

EXHP 162 - PERSONAL HEALTH – Fall 2008 (Call #2780 M-W-F)

Class Schedule: Mon, Wed, & Fridays 11:00-11:50am (3 credit hours)
Class Location: HPER Building, PE 240

Instructor: Lisa Martin
Office Phone: 549-2703 **if leaving a voicemail message, speak slowly & clearly*
Office Location: PE-244
Email: lisa.martin@colostate-pueblo.edu

Office Hours: Mon & Wed 12:00-12:30pm
Other times available by appointment.

Textbook (NEW): Robbins, Powers, Burgess, (2008) A Wellness Way of Life (7th Ed) McGraw Hill.

Blackboard:

Crucial throughout course. Check regularly for announcements/updates. Students must have a blackboard account and keep it 'cleaned out' regularly (so it will not be 'full' and deny communications). Students are expected to access blackboard continuously for course announcements, course assignments, instructions and due dates. Students may track their progress for the course via blackboard and this course syllabus.

PowerPoint presentations for chapters are located in Blackboard under Course Documents (Content Area).

Class Rules:

1. Be Here. Attendance is mandatory and will be taken at each class period.
2. Be Here, Really! Participation & Attention – pay attention, don't sleep in class, be an active learner.
3. Be on Time. Punctuality – be on time, don't leave early. Class is from 9:00AM until 9:50AM.
4. Be Tolerant, Be Mindful – be appropriate in your actions, reactions, words, body language.
5. Be Respectful – to yourself, your classmates, your instructor, the classroom, and the teachings.

DO Bring: Books, notebooks, writing instrument(s), an alert mind.

DON'T Bring: Your toys - cell phones, pagers, iPods, videos, laptops (unless class relevant).

Cell Phones: The use of cell phones is not allowed during class and it is strongly suggested that they are turned off before getting to class. If you accidentally forget to turn your cell phone off it is expected that if the cell phone rings you turn it off immediately. **Talking on the phone or text messaging during class is not allowed;** it is disrespectful to the instructor as well as to your fellow classmates. Failing to observe this rule will be considered poor class participation and affect the overall grade in the class. You may be asked to leave the class for the remainder of the session. **Phone usage is strictly forbidden during exams.** If you need a calculator, bring one – not your phone. If you have an **emergency** situation that requires you to have your phone on during class please notify instructor at the beginning of the class.

Students with special needs (ADA): The University abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education "solely by reason of a handicap." If you have a documented disability that may impact your performance in this class and for which you may require accommodations, please see the Disability Resource Coordinator as soon as possible to arrange accommodations. In order to receive accommodations, you must be registered with and provide documentation of your disability to the Disability Resource Office, which is located in the Psychology Building, Suite 232.

Course Rationale:

Research indicates that human beings, via daily health-related decisions and behaviors, determine the quality of their health status to a great extent. This course is designed to provide the necessary information and decision-making skills to create an awareness of and motivation to develop positive behaviors that will result in higher level wellness.

*Common sense, but are we sensible???

Course Objectives: By the end of the course the students will be able to:

1. define wellness and apply wellness concepts to human behavior.
2. list the stages and apply the Transtheoretical Model of Behavior Change.
3. engage in a behavior change project.
4. explain at least 4 methods of fitness assessments.
5. explore personal likes and dislikes and safety concerns related to exercise and nutrition.
6. describe components of fitness: cardiorespiratory, muscular (s&e), flexibility, and body composition.
7. interpret stress, stressors, and coping mechanisms.
8. organize a healthy diet for the human body.
9. evaluate different weight loss methods.
10. describe the process of tumor growth in the human body.
11. compare the characteristics of addictive behavior.
12. describe the techniques necessary for the prevention of sexually transmitted infections.

Course Evaluation:

Your grade will be determined by the accumulation of points received for the completion of course requirements. Extra Credit will NOT be given (get the most points possible - i.e. attendance).

	<u>Possible Points</u>	<u>Grading Scale</u>
1. Four (4) Exams (100 points each)	400 (63%)	567 – 630 = A (90-100%)
2. Attendance and Participation	60 (10%)	504 – 566 = B (80-89%)
3. Behavior Change Project	120 (19%)	441 – 503 = C (70-79%)
4. “Get Personal” Paper	50 (8%)	378 – 440 = D (60-69%)
Total	630	0 – 377 = F (below 60%)

ACADEMIC DISHONESTY will not be tolerated in any form. All cases of dishonesty, cheating, and/or plagiarism will be reported to the Dean of Students’ office and will result in academic consequences which may include failure of the course and/or academic probation and/or suspension.

