

**THE UNIVERSITY OF TEXAS AT TYLER**  
**Department of Health and Kinesiology**

**Course Syllabus—Spring 2009**

**GENERAL INFORMATION ABOUT THE COURSE**

Course Title, Number & Credit Hours: ALHS 1300 Personal & Community Wellness (3 semester hours) & ALHS 1100 Personal & Community Wellness Lab (1 semester hour)

Location of Classroom: HPC 2255

Days & Hours the Class Meets:

- Lecture: Mondays, Wednesdays, & Fridays, 11:00-11:50am
- Lab: On your own time

**INFORMATION ABOUT INSTRUCTOR**

Name & Title: Ronna R. Morrison, M.S., Senior Lecturer, Department of Health and Kinesiology

Office Location and Contact Information: HPC 3051 (inside the Computer Lab, HPC 3050); 903-566-7121

Department office FAX: 903-566-7065

E-mail: [rmorrison@uttyler.edu](mailto:rmorrison@uttyler.edu)

Office Hours: Monday, 1:00-3:00pm or by appointment

Emergency Phone Numbers: Messages may be left on Instructor's voice mail at 903-566-7121. Or phone the Department of Administrative Assistant, Gail Goetz, at 903-566-7031.

Miscellaneous: Ed Schmidt will be assisting with the overall implementation of the course, including scheduling of guest speakers, organization of various lab activities, posting materials to Blackboard, etc.

CP: 903-521-1963

Email: [eschmidt@patriots.uttyler.edu](mailto:eschmidt@patriots.uttyler.edu).

**COURSE MATERIALS**

Text: Corbin, Charles B., Corbin, William R., Welk, Gregory J., & Welk, Karen A., *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach, 8<sup>th</sup> Edition.*

Lab Fees: (note: depends on selection of lab activities)

- First Aid / Adult / Child / Infant CPR/AED Certification (\$30.00)
- Azalea 2-Mile Fun Run / Walk (\$15.00)
- Azalea 10-k Fun Run
  - by Mar. 15<sup>th</sup> (\$20.00)
  - by Mar. 27<sup>th</sup> (\$25.00)
  - by Mar. 28<sup>th</sup> (race day--\$30.00)

## **COURSE DESCRIPTION, GOAL, & OBJECTIVES**

Course Description: Study of individual, societal and cultural considerations in health and wellness. Emphasis is on health-related factors that the individual can affect and rationales behind healthy behaviors.

Instructional Methods: Readings, class and small-group discussions, guided discovery, problem solving, lectures, DVD's, lab activities, writing assignments and others.

Course Goal/Objectives: The general goal is that the student understands the concepts of personal wellness and community wellness, and the interrelationship between the individual and the community in determining the health status of each. ALHS 1300 is an overview course intended as an introduction to the study of health and/or kinesiology, encompassing an array of interrelated topics. This course will also be used to introduce students to other health and kinesiology faculty and their research interests. By the end of this course, students should be able to:

1. Have a general understanding of the effects of the following factors on personal wellness and disease risk:
  - exercise
  - nutrition
  - overweight and obesity
  - blood lipids
  - stress
  - use and abuse of alcohol and other drugs
  - high-risk sexual behavior
2. Understand basic principles of cardiorespiratory and resistance training exercise, flexibility, healthy nutrition, and stress management techniques.
3. Have the knowledge and motivation necessary to implement behavior modification strategies (if necessary) to promote a wellness lifestyle.
4. Understand how behaviors and infectious diseases of individuals can affect communities and the general disparities that exist among population groups.
5. Describe some current research projects being conducted by the faculty in the Department of Health and Kinesiology.

NOTE: Specific learning objectives concerning lab activities are presented in the ALHS 1100 Lab Activity Packet.

