

**FLORIDA ATLANTIC UNIVERSITY**  
**COLLEGE OF EDUCATION**  
**Department of Exercise Science & Health Promotion**  
**Summer 2009**

**Course:** HSC 2100 – Health Fitness for Life  
**Instructor:** Peter Hellberg  
**Office:** Gymnasium, Rm. 152  
**Phone:** (561) 297-3752  
**Office Hours:** By appointment only  
**Email:** phellber@fau.edu  
**Class:** **Term 2: M-W 10:30-12:40 PM, M-W 2:15-4:25 PM**

**Course Description:** A study of the strategies and techniques of healthful living. A wellness model will provide the framework for the course. Personal health and fitness appraisals will be conducted.

**Course Objectives:** At the completion of this course the student will be able to:

- 1) Demonstrate an understanding of the six dimensions of wellness in the context of contemporary life.
- 2) Demonstrate basic knowledge regarding the determinants of health and illness particularly the link between behavior and health.
- 3) Demonstrate the basic knowledge and technique of health and fitness appraisal.
- 4) Demonstrate knowledge of the strategies and specific technique to enhance ones health and fitness status.

**Textbook:** Edlin, G., & Golanty, E., (2004). Health and Wellness. Boston: Jones & Bartlett Publishers. 9<sup>th</sup> Ed. ISBN-978-0-7637 4522-6

**Course Requirements:**

**Attendance:** Attendance is mandatory for this class. Some of the material is not found in the text. You are responsible for all material covered in class as well as the material in the text. It is expected that you are current with all readings necessary to take part on class discussions. At times this may include group discussions and activities.

Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.

**Exams & Finals (300 points total):** The two exams and the final exam will consist of short answer and multiple choice questions. If you know in advance you will be absent for an exam, arrangements to make-up the exam must be made before you are absent. Make-up exams will only be given in the case of an excused absence. An excused absence would include an absence due to a verifiable medical problem, school sponsored travel or other approved school related activity, or an emergency, which we have discussed and I have excused. Each exam will be worth 100 points and the final exam is worth 100 points.

**Mini Presentation (30 points total):** Each student will prepare one brief oral presentation (5 minutes) on a current health topic. The presentation will be given at the beginning of the class period. If the scheduled presentation day is missed five points will be deducted from the grade. Presentations should be given in conversation form. This means that eye contact should be made and the report should not just be read from the paper. Information sources can be from the internet or a current journal. All should be reputable. Sign up for presentation topics will be done in class. Each student must prepare a one paged typed summary of his/her presentation and turn it in on the day of the presentation. The summary must reference the sources in proper format (APA, MLA) or a deduction will be taken. Neatness, spelling, and grammar will be part of the grading.

**Paper: (60 points)** A 4-5 page typed personal wellness project. Further details will be given in class. Several sources are required and must be reputable. All references should be properly cited on a separate page. Grading criteria will be given in class.

**Pop Quizzes (40 points):** Unannounced quizzes will be given throughout the semester. They will include the reading material assigned for that day as well as information in the previous class period. The quizzes cannot be made-up unless you have an excused absence from the class.

**Class Participation (20 points):** Active participation in the class may include various health and fitness assessments, lab activities, and group/class discussions. The class participation work cannot be made-up unless you have an excused absence from class.

**NOTE:**

In accordance with University policy, all cell phones and beepers must be turned off during class time.

Any assignment not turned in on the due date will receive a **two-point deduction** for each day that it is late. There are NO make-up exams.

*In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.*

*Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see [http://www.fau.edu/regulations/chapter4/4.001\\_Honor\\_Code.pdf](http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf).*

**Your final grade in the course will be based on the following:**

|                     |                  |
|---------------------|------------------|
| Test #1             | 100 points       |
| Test #2             | 100 points       |
| Final Exam          | 100 points       |
| Presentation        | 30 points        |
| Paper               | 60 points        |
| Quizzes             | 40 points        |
| Class Participation | <u>20 points</u> |
| Total               | 450 points       |

**Grading Scale:**

|                |                |
|----------------|----------------|
| A = 94-100%    | C = 73-76.99%  |
| A- = 90-93.99% | C- = 70-72.99% |
| B+ = 87-89.99% | D+ = 67-69.99% |
| B = 83-86.99%  | D = 63-66.99%  |
| B- = 80-82.99% | D- = 60-62.99% |
| C+ = 77-79.99% | F = 0-59.99%   |

**Tentative course schedule M/W Term 2**

**M 5/11-** Introduction to course, Personal Health (Chapter 1), Mind-Body Communication (Chapter 2), Managing Stress (Chapter 3)

**W 5/13-** Emotional Wellness (Chapter 4), Nutrition (Chapter 5), Weight Management (Chapter 6)

**M 5/18-** Physical Activity (Chapter 7), Review

**W 5/20- Test 1 (Chapter 1-7)** Pregnancy (Chapter 8), Parenthood (Chapter 9),

**M 5/25-** NO CLASS

**W 5/27-** Fertility Control (Chapter 10), STD's (Chapter 11)

**M 6/1-** Infections and Immunity (Chapter 12), Cancer (Chapter 13)

**W 6/3-** Cardiovascular Disease (Chapter 14) Genes and Health (Chapter 15) Review

**M 6/8 - Test (Chapters 8-15),** Drugs (Chapter 16), Tobacco Use (Chapter 17), Alcohol (Chapter 18)

**W 6/10-** Health Care (Chapter 19), Alternative Medicine (Chapter 20), Unintentional Injury (Chapter 21)

**M 6/15-** Aging and Dying (Chapter 22), Violence in Society (Chapter 23), Health Environment (Chapter 24), Review

**W 6/17 – Final Exam**