ATTENDANCE & PARTICIPATION: This course- which you have CHOSEN to take- has a mandatory attendance policy. *If you do not value the importance of class attendance, you should seriously consider taking another course.* To receive optimal benefit for your time and money, it is important that you attend class. It has been proven that students are more successful if they attend class, pay attention, and participate.

Attendance is taken at every class meeting. Students are expected to attend, arrive on time, not leave early. Each student is responsible for PERSONALLY signing the attendance sheet and/or completing the daily activity (at beginning or end of class) at EVERY class meeting.

***Do NOT sign in for a student who is absent; doing so will result in failure of the course.**

No penalty will be assessed for the first five (5) absences, **excused or unexcused**. However, beginning with the sixth (6th) absence, 5 points per absence will be deducted from the attendance points. After 15 absences, **excused or unexcused**, you will earn zero (0) points for attendance. Students not attending class will be dropped from the course by the instructor/department during the drop/add period.

Emergencies will be handled on an individual basis. Emergencies **do not** include illness, vacation, or your job. **PLAN AHEAD!!** The student is responsible for all material presented in class and completion of all assignments (by due date!) even when not in attendance.

PUNCTUALITY:

It is also important that each person be on time. Do not disrupt class by being late! If you are more than 10 minutes late for class, you will not be counted in attendance.

SEATING:

You should find a comfortable and appropriate seat to enjoy for the entire semester.

EXAMS:

Exams **must** be taken on the scheduled date and time. Any exception to this policy is at the discretion of the instructor and will be determined on an individual basis.

In case of an emergency, a make-up exam **may** be given to students who can document acceptable reasons for missing the exam. Emergency situations will be considered on an individual basis and are at the discretion of the instructor.

If you are going to be absent on the day of a scheduled exam, it is your responsibility to make arrangements with the instructor to take the exam **PRIOR** to your absence – which is at the discretion of the instructor. Foreseeable excusable absences would include documented hospitalization or substantial illness, death in the family, or verifiable official university business or subpoenaed jury duty. This does not include your job, job interviews, travel or airline flights, etc. Please schedule around your classes.

Exams will be 50-100 questions, including multiple choice, true/false, fill in the blank. Scantron sheets will be used for exams, requiring a #2 pencil only!

PAPERS:

All work turned in must have the following: NAME (first & last), PID#, and Course #
Assignments will NOT be accepted via e-mail. A hard copy is needed by the due date.
The student is responsible for all material presented in class and completion of all assignments (by due date!) even when not in attendance.

All papers must be **typed and double-spaced**. All assignments should be turned in on time – on the DUE date – at the beginning of class!!! Assignments should be turned in **neat and STAPLED**. (Do **not** put your papers in a binder. Simply staple the paper in the upper left hand corner.)

Assignments turned into the instructor late will receive only partial credit.

1 day late - 50% possible credit 2 days late – 25% possible credit 3 days late – no credit

Example: Assignment due Monday, turned in Wednesday is 2 days late.

Assignments may be turned in earlier than the due date. Keep in mind, however, that some assignments are time sensitive, given with a specific timeline in mind.

Example: Progress Reports on Behavior Change Project due 6 weeks after contract due (to track progress)

“GET PERSONAL” PAPER

Due: Friday, Sept 26

You will select a topic from among the following and turn in a 2-3 page paper on that topic. It is important that you are detailed, concise, and specific so that you may convey your thoughts effectively.

My most memorable moment A difficult victory A valuable lesson Most valuable relationship

BEHAVIOR CHANGE PROJECT

Each student will complete a behavior change project. This is a very important and valuable project. Information about the project will be discussed in detail during class. The project will be worked on throughout the entire semester. This project is important and should be taken **SERIOUSLY!**

Your behavior change project is for **YOU**, personally. It should be something that is important to you; something that has value to you. What you decide to change should be meaningful and require some work – it should be challenging.

Your ‘change’ should be specific and well planned – don’t try to change everything at once. Some things are related and need to be changed simultaneously.

For example: to lose weight, you will need to change your eating habits and exercise.