**PROPOSED CALENDAR—ALHS 1300**

<b>Class #</b>	<b>Date</b>	<b>Day</b>	<b>Agenda</b>
1	1/12	Mon	Class overview & course introduction
2	1/14	Wed	Class overview & course introduction (cont.) <b>Chapter 1:</b> Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction, pgs. 2-14.
3	1/16	Fri	<b>Chapter 2:</b> Self-Management and Self-Planning Skills for Health Behavior Change, pgs. 22-32
	1/19	Mon	<b>Martin Luther King Holiday</b>
4	1/21	Wed	<b><u>Guest Speaker: Dr. Scott Marzilli, PhD (H &amp; K Faculty &amp; Chair) / Topic: Personal Introduction &amp; Summary of Motor Learning Research</u></b>
5	1/23	Fri	<b>Chapter 3:</b> Preparing for Physical Activity, pgs. 44-54 / PAR-Q & Health Screening
6	1/26	Mon	<b>Chapter 4:</b> The Health Benefits of Physical Activity, pgs. 64-78
7	1/28	Wed	<b><u>Guest Speaker: Ed Schmidt, NREMT-LP, CCP / Topic: Heart Rate, Heart Arrhythmias, &amp; Blood Pressure</u></b>
8	1/30	Fri	Power Point Presentation: Determining Cardiovascular Disease Risk (posted to Blackboard) <b>REMINDER: at least 1 lab activity due by 5:00pm</b>
9	2/2	Mon	Power Point Presentation con't. / Framingham Heart Study and risk factor analysis
10	2/4	Wed	<b><u>Guest Speaker: Dr. Frank Navetta, MD (Tyler Cardiovascular Consultants) / Topic: Invasive Treatments of Coronary Artery Disease</u></b>
11	2/6	Fri	<b>Chapter 7:</b> Cardiovascular Fitness, pgs. 112-122
12	2/9	Mon	<b>Chapter 10:</b> Muscle Fitness and Resistance Training, pgs. 174-188 / <b>Chapter 9:</b> Factors Influencing Flexibility & Health Benefits of Flexibility & Stretching, pgs. 151-154
13	2/11	Wed	<b><u>Guest Speaker: Dr. Joyce Ballard, PhD (H &amp; K Faculty) / Topic: Personal Introduction &amp; Summary of Osteoporosis Research</u></b>
14	2/13	Fri	Chapter 9 & 10 con't. / Power Point Presentation: A Personalized Exercise Program—How Much Exercise is Enough? (Posted to Blackboard. <b>Also note:</b> We will <i>not</i> be covering Chapter 5: How Much Physical Activity is Enough?)
15	2/16	Mon	<b>UNIT EXAM 1</b>
16	2/18	Wed	<b><u>Guest Speaker: Dr. Fan Gao, PhD (H &amp; K Faculty) / Topic: Personal Introduction &amp; Summary of Biomechanics Research</u></b>
17	2/20	Fri	Return & review Unit Exam 1
18	2/23	Mon	<b>Chapter 11:</b> Body Mechanics: Posture, Questionable

			Exercises, and Care of the Back and Neck, pgs. 214-225
19	2/25	Wed	<b>Chapter 13: Body Composition, pgs.276-288</b>
20	2/27	Fri	<b><u>Guest Speaker: Dr. Dennis Santo, DC (Santo Chiropractic Neurology Center) / Topic: TBA</u></b> <b><u>REMINDER: At least 3 lab activities due by 5:00pm (note exception)</u></b>
21	3/2	Mon	Power Point Presentation: Healthy Nutrition—Good for What Ails You (Posted to Blackboard)
22	3/4	Wed	<b><u>Guest Speaker: Ruthie Dews, RD/LD / Topic: TBA</u></b>
23	3/6	Fri	Power Point Presentation, con't.
	3/9-3/13	Mon-Fri	<b>-----SPRING BREAK-----</b>
24	3/16	Mon	Focus on consumer nutrition knowledge--DVD: <i>How to Get Fat Without Really Trying (Peter Jennings reporting)</i>
25	3/18	Wed	<b><u>Guest Speaker: Dr. John Sloan, PhD (H &amp; K Faculty) / Topic: Personal Introduction / TBA.</u></b> <b><u>NOTE: Last day to withdraw from class with an automatic "W".</u></b>
26	3/20	Fri	Power Point Presentation: Obesity & overweight trends in the U.S. (Posted to Blackboard) / DVD: <i>Critical Condition: America's Obesity Crisis</i>
27	3/23	Mon	In-Class Exercise: Dietary Prescription Based on BMI / Energy Expenditure (Power Point Posted to Blackboard)
28	3/25	Wed	<b><u>Guest Speaker: Dr. James Schwane, PhD (H &amp; K Faculty) / Topic: Personal Introduction / TBA</u></b>
29	3/27	Fri	<b>Chapter 16: Stress and Health, pgs. 348-355</b>
30	3/30	Mon	<b>Chapter 17: Stress Management, Relaxation, and Time Management, pgs. 362-372</b> <b><u>REMINDER: At least 3 lab activities due tomorrow by 5:00pm (note exception)</u></b>
31	4/1	Wed	<b><u>Guest Speaker: Dr. Keith McCoy, EdD (H &amp; K Faculty) / Topic: Stress Management (con't.)</u></b>
32	4/3	Fri	<b>UNIT EXAM 2</b>
33	4/6	Mon	Return & review Unit Exam 2
34	4/8	Wed	<b><u>Guest Speaker: Dr. Scott Spier, PhD (H &amp; K Faculty) / Topic: Personal Introduction &amp; Lecture on Space Flight Physiology</u></b>
35	4/10	Fri	<b>Chapter 18: The Use and Abuse of Tobacco, pgs. 384-391</b>
36	4/13	Mon	<b>Chapter 19: The Use and Abuse of Alcohol, pgs. 396-406</b>
37	4/15	Wed	<b><u>Guest Speaker: Steve Sherwood, RPh (The Medicine Shoppe) / Topic: Introduction to Pharmacy</u></b>
38	4/17	Fri	<b>Chapter 20: The Use and Abuse of Other Drugs, pgs. 412-418</b>
39	4/20	Mon	Power Point Presentation: Preventing Sexually Transmitted Infections (Posted to Blackboard. <b><u>Also note:</u></b> Read Chapter 21—some material from presentation is taken directly from the textbook, while other material is from outside sources.)
40	4/22	Wed	<b><u>Guest Speaker: Dr. William Sorensen, PhD / Topic:</u></b>

