

Jackson State Community College
Jackson, TN
Department of Social and Behavioral Science
Course Syllabus

PHED 2050 Health and Wellness

Instructor Information

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Learning Outcomes

- Define and understand the term “wellness.”
- Identify and define the seven components of wellness.
- Understand cardiovascular disease and ways to prevent it.
- Learn how to build muscular strength, endurance, and flexibility.
- Learn how to cope with and manage stress.
- Learn about and take responsibility for other lifestyle choices that can increase or decrease wellness.

Required Textbook

An Invitation to Health: Your Life, Your Future
Author: Diane Hales
Edition: 18th
Description: Front cover has a female surfer under water.
ISBN: 9781337392891

Daily access to a computer and internet is expected and required.

Basic computer skills such as attaching a file to the Dropbox, posting a discussion, accessing quizzes, email accessibility (eLearn and JSCC email), and using Microsoft Word and PowerPoint is required. If you are new to eLearn and/or online courses, the Office of Distance Education provides an orientation and training for students. For more information on the Office of Distance Education, visit www.jscc.edu/academics/distance-education/online-courses.html

Online Course Attendance/Participation

For online courses, the general guideline is to check in every other day OR at least three times in a seven-day period. I strongly recommend checking your email daily Monday through Friday. **Pay attention to deadlines. This is not a self-paced course.**

What if you plan to be out of town or if you happen to get sick in an online course?

In this day and age, it is almost impossible for you to be somewhere without computer access. You signed up for a completely online course so it is your responsibility to have Internet access. If you are away from the Internet/computers, in any case, it is still your responsibility to keep up on the coursework, check emails, write, read, and participate in any discussion boards.

Course Requirements

- Complete all discussion questions, activities, quizzes, etc. as assigned
- Read all assigned readings
- Adhere to the course schedule
- An online class relies heavily on writing. Please re-read and revise everything you submit, including your discussion posts. Please be mindful and pay attention to your grammar, punctuation, spelling, etc.

Discussion Questions and Replies

Discussion participation is expected. This means do not login at 11:30 the night before it is due and submit a reply. Login throughout the week and take the time to truly engage with your classmates. Comments may contain opinions concerning the topic but should also demonstrate knowledge of subject gained throughout the course. I appreciate students who think creatively and critically, respond respectfully to other classmates' written ideas, and respond politely, intelligently, and with integrity, to all kinds of beliefs and ideas. Of course, you can do this while maintain your own thinking and beliefs as necessary. All discussion posts and replies should be at a minimum of 150 words.

Assignments/Schedule/Deadlines:

Quizzes, Exams, and Dropbox Assignments will open on Monday at 12:00 am for the week and close Sunday at 11:30 pm.

Due dates for graded assignments are published in this syllabus and any changes will be announced well in advance. Therefore, it is expected that you will be able to comply with those deadlines. **. If circumstances prevent you from completing all assignments and quizzes on time, it is your responsibility to notify me (before, not after, the announced deadline) to discuss a mutually acceptable alternative. Any other late assignment submissions will be at the discretion of the professor.**

Grading

Grading Category, # of Items, % of Final Grade

Category	# of them	% of Final Grade
Discussions	9	20%
Quizzes	15	20%
Dropbox Activities	14	20%
Midterm (Mod 1-7) Exam	1	20%
Final (Mod 8-15) Exam	1	20%

Grading Scale

A= 90-100

B= 80-89

C=70-79

D= 60-69

F= Below 60

Communication

Communicating through online learning is much different than face-to-face learning. Because of this, there are some simple rules that need to be followed to ensure a successful and peaceful class environment. The instructor of the course will attempt to return all email questions or concerns within 24 hours during weekdays; ***remember that if you email minutes prior to the deadline of an assignment you may not get the assistance you are requesting.***

Email

- Include your name, course, and then the information requested
- Always include a subject line
- Use standard fonts
- Special formatting such as centering, audio messages, tables, html, etc. should be avoided unless necessary to complete an assignment or other communication
- Respect the privacy of other class members

Academic integrity policy/Plagiarism

At Jackson State, academic integrity is expected of all students. As a currently enrolled student, you have agreed to abide by the institution's honor code, which includes the understanding that you will personally and autonomously complete all graded work. Cheating will not be tolerated in any form, including plagiarism of written work. The penalty for academic dishonesty in this class ranges from failure of the assignment to failure of the course. All instances of academic dishonesty will be reported to Jackson State administration.

Plagiarism will not be tolerated. This includes but is not limited to inappropriate citation of sources, "padding" your references, purchasing/copying a paper from the Internet or

friend, copying and pasting from a resource, and so on. Plagiarism of assignments will result in a grade of 0 and will be reported.

If you ever have any questions about what constitutes academic dishonesty — cheating or plagiarism — see me for answers before you turn in the assignment.

Resources

Jackson State offers many free resources to enhance students' success at college. Make use of as many as possible while you are here.

Disabled Student Services offers support to students with documented disabilities of any kind. If you have any questions about disabled student services at Jackson State, visit the Counseling Office in the Student Union.

