Course Description: This course explores the relationship between maintaining a healthy lifestyle and the cultural and societal influences on personal fitness. Lifestyle choices associated with wellness are placed into a context of personal choices and societal influences. 3 hours lecture

Learning Outcomes: Upon successful completion of the course, the student will meet the following General Education Outcomes for the Behavioral and Social Sciences:

1. **Recognize, describe, and explain social institutions, structures, and processes and the complexities of a global culture and diverse society.** To meet this outcome students will:
   a. Explain how an individual’s health is affected by cultural and societal influences
   b. Describe the concept of overall health care, including medical care systems, lifestyle and aging, and health and the environment.
   c. Based on research, explain why society has taken a particular stance with regard to health issues

2. **Think critically about how individuals are influenced by political, geographic, economic, cultural, and family institutions in their own and other diverse cultures and explain how one’s own belief system may differ from others.** To meet this outcome students will:
   a. Describe current health related policies in the American public school system
   b. Evaluate individual health practices compared to social norms and overall health
   c. Demonstrate the relationship of good health with emotional, intellectual, cultural, social, spiritual, and physical well being

3. **Explain the relationship between the individual and society as it affects the personal behavior, social development and quality of life of the individual, the family and the community.** To meet this outcome students will:
   a. Define the wellness concept and explain the personal behaviors that positively affect physical, social, emotional, and intellectual development
   b. Identify the effects that diet, nutrition, and weight have on personal health and identify appropriate behaviors which will reduce the risk of lifestyle disease
   c. Identify various lifestyles associated with disease and explain the effect of diseases such as sexually transmitted disease, alcohol abuse, drug use and abuse and their effects on society and the individual

4. **Examine the impact of behavioral and social scientific research on major contemporary issues and their disciplines’ effects on individuals and society.** To meet this outcome students will:
   a. Identify the component of physical fitness and how each component affects wellness
   b. Develop a wellness profile based on current wellness research
c. Demonstrate proper techniques for strength building, cardiorespiratory endurance training and flexibility according to varied cultural influences

5. Using the most appropriate principles, methods, and technologies, perceptively and objectively gather, analyze, and present social and behavioral science research data, draw logical conclusions, and apply those conclusions to one’s life and society. To meet this outcome students will:
   a. Describe the cardiorespiratory systems and the concept of maximal oxygen consumption. Identify risk factors associated with cardiovascular health and relate them to personal health and cost on society
   b. Assess individual cardiovascular health, body mass index, and general fitness level as it compares to current indicators of health and wellness
   c. Explain the steps for putting together a personal wellness plan and prepare that plan to address personal assessments

6. Take ethical stands based on appropriate research in the social and behavioral sciences.
   a. Describe the processes forming public policy and how the public policy affects educational institutions
   b. Discuss career options in the field of health and wellness and their relationships to social institutions
   c. Identify key public health policies and their impact as they relate to individuals, families, and organizations.

7. Analyze and communicate the values and processes that are used to formulate theories regarding the social context of individual human behavior in the social and behavioral sciences.
   a. Identify the factors that affect the development of a healthy lifestyle
   b. Explain stress, stress management, and its impact on social systems.
   c. Explain the basic principles of physical fitness and good nutrition as they affect health and wellness over a lifespan

Prerequisites: Reading Competency 2, Writing Competency 2, Math Competency 4

Course Topics: To be determined by instructor.

Specific Course Requirements:
1. Students MUST BRING COURSE TEXT AND ANY RELATED HANDOUTS TO EACH CLASS SESSION. Failure to do so may result in the student’s being excused from class for the day, resulting in an unexcused absence.
2. Reading assignments will be given each class session, and students are expected to come to class prepared to discuss the assigned material and to ask any questions relative to the assignment.
3. Participation in group discussion is required, and includes both small and large groups
4. Reading assignments and group discussions will include material from the course text, as well as other sources, including current news media.
5. It is required that students keep up with material posted on D2L, and it is advised that the Power Point lectures in each chapter be printed off, so that note taking in class will be easier and more focused.
6. Students are expected to check their e-mail both in D2L and MyDSCC daily. I will often communicate with the class via e-mail in D2L.

7. Students are expected to be on time for each lecture and lab session.

8. Students are expected to act respectfully in class at all times. Please refer to the DSCC Code of Honor and Citizenship posted on D2L and on the DSCC web site.

9. Any student whose behavior is deemed by the instructor to be either disrespectful or disruptive will be asked to leave the class, resulting in an unexcused absence for that class session. The student will then have to meet with the Dean of Student Services before being allowed back into class.