			<b><u>Personal Introduction &amp; Summary of Epidemiology Research</u></b>
41	4/24	Fri	<b>Chapter 22: Cancer, Diabetes, and Other Health Threats, pgs. 436-447</b>
42	4/27	Mon	Power Point Presentation on a Current Event: Threat From Avian Influenza
43	4/29	Wed	<b><u>Guest Speaker: Dr. Richard Yates, MD / Topic: Introduction to Infectious Disease</u></b> <b><u>REMINDER: At least 3 lab activities due tomorrow by 5:00pm (note exception)</u></b>
44	5/1	Fri	Power Point Presentation con't.
45	5/4	Mon	Wiggle Room
46	5/8	Fri	<b>Final Exam, 8:00-10:00am</b>

### COURSE POLICIES

#### Grading (ALHS 1300):

	<b><u>Points:</u></b>
Unit Exam 1	400 or 100 <sup>a</sup>
Unit Exam 2	400 or 100 <sup>a</sup>
Final Exam 3 (non-comprehensive, Fri, 5/8, 8:00-10:00am)	400
Attendance & Participation	<u>100</u> <sup>b</sup>
	Total 1000

<sup>a</sup>The higher of the two Unit Exam grades will count 40% of the final grade with the lower of these two grades counting 10%. All exams will be objective in nature and may include multiple choice, true/false, matching answers, etc. Exams will be completed on the test answer forms or Scantron sheets that the instructor will provide. No student is permitted to take any carried belongings to his/her chair during an exam except a writing pencil. All belongings are to be left at the sides or front of the classroom. Barring an act of God (the university being officially closed), each exam will be given at the time and date indicated in this syllabus. Only for extremely extenuating circumstances and even then only with prior approval of the instructor, will the student be allowed to make up an exam that is missed. No student may make up more than 1 Unit Exam. A make-up exam will only be given on one day of the semester with no exceptions. ***Make-up Day is Friday, April 17th at 1:00pm.*** The make-up exam will be an essay exam, and thus, completely different than the original already given.

<sup>b</sup>Every student is expected to participate and truly engage in class activities, including class discussions. While it is STRONGLY encouraged that you not miss any classes, attendance will only be taken on Wednesdays, as a full lecture hall is especially emphasized for course guest speakers. However, please remember there is a strong positive correlation between OVERALL class attendance and favorable grades!!! ***Students should NOT ask the instructor for material that was missed in the event of an absence, as it is the student's responsibility to obtain this information from another classmate.*** Attendance grades will be given based on the following scale:

- $\leq 2$  absences = 100 points
- 3 absences = 90 points
- 4 absences = 80 points
- 5 absences = 70 points
- **$\geq 6$  absences = 0 points**

ALHS 1300 final course grades will be assigned based on the following scale:

A = 900-1000    B = 800-899    C = 700-799    D = 600-699    F <600

*Study Materials: We will be covering material taken directly from the textbook as well as outside sources of information. Study materials for textbook information may be accessed at the textbook online learning center, [www.mhhe.com/corbin8e](http://www.mhhe.com/corbin8e). This site provides the following course resources:*

