

Lower Brule Community College
Fall 2017 Syllabus

Personal Health & Wellness

HS 103 – 3 credit hours(Prerequisite-None)

Fall 2017 Semester

Days: Wednesday

Time: 4:00-7:00

Instructor: Cecelia Wright, B.S. Human Services

Location:

PH: 605-473-9232

Cell: 605-220-0672

Email: ceceliacw@lowerbrulecc.org

Required Text: *An Invitation to Health 17/e Cengage Learning ISBN: 978-1-3086929-5*

Course Description:

This class will address a number of physical and mental health/wellness issues which impact our students and the reservation community.

Course Objectives:

1. understand the concept of wellness and will be able to recognize the long term benefits of maintaining a high level of wellness for living in today's world.
2. demonstrate the ability to apply principles of physical fitness, nutrition, weight control, stress management, alcohol/drug abuse, and disease prevention, to positively modify her own personal lifestyle.
3. identify the positive health behaviors necessary for one to maintain a high level of personal wellness.
4. value the importance of maintaining a healthy lifestyle.
5. understand the significance of self-responsibility in minimizing negative lifestyle habits and in enhancing positive lifestyle habits.
6. develop a sound educational foundation from which she may make decisions consistent with her beliefs and values.
7. display an understanding of the role of physical fitness for the maintenance of good health and personal wellness.
8. enhance their personal communication skills.
9. identify the major illicit drug threats to one's health and wellbeing
10. understand the significance of self-responsibility in minimizing negative lifestyle habits and in enhancing positive lifestyle habits.

Methods of Learning:

This course will be taught utilizing the lecture-discussion format with the use of supplemental materials supplied by the instructor.

Evaluation:

Assessment will include quizzes, Final Exam, Written and Oral Report.

Course Policy:

You are responsible for attending class and completing the projects assigned. Students missing (3) consecutive classes or 9 hours of total class time, the instructor has the option to withdraw the student. IF you must miss class, please make arrangements with the instructor for missed class time. This is a hands on class and to learn, you must be in attendance. ALL Cell phones must be turned off or turned down.

Amended Syllabus:

The Instructor may, when necessary, update and amend this syllabus to better meet educational objectives.

HS 103 Tentative Weekly Class Schedule

Week 1 August 30, 2017	Introduction Course Syllabus Discussion – Discuss the students perception of what personal health and wellness means To them and what it means for the community. Read. Ch. 1 for next week.
Week 2 Sept. 6, 2017	Review and Discuss Ch. 1. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 1 and write a reflection page. Due next week. Read Ch. 2.
Week 3 Sept. 13, 2017	Review and Discuss Ch.2. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 2 and write a reflection page. Due next week. Read Ch.3.
Week 4 Sept. 20, 2017	Review and Discuss Ch 3. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 3 and write a reflection page. Due next week. Read Ch. 4 Quiz on last 4 chapters.
Week 5 Sept. 27, 2017	Review and Discuss Ch 4. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 4 and write a reflection page. Due next week. Read Ch. 5 & 6
Week 6	Review and Discuss Ch 5 & 6. Discuss additional material. Do Review

- Oct. 4, 2017 Questions in Class. Pick one topic from Ch. 5 or 6 and write a reflection page.
Due next week. Read Ch. 7 & 8
- Week 7
Oct. 11, 2017 Review and Discuss Ch 7 & 8. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 7 or 8 and write a reflection page.
Due next week. Read Ch. 9 & 10 **Quiz on last 4 chapters**
- Week 8
Oct. 18, 2017 Review and Discuss Ch 9 & 10. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 9 or 10 and write a reflection page.
Due next week. Read Ch. 11
- Week 9
Oct. 25, 2017 Review and Discuss Ch 11. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 11 and write a reflection page.
Due next week. Read Ch. 12
- Week 10
Nov. 1, 2017 Review and Discuss Ch 12. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 12 and write a reflection page.
Due next week. Read Ch. 13 & 14 **Quiz on last 4 chapters**
- Week 11
Nov. 8, 2017 Review and Discuss Ch 13 & 14. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 13 or 14 and write a reflection page.
Due next week. Read Ch. 15
- Week 12
Nov. 15, 2017 Review and Discuss Ch 15. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 15 and write a reflection page.
Due next week. Read Ch. 16
- Week 13
Nov. 22, 2017 Review and Discuss Ch 16. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 16 and write a reflection page.
Due next week. Read Ch. 17, 18, 19 & 20 **Quiz on last 4 chapters**
- Week 14
Review and Discuss all assigned chapters. Discuss additional material. Do Review Questions in Class. Pick one topic from Ch. 17 & 18 and write a reflection page.
Due next week.

Week 15
Dec. 6, 2017

Analytical Review Paper is Due. Final Exam

Course Grading and Evaluation

Attendance -	10 pts. X 15 =	150 pts.
Homework/assignments-	20 pts. X 13 =	260 pts
Quizzes	25 pts. X 4 =	100 pts.
Final Exam	100 pts.	100 pts.
Analytical Review Paper	100 pts.	<u>100 pts.</u>
		710 possible points.

710- 650	A
649 – 590	B
589 – 530	C
529 – 470	D
469- below	F