10. Cell phones are not allowed in class nor in lab. Any student found using a cell phone during the class lecture or lab may be asked to leave the class, resulting in an unexcused absence for that session. If an emergency situation exits, and a student may request special permission from the instructor.

11. Attendance is required at all class sessions. Please refer to the DSCC Attendance Policy posted on D2L. In addition to the DSCC Attendance Policy, this course allow requires the following:
   a. A Sign-In Sheet will be passed around the class at each class and lab session. IT IS THE STUDENT’S RESPONSIBILITY TO SIGN THE SIGN-IN SHEET EACH SESSION.
   b. In order for the absence to be considered excused, an excuse must be given to the instructor in writing, either before the absence, if it is known in advance, or during the next class session, following the absence. It is at the instructor’s discretion as to whether an absence may or may not be considered “excused”. It is also at the instructor’s discretion, if a student will need to provide an authorized signature on any future written excuses. Any student with 5 or more unexcused absences will automatically receive a drop of 10 points, or one full letter, on his/her final grade.
   c. Only students with an excused absence, including an authorized signature, will be allowed to make up a missed examination.
   d. Any student who is asked to leave class, for not having a text or for behavior, will receive an unexcused absence for that class session.

12. It is the instructor’s intention to provide a positive learning environment. Students are expected to be on time, to come prepared, to ask questions, to participate in class discussions and lab activities, and hopefully, choose to implement new lifestyle strategies they will be learning in this course, that will enhance their level of health and wellness. Personal improvement contributes to the betterment of society as a whole, each individual makes a difference via his/her personal choices each day!

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**Textbooks, Supplementary Materials, Hardware and Software Requirements**

**Required Textbooks/Courseware:** *Principles and Labs for Fitness and Wellness*, Hoeger and Hoeger, 12th edition. Visit the DSCC Bookstore at [http://www.dscc.edu/bookstore](http://www.dscc.edu/bookstore) to purchase your textbook.

**Supplementary Materials:** To be determined by instructor.

**Software Requirements:** We will only be using D2L for our coursework.

**Instructor Information**

**Instructor Name:** Dr. Mary Jeanne Holt

**Instructor Contact Information:** Holt Chiropractic Clinic, 350 Parkview St. E., Dyersburg, TN 38024  
Phone: Clinic: 731-285-5222  
Cell: 360-317-5032
To access your instructor’s information online: (this may or may not apply to adjunct instructors)
Visit [www.dscc.edu](http://www.dscc.edu)
1. Click Current Students on the top navigation bar.
2. Click Faculty Profile link located on the left-hand navigation bar.
3. Choose your instructor’s name from the drop-down list.
4. Click the Submit button.

<table>
<thead>
<tr>
<th>Office Hours/Virtual Office Hours:</th>
<th>Office Hours are by appointment, as I do not have an office on campus.</th>
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<tbody>
<tr>
<td>Instructor Response Time:</td>
<td>I will make every attempt to respond to course email within 24 or 36 hours during the work week, though it may not be possible in all cases. I will notify you when I will not be able to meet the stated response time. If you need an immediate response, you are welcome to text, as well as e-mail or phone.</td>
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### Assessment and Grading

<table>
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<tr>
<th>Testing Procedures:</th>
<th>A detailed statement of the testing procedures that will be implemented within the course. Any additional</th>
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</table>
| Grading Procedures: | Final grades will be determined as follows:
- There will be 4 written exams, based upon class lecture and lab. The average of these exams will comprise 80% of your final grade.
- The remaining 20% of your grade will come from written assignments and a lab practical. |

| Grading Scale:      | A = 90-100 points
B= 80 -89 points
C= 70-79 points
D= 60-69 points
F= less than 60 points |

### Assignments and Participation

<table>
<thead>
<tr>
<th>Assignments and Projects:</th>
<th>Due Date</th>
<th>Assignment</th>
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<tbody>
<tr>
<td></td>
<td>Week 1</td>
<td>To Be Announced in Class</td>
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<td>Week 2</td>
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<td>Week 9</td>
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### Punctuality:

### Attendance Policy:
View the DSCC Attendance Policy at [http://www.dscc.edu/attendance_policy/](http://www.dscc.edu/attendance_policy/).

Also, refer to Topic: Specific Course Requirements, above, for additional information regarding this course’s Attendance Policy.