Some things are not related and are considered to be multiple changes and need different approaches.

For example: you may not be able to sleep 9 hours, work 40 hours/ week and be a straight A student.

BEHAVIOR CHANGE PROJECT (continued)

Some students try and change their whole life at one time. Concentrate on 1-2 areas and 'attack' those. Don't set yourself up for failure. Don't make the project so overwhelming. You may or may not *enjoy* the project. But, you should know the benefits that make it worthwhile.

Refer to Chapter 2 and the S.M.A.R.T. way of Goal Setting.

EXAMPLE: Health Behavior Change Contract

Health habit or behavior to improve my quality of life:

I will start eating better and start working out. I will watch what I eat on a daily basis and try to eliminate fast food, snack trips to Loaf 'n Jug, and late night eating. I will get some form of exercise every day. I will stop using food as an emotional crutch! I will stop saying that I don't have time to exercise! (Because I do.)

Goals to be reached: (specific & measurable)

I want to lose 15-20 pounds by (specific date). This is a 12-week period, starting (specific date). I will lose 1–1 ½ pounds per week. Also, 'bank' money I save by not eating out and snacking all the time.

Steps to assist you reaching your goal: (what/where/when/how.....details SMART)

- I will go to aerobics 2-3 times/week, walk 2-3 times/week and workout with the exercise band 2-3 times/week. Each exercise session should last 30 minutes to start, increasing to 30-60 minutes for aerobic activity.
- I will eat sensibly and healthfully 4-5 times per day, concentrating on fruits, vegetables and fiber and less on red meat. I will limit my sweets/desserts to 1 per day, then try and go to every other day for dessert.

Benefits of making this change:

Can wear clothes I have in my closet. Will feel and look better. It will be good for my health. I may even save some money....

How will you reward yourself? (Be Careful!)

When I have lost 10 pounds, I will go skiing. When I've lost 15 pounds, I'll go on a weekend getaway. 20 pounds, I'll buy some new clothes and celebrate.

How will you keep track of your progress?

I will keep a monthly calendar (printout from computer, single page per month). Each day will show 2 things (exercise and eating). I will buy stickers & stars for recording. The calendar/chart will be visible – on the frig.

- For exercise: I'll give myself a smiley face for every day that I work out. For each day that I work out for more than 30 minutes, I'll give myself a star also.
- For eating: I'll use a √ (ate properly), + (ate well), - (ate poorly). My goal is to get 4-5 "plus signs" daily.
- For my weight: I will weigh myself 1 time per week and take body girth measurements 1 time per week. I will try and do this on Fridays and mark it on the calendar. (Give me momentum and willpower for weekends – when I struggle the most.)
- For the money: I will put the money I would have spent at fast food joints and Loaf 'n Jug in a jar to save. I will count the jar of money at the end of each calendar month.

Tracking: Your tracking method is very important and needs to be carefully planned. Do not make a tracking method that is a management nightmare. You need a method that will make you accountable and show progress (or lack thereof) on a daily/weekly basis. Develop a system that works for you. Your system may need to change a time or two throughout the project. Come up with a simple, usable plan for tracking.

Name of support person:

This person is important and should know you have chosen them. This person should care about you and be supportive. How will they help you? Could they also do this with you? (ex: stop smoking/chewing/drinking)

So.... As you see, The Behavior Change Contract is important! It's your commitment to you! So sign the "contract" and treat it as such. Do it for you!! You're worth it!!

BEHAVIOR CHANGE PROJECT (continued)

The project is worth 120 total points (detailed below).

1. Behavior Change Contract (20 Points)

Due: Wednesday, Sept 10

Contract is attached to syllabus. (Hand-written is ok, if legible.)

Points are based on the behavior you choose to change, what you will do to change it, and how you will make the change.

Contract should be very specific and detailed, using the S.M.A.R.T. plan of goal setting.

(Refer to Chapter 2, Page 41 and Lab Activity 2-2, Page 49)

2. Progress Report of your behavior change. (40 Points)

Due: Friday, Oct 24

Purpose of the progress reports is to keep you 'on track', to keep you committed. You need to be honest with yourself. Determine your strengths and weaknesses and how to overcome them.

Report: 1-2 page typed, double-spaced report stating your progress.

