I. **Course Description**
A course supporting knowledge, attitudes, skills, and behaviors in the five wellness dimensions of physical, social, emotional, intellectual, and environmental wellness. Special emphasis will be placed on personal enrichment.

II. **Rationale**
This course provides students with health content as well as application strategies for personally achieving overall wellness across the lifespan.

III. **Course Objectives/Student Learning Outcomes**
*This course is designed to enable students to:*

- Demonstrate knowledge of the science of health as a basis for healthy life choices.

- Demonstrate knowledge of the different dimensions of wellness (physical, social, emotional, intellectual, environmental), including how the dimensions overlap and interact to affect overall health and wellness.

- Demonstrate knowledge of and develop sensitivity to the many factors that may impact an individual’s health and wellness.

- Recognize healthy behaviors and practices and the consequences of unhealthy behaviors and practices.

- Analyze their own behaviors and attitudes towards health and set goals for personal improvement.

- Acquire the tools to make decisions that favorably impact health.

VI. **Course Topics**
*The major topics to be considered are:*

1. Taking Charge of Your Health
2. Stress: The Constant Challenge
3. Psychological Health
4. Intimate Relationships and Communication  
5. Sexuality, Pregnancy, and Childbirth  
6. Contraception and Abortion  
7. Drug Abuse and Addiction  
8. Alcohol and Tobacco  
9. Nutrition Basics  
10. Exercise for Health and Fitness  
11. Weight Management  
12. Cardiovascular Disease and Cancer  
13. Immunity and Infection  
14. Environmental Health  
15. Conventional and Complementary Medicine  
16. Personal Safety  
17. The Challenge of Aging  

V. Instructional Methods and Activities  
Methods and activities for instruction include:  

A. Traditional Experiences (lecture/discussion; video; online