obtain points for class participation.** However, attendance will not be taken in class every day. Class participation points are based on the completion of in-class activities. There will be twelve in-class activities during the semester. You will need to complete ten of these activities to receive all 100 participation points. If you are absent from class on a day an in-class activity is done, you cannot make up the activity.

To earn five points extra credit at the end of the semester, keep all of your graded in-class activities. If you hand in the ten in-class activities **stapled** together on the last day of class, you will earn 5 points extra credit.

Students who miss a class are responsible for finding out what material was covered or what assignments were given during their absence. The instructor does not repeat lectures. Students are directed to consult with their fellow students to find out what was covered during their absence.

C. Homework: Homework assignments must be turned in at the beginning of class on the due date. **Homework will not be accepted after this time!**

D. Attitude: Paying attention to presented material and positively contributing to class discussions is expected. **Positive mental attitude and respectfulness toward the instructor and others is expected. Inappropriate and disrespectful behavior will not be tolerated.** An incident of disrespectful behavior will result in the loss of **ALL** 100 class participation points. Each repeated incident of disrespectful behavior will result in a loss of 50 additional points from the total points.

VII. **Grading Scale:**

A = 90-100% (313-350 points)

B = 80-89% (278-312 points)

C = 70-79% (243-277 points)

D = 60-69% (208-242 points)

F = 0-59% (<208 points)

VIII. **Academic Honesty:**

The application of the University of Arkansas Academic Honesty Policy, as stated in the Undergraduate Catalog of Studies, will be fully adhered to in this course. Grades and degrees earned by dishonest means devalue those earned by all students; therefore, it is important that students are aware of the University of Arkansas Academic Honesty Policy. Academic dishonesty involves acts that may subvert or compromise the integrity of the educational process. Copying another person's work is one form of academic dishonesty. Any student involved in an academic dishonest act will receive a grade of "F" in this course and the action will be reported to the University Judiciary Board.

IX. **Inclement Weather:**

If the weather causes hazardous road conditions during this class time, please check the radio or television channels for the report for the Fayetteville Public Schools. If Fayetteville Public Schools are dismissed or not in session for inclement weather reasons, this class will be canceled. If Fayetteville Public Schools are in session during questionable weather conditions, we will hold class.

X. Course Resources:

University of Arkansas Mullins Library
HPER Building Resource Room
Health Science Faculty

XI. Important Dates:

Monday	September 3	Labor Day Holiday
Wednesday	September 26	Unit 1 Exam
Wednesday	October 24	Unit 2 Exam
Wednesday	November 14	Unit 3 Exam
Monday	December 10	Unit 4 Exam
Wednesday	December 12	Dead Day

** Finals: Thursday, December 13 – Wednesday, December 19

XII. Course Outline

<u>WEEK (Dates)</u>	<u>CONTENT TO BE COVERED</u>
8/27 – 8/31	Introduction to course Introduction to wellness (Chapter
1)	
9/3 –9/7	Labor Day Holiday Cardiovascular wellness (Chapter
11)	
9/10-9/14	Cardiovascular wellness Cancer prevention and wellness (Chapter 12)
9/17-9/21	Cancer prevention and wellness Sexually transmitted diseases (Chapter 14)
9/24-9/28	Other chronic diseases Infectious diseases Exam: Unit 1
10/1-10/5	Nutrition (Chapter 8)
10/8-10/12	Fitness (Chapter 6) Exercise (Chapters 7)
10/15-10/19	Body composition (Chapter 9) Weight management (Chapter
10)	

10/22-10/16	Becoming an informed consumer Exam: Unit 2
10/29-11/2	Addictive behavior (Chapter 13) Drugs as medicines
11/5-11/9	Drugs of abuse Alcohol & tobacco
11/12-11/16	Guest speaker Exam: Unit 3
11/19-11/13	The mind-body connection (Chapter 2) Thanksgiving Holiday
11/26-11/29 (Chapter 4)	Perceptions, the spirit, and health (Chapter 5) Social support and health
12/3-12/7	Stress and health (Chapter 3) Class review
12/10-12/14	Exam: Unit 4 Dead Day