Include your challenges/obstacles, successes, tricks, etc. Explain and include (briefly) how you are tracking your project, and what your tracking has taught you.

****Be sure and include this line on top of your paper: My Behavior Change Project is _____.***

3. Results of your Project (Paper & Tracking). (60 points)

Due: Wednesday, Dec 3

Part A: Final Report

Prepare a 1-2 page typed, double-spaced report regarding the final outcome/results of your project. Your report should include, but not limited to:

Your goals and how you did (or did not) accomplish them.

Your challenges, your successes.

Your reactions to the project.

Your future based on this project (will you continue, did it help, changes made).

Part B: Tracking of your project. (As discussed in class.)

Points earned are based on your commitment to the project, how you handled obstacles/challenges, your honesty toward the project, your honesty toward yourself, and your tracking (method & doing).

Note: Your 'success' will not determine your point value. Be honest. Be committed.

Lab Activity 2-4, Pages 53-54 is one method for tracking, but is not *useful* for many projects.

EXHP 162 : Personal Health CLASS SCHEDULE - Fall 2008 (M-W-F class)

Schedule – Tentative & subject to change. All changes will be announced in class & posted on Blackboard.

Week #1 (Aug 25-29)	Course Introduction, Review Syllabus & Course Requirements Chapter 1 - Understanding Wellness	
Week #2 (Sept 1-5)	Chapter 2 – Changing Behavior Discussions/Details of Behavior Change Project	
Week #3 (Sept 8-12)	Chapter 16 – Exploring Lifetime Wellness Issues Psychoneuroimmunology Chapter 10 – Coping With Stress Behavior Change Contract	Due: Wednesday, Sept 10
Week #4 (Sept 15-19)	(Continue Chapters 1, 2, 16, 10) Exam #1 (Chapters 1, 2, 16, 10 and notes)	TBA – Week #4
Week #5 (Sept 22-26)	Chapter 3 – Developing and Assessing Physical Fitness “Get Personal” Paper	Due: Friday, Sept 26
Week #6 (Sept 29-Oct 3)	Chapter 4 – Maximizing Cardiorespiratory Fitness	
Week #7 (Oct 6-10)	Chapter 5 – Developing Flexibility Chapter 6 – Developing Muscular Fitness	?Aerobics?
Week #8 (Oct 13-17)	Chapter 7 – Special Exercise Considerations Chapter 8 – Preventing Common Injuries Exam #2 (Chapters 3, 4, 5, 6, 7, 8 and notes)	?Aerobics? TBA – Week #8 or #9
Week #9 (Oct 20-24)	(Continue Chapters 3-8) Progress Report Chapter 11 – Eating for Wellness	?Aerobics? Due: Friday, Oct 24
Week #10 (Oct 27-31)	Chapter 12 – Achieving a Healthy Weight	
Week #11 (Nov 3-7)	Chapter 9 – Maximizing Heart Health Exam #3 (Chapters 11, 12, and 9 and notes)	TBA – Week #11 or #12
Week #12 (Nov 10-14)	Chapter 13 – Preventing Cancer	
Week #13 (Nov 17-21)	Chapter 14 – Understanding Substance Abuse & Addictive Behavior	
THANKSGIVING BREAK (Nov 24-28)		
Week #14 (Dec 1-5)	Chapter 15 - Preventing Sexually Transmitted Disease Behavior Change Papers AND Tracking	Due: Wednesday, Dec 3
Finals Week (Dec 8-12)	Exam #4 (Chapters 13, 14 & 15, notes and Comprehensive – main topics) Wednesday, December 10 10:30am – 12:50pm	

HEALTH BEHAVIOR CHANGE CONTRACT (Refer to Chapter 2 and S.M.A.R.T. goal setting)

Health habit(s) or behavior(s) I intend to begin, quit, or change to improve my quality of life:

Goal(s) to be reached (in specific, measurable terms)

Steps, behaviors, attitudes, or thoughts I will monitor and/or chart throughout the semester to assist me in reaching my goal (in specific, measurable terms)

Benefits of making this change

How will you reward yourself?

How will you keep track of your progress?

Name of support person (YES!)

How will they help/support you?

Name (print): _____

PID #: _____

Signature: _____

Date: _____

Class Enrolled (**circle one**):

Call #2780 M-W-F 11am

Call # 2781 Wed NIGHT

***Keep a copy of this for your records.**