- On the Web: offers supplementary information on contemporary fitness and wellness topics
- Video Activities: highlight issues and trends in different areas of fitness and wellness with accompanying review questions.
- Application Assignments: offer interactive Web-based activities for applying the information presented in each concept.
- Web Resources: provide hyperlinks for the Web sites listed at the end of the each concept.
- Concept Terms/Flashcards: make learning key terms and definitions easy and fun.
- Concept Outlines: include all major chapters (heading topics) in the text to enhance the understanding and retention of content.
- Interactive Quizzes: offer questions to help in preparing for exams.

*Study questions will be provided for lectures given from outside sources of information but not necessarily from guest speaker presentations..*

*Use of Blackboard: Some course materials will be posted to Blackboard while some will not. The following is a list of materials that will be posted:*

- Course syllabus
- Lab activity packet
- Course forms & handouts
- Power point slides & study questions from the following lectures:
  - Determining Cardiovascular Disease Risk—given on or about 1/30, 2/2
  - A Personalized Exercise Program: How Much Exercise is Enough?—given on or about 2/13
  - Healthy Nutrition: Good for What Ails You—given on or about 3/2, 3/4
  - Obesity & Overweight Trends in the U.S.—given on or about 3/20
  - Dietary Prescription Based on BMI / Energy Expenditure—given on or about 3/23

- Preventing Sexually Transmitted Infections—given on or about 4/20
- Threat from Avian Influenza—given on or about 4/27, 5/1

*The power point slides used to discuss specifics about respective chapters will **NOT** be posted. The reason for this is that past experience has shown that students print and rely on the slides and do not take notes nor read the textbook, which is an inadequate way to prepare for exams.* Additionally, some guest speakers will use power point slides, while some will not. If they do permit the instructor to have a copy of their slides, these will be posted to Blackboard as well. If they do not, then no copy will be posted. It is the student’s responsibility to take notes for all presentations, whether the slides are available or unavailable for access.

Grading (ALHS 1100):

The laboratory portion of this course is an **applied** lab. In other words, there is no consistent meeting time and students will complete a series of lab activities from the following list on their own time, based on their schedule availability:

Lab Activity	Time Credit
1) Pre & Post Lifestyle Assessment Inventory	2 hours
2) Fitness testing	2 hours
3) First Aid / Adult / Child / Infant CPR/AED Certification (if not already certified)	8 hours
4) Completion of the Azalea 2-mile Fun Run/Walk (Bergfield Park)	2 hours
5) Completion of the Azalea 10-K Fun Run (Bergfield Park)	4 hours
6) Completion of 4 hours of structured exercise classes at the UT Tyler Patriot Center	4 hours
7) 5-day pedometer record and analysis	2 hours
8) Blood pressure record and analysis	2 hours
9) Completion of personal & family medical history, cholesterol & glucose testing, & Framingham risk factor analysis	2 hours
10) 3-day dietary record and analysis	2 hours
11) Reading food labels	2 hours
12) Lab 16A & 16B from text: Evaluating Your Stress level & Evaluating Your Hardiness and Locus of Control	2 hours
13) Blood donation	
• With Carter Blood Center Tour	4 hours
• Without Carter Blood Center Tour	3 hours
14) Completion of 4 hours of a community agency experience	4 hours
15) Demonstration of ability to identify specifics of over-the-counter (OTC) medications	2 hours
16) Career interviews	4 hours

\*\*\*NOTE: Some of the above activities will be offered at specific times in the health and kinesiology department. Meeting times and locations will be announced as needed. A **Laboratory Activity Packet** noting grading, requirements, lab instructions, and learning objectives of each applied lab experience is provided separately. There will be no final exam for ALHS 1100.

**\*\*\*REMEMBER:** Wednesday, March 18<sup>th</sup> is the last day to withdraw from the class with an automatic grade of “W.” After this date a regular letter grade must be assigned.

## UNIVERSITY POLICIES

<http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>

### *Students Rights and Responsibilities:*

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html>

### *Grade Replacement/Forgiveness:*

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

### *State-Mandated Course Drop Policy:*

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

### *Disability Services:*

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

### *Student Absence due to Religious Observance:*

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

*Student Absence for University-Sponsored Events and Activities:*

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

**Social Security and FERPA Statement:**

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.