

Well Said - Personal Wellness

Fall 2012

Monday, Wednesday, Friday 11:10 - 12:10 (3 credit hours)

RC114

Instructor: Heather DeWaard-Flickinger

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Required Text Book

Powers, S., & Dodd, S. (2009). *Total fitness & wellness*, (5th ed.). San Francisco: Pearson Benjamin Cummings.

Course Description

The importance of leading a healthy lifestyle and possessing strong communication skills often take center stage in society. As a student in Well Said, you will complete the Personal Wellness course and the Composition and Speech I course concurrently. Multiple assignments in the courses throughout the semester have been designed to complement the work you will do in both courses. Well Said will weave together the theories of Personal Wellness and Composition and Speech I to provide a healthy learning opportunity for students.

Course Objectives

- Identify healthy and unhealthy behaviors
- Assess personal fitness through labs, self-assessments, and reflections
- Develop and apply healthy exercise programs and diets
- Identify various diseases, cancers, addictions, and substance abuse

Course Work

Assignments

There will be 3 major assignments throughout the semester worth 40 points total. The assignments consist of goal setting (10 pts), nutrition log (20 pts), and stress log (10 pts). Any assignment turned in **late** will be an automatic **5 point deduction** regardless of the total points offered. Assignments must be turned in at the beginning of class to avoid the 5 point deduction.

Reflection Journals

There will be 10 reflection journals throughout the course, each journal is worth 5 points, 50 total points toward the final grade. Journal topics will relate to course material and cannot be made up if missed.

Reflection Paper

Your final assignment will be a Personal Wellness Reflection Paper. You will need to type a 2-3 page double spaced paper reflecting on your experience in this course. You will receive more details towards the end of the semester. This final assignment is worth 50 points.

Tests

There will be a total of 4 exams during the semester each test is worth 60 points. The tests will consist of multiple choice, matching, true/false, and short answer questions. You must notify me if you will miss a test for any reason (school event, illness, etc.), ***if you do not reschedule your makeup before the day of the test you will automatically lose 10 points.*** If you do not make up the test within 2 weeks of the scheduled test day, you will receive a zero for that test.

In-Class Activities/Labs/Worksheets

There will be several in class activities, labs, and worksheets throughout the semester worth 100 points. If you miss these in-class activities, labs and worksheets the points cannot be made up unless discussed with me before your absence.

Group Presentations

You will be required to give a presentation in a small group at the end of the course. The presentation will be worth 70 points. You will be graded on the content of your presentation, peer evaluations, and a write-up of each groups' presentation. Each group will pick a different health/wellness topic of their choice and then get it approved by me, we will select topics early in the semester so you have time to research and put your presentation together. Presentations will need to last between 20 – 25 minutes (5 minutes per person). You will have class time to work in your groups so check the course schedule so you can come to class prepared!

Late Work

Any assignment or test submitted after the initial due date will be subject to an automatic 5 point (assignments) 10 point (tests) deduction. Labs cannot be made up, unless the instructor is informed of the absence in advance. Reflection journals cannot be made up.

Extra Credit

Test review days provide an opportunity to earn extra credit points. Review days will be the only opportunity to earn extra points in this course.

Class Notes

A skeleton version of the class notes are on ANGEL, it will be your responsibility to print and bring them to class. If you have questions on using ANGEL let me know right away. I may also post other information (grades, assignments, etc.) on ANGEL so make sure you check it weekly.

Course Policies

Attendance

To do well in this course attendance is a must! Remember there are several in class points available so if you miss class you miss out on those points! If something comes up unexpectedly contact me before class begins either via email or phone.

Academic Dishonesty and Plagiarism

Please turn in your own work! I am interested in what you know! I will not tolerate anyone trying to use someone else's work. Anyone who cheats or turns in someone else's work will receive a zero for the assignment or test and may receive a failing grade for the class.

Expectations

I have listed a few things I expect while you are in the classroom.

- Be on time to class
- Respect others – no side conversations
- Cell phones need to be shut off - **NO TEXT MESSAGING** during class
- Do not listen to music during class – keep iPods in your bag and head phones off
- Do not work on other course work
- No laptops unless discussed with me before class
- You are expected to participate in all class activities
- Wear suitable clothing, especially on days we will be doing fitness labs

Course Grading

Total Points

Assignments =	40 points
Reflection Journals=	50 points
Reflection Paper =	50 points
Tests 4 @ 60 points each =	240 points
In-Class Activities/Labs/Worksheets=	100 points
Presentation =	70 points
Total =	550 points

Grading Scale

A 94 – 100%	A- 90 – 93%	B+ 86 – 89%	B- 83 – 85%	B- 80 – 82
C+ 76 – 79%	C 73 – 75%	C- 70 – 72%	D+ 66 – 69%	D 63 – 65%
D- 60 – 62%	F 0 – 59%			

- ❖ If you ever have any questions or concerns please feel free to contact me I am here to help you...do not wait until it is too late!
- ❖ **Nondiscrimination Policy**
North Iowa Area Community College is committed to providing equal opportunities to all individuals. If you have any special needs (e.g., emergency medical needs, or other special accommodations), notify the course instructor immediately. Reasonable efforts will be made to accommodate those needs.
- ❖ **Americans with Disabilities Act**
The Americans with Disabilities Act of 1990 (ADA) provides protection from discrimination for qualified individuals with disabilities. Students with a disability, who require assistance, will need to contact the Office of Disability Services (ODS) for coordination of academic accommodations. The office is located in AB 106.

Personal Wellness Schedule – Fall 2012

Week	Course Content	Assignment Due
1	Introductions & Syllabus Wellness, fitness, & exercise	
2	Cardio Endurance & Muscular Strength - Labs	Goal Setting Lab
3	Cardio Endurance & Muscular Strength Labs	
4	Test Review & TEST 1: Chapters 1 – 4 Nutrition	
5	Nutrition & Diet and Weight Control	
6	CVD	Nutrition Log
7	Stress Management & Lab	
8	Test Review & Test 2: Chapters 7 – 10 Flexibility	Stress Log
9	Body Composition Exercise & Environment	
10	Injuries Test Review Test 3: Chapters 5 & 6, 11 & 12	
11	Cancer & STD's	
12	Addiction & Substance Abuse	
13	Lifetime Fitness & Wellness <i>**Group Work</i>	
14	Test 4: Chapters 13 – 16 & Type Reflection Paper <i>**Group Work</i>	
15	Type Reflection Paper & Group Presentations	Personal Wellness Reflection
16	Group Presentations	