### Class Participation:
Is required in class discussions, lecture and lab.

### Course Ground Rules

#### General:

1. Participation is required
2. Communication with other students in team projects is expected
3. Learn how to navigate within D2L.
4. Keep abreast of course announcements
5. Use the *assigned* college email address as opposed to a personal email address
6. Address technical problems immediately
7. Observe *course netiquette* at all times. Instructor guidelines for communication by email, discussion groups, chat, and the use of web resources are necessary.

#### Email:

1. Always include a subject line.
2. Remember that without facial expressions some comments may be taken the wrong way. Be careful in wording your emails. Use of emoticons might be helpful in some cases.
3. Use standard fonts.
4. Do not send large attachments without permission.
5. Special formatting such as centering, audio messages, tables, html, etc., should be avoided unless necessary to complete an assignment or other communication.
6. Respect the privacy of other class members.

#### Discussions:

Relates to in class and lab, as we will not engage in on-line discussions in this course.
<table>
<thead>
<tr>
<th>Web Resources:</th>
<th>FYI if interested for online work:</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1. <em>Columbia Guide to Online Style</em> by Janice R. Walker and Todd Taylor</td>
</tr>
<tr>
<td></td>
<td>2. <em>Citation Styles Online</em> <a href="http://www.bedfordstmartins.com/online/cite6.html">http://www.bedfordstmartins.com/online/cite6.html</a></td>
</tr>
</tbody>
</table>

<table>
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<tr>
<th>Other Important Information</th>
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<tr>
<td><strong>Library Resources</strong></td>
<td>For the DSCC library or help desk visit <a href="http://www.dscc.edu/lrc">www.dscc.edu/lrc</a>.</td>
</tr>
<tr>
<td></td>
<td>To ask a question about books, interlibrary loans or other LRC information, call the LRC at 731-286-3361.</td>
</tr>
<tr>
<td></td>
<td>For the Tennessee Virtual Library go to <a href="http://www.tn.regentsdegrees.org">www.tn.regentsdegrees.org</a> and click on TBR Virtual Library.</td>
</tr>
<tr>
<td><strong>Technical Assistance/Help Desk:</strong></td>
<td>For technical assistance, contact the DSCC Help Desk.</td>
</tr>
<tr>
<td></td>
<td>Dyersburg Campus - (731) 288-7780</td>
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<td>Jimmy Naifeh Center (JNC) - (901) 475-3177</td>
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<td>Gibson County Center (GCC) - (731) 222 -5180</td>
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<td>Visit the Help Desk on the web at <a href="http://www.dscc.edu/helpdesk">www.dscc.edu/helpdesk</a> for tutorials and other how to guides.</td>
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<tr>
<td></td>
<td>You may also contact the Help Desk by email at <a href="mailto:helpdesk@dscc.edu">helpdesk@dscc.edu</a>.</td>
</tr>
<tr>
<td><strong>Students With Disabilities:</strong></td>
<td>Dyersburg State Community College is committed to providing a discrimination free environment for all students. Students with disabilities are encouraged to inform the College of any assistance they may need. Please notify the ADA Coordinator at (731) 286-3242.</td>
</tr>
<tr>
<td><strong>Syllabus Changes:</strong></td>
<td>From time to time during the semester, it may be necessary to make changes to the material in the course syllabus. Any necessary changes to the course syllabus will be sent to you by email and posted within the online course material.</td>
</tr>
<tr>
<td><strong>Server Outage Disclaimer:</strong></td>
<td>The server on which DSCC’s web supported/online courses are hosted will be occasionally unavailable due to upgrades and/or maintenance. Regularly scheduled outages will occur during the early morning hours of the second Sunday and third Tuesday of each month. There may also be unplanned downtime due to failures of one kind or another. Because the server is not located at DSCC, the College cannot directly correct these situations. You will need to contact your instructor(s) directly to make accommodations should an unplanned outage prevent you from taking a quiz or submitting an assignment.</td>
</tr>
<tr>
<td><strong>Safety / Security</strong></td>
<td>Dyersburg State makes crime statistic information available to the public through the Annual Security Report. This report can be found at <a href="http://www.dscc.edu/security">www.dscc.edu/security</a>.</td>
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<td></td>
<td>DSCC has an emergency preparedness plan and periodically conducts tests of this plan. To sign up for emergency notifications, Login to Rave at <a href="https://www.getrave.com/login/DSCC">https://www.getrave.com/login/DSCC</a> and add your contact information. Notice: Standard carrier message and data rates may apply.</td>
</tr>
<tr>
<td><strong>Implementation date approved by Instructional Council:</strong></td>
<td>8/2014.</td>
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