Jackson State does not discriminate on the basis of disability in admission and access to academic programs, services or employment. Students with disabilities should inform the instructor and contact the Disability Resource Center (DRC) inside the Counseling Office so that appropriate accommodations can be made, based on the Americans with Disabilities Act. It is the responsibility of the student to provide current, documented evidence of their disability to the DRC. Contact Linda Nickell, Dean of Students, (731) 424-3520 ext.50354 for additional ADA information, or go to the JSCC website at <http://www.jsc.edu/student-services/disabled-student-services/the-disabled-student.html>

Counseling is available to students who experience physical or mental stress or impairment during their time at Jackson State.

The Library provides excellent support for all of your research needs. Ask the librarians for help with your research projects, and you will find far more useful information than you would otherwise.

The Academic Assistance Center offers free tutoring in most courses at Jackson State. If you have trouble with the material in your courses, contact the AAC, located on the Library Building's second floor, at (731) 425-2614 to be paired with a tutor.

Dates of relevance

Jan 19 Classes Begin

March 8-14 Spring Break (You have assignments however they are opened early and stay open late in case you plan to travel)

March 30 Last Day to Drop a Course (PLEASE talk to me and financial aid before you drop)

April 5-9 Anchor Week (get in touch with your advisor!!)

April 5 Registration for Fall Begins

NOTE: The instructor reserves the right to change in writing, any part of the syllabus as necessary.

Due Dates and Assignments

Due Date	Assignment
Week 1/Module 1 Covers Chapter 1 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 1 • Complete the study guide • Review Chapter 1 power point Graded Assignments <ul style="list-style-type: none"> • Mod. 1 Discussion Post (discussion tab) • Mod. 1 Quiz (testing tab) • Mod. 1 Activity (dropbox)
Week 2/Module 2 Covers Chapter 2 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 2 • Review Chapter 2 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 2 Quiz (testing tab) • Module 2 Activity (dropbox)
Week 3/Module 3 Covers Chapter 3 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 3 • Review Chapter 3 power point Graded Assignments <ul style="list-style-type: none"> • Module 3 Quiz (testing tab)
Week 4/Module 4 Covers Chapter 4 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 4 • Review Chapter 4 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 4 Quiz (testing tab) • Mod. 4 Activity- Stress Journal (dropbox) • Mod. 4 Activity- Stress Interview (dropbox)
Week 5/Module 5 Covers Chapter 5 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 5 • Review Chapter 5 power point Graded Assignments <ul style="list-style-type: none"> • Module 5 Quiz (testing tab) • Module 5 Activity (dropbox)
Week 6/Module 6	Non-Graded Activities

Covers Chapter 6 in your textbook	<ul style="list-style-type: none"> • Read Chapter 6 • Review Chapter 6 power point Graded Assignments <ul style="list-style-type: none"> • Module 6 Quiz (testing tab) • Module 6 Activity (dropbox)
Week 7/Module 7 Covers Chapter 7 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 7 • Review Chapter 7 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 7 Quiz (testing tab)
<i>Midterm Exam is due between Week 7 and 8</i>	
Week 8/Module 8 Covers Chapter 8 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 8 • Review Chapter 8 power point Graded Assignments <ul style="list-style-type: none"> • Module 8 Quiz (testing tab) • Module 8 Activity (dropbox)
Week 9/Module 9 Covers Chapter 9 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 9 • Review Chapter 9 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 9 Quiz (testing tab) • Module 9 Activity (dropbox)
Week 10/Module 10 Covers Chapters 10 and 11 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 10 and 11 • Review Chapter 10 and 11 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 10 Quiz (testing tab) • Module 10 Activity (dropbox)
Week 11/Module 11 Covers Chapters 12 and 13 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 12 and 13 • Review Chapter 12 and 13 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 11 Quiz (testing tab)
Week 12/Module 12 Covers Chapter 14 in your textbook	Non-Graded Activities <ul style="list-style-type: none"> • Read Chapter 14 • Review Chapter 14 power point Graded Assignments <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 12 Quiz (testing tab) • Module 12 Activity (dropbox)

<p>Week 13/Module 13 Covers Chapters 15, 16, and 17 in your textbook</p>	<p>Non-Graded Activities</p> <ul style="list-style-type: none"> • Read Chapter 15, 16, and 17 • Review Chapter 15, 16, and 17 power point <p>Graded Assignments</p> <ul style="list-style-type: none"> • Discussion Post (discussion tab) • Module 13 Quiz (testing tab) • Module 13 Activity- Drug Effects (dropbox) • Module 13 Activity- Questions (dropbox)
<p>Week 14/Module 14 Covers Chapters 18 and 19 in your textbook</p>	<p>Non-Graded Activities</p> <ul style="list-style-type: none"> • Read Chapter 18 and 19 • Review Chapter 18 and 19 power point <p>Graded Assignments</p> <ul style="list-style-type: none"> • Module 14 Quiz (testing tab) • Module 14 Activity (dropbox)
<p>Week 15/Module 15 Covers Chapter 20 in your textbook</p>	<p>Non-Graded Activities</p> <ul style="list-style-type: none"> • Read Chapter 20 • Review Chapter 20 power point <p>Graded Assignments</p> <ul style="list-style-type: none"> • Module 20 Quiz (testing tab) • Module 20 Activity (dropbox)
<p><i>Final Exam is due!!!</i></p>	

This syllabus sets forth the expectations for the course content, work, and grading as well as expectations for student performance and conduct. The syllabus does not constitute a contract between the student and the instructor or the College. The information contained here is subject to change at any time. Students will be notified if any changes are made. Though changes are possible, it is expected that the course will be conducted as described in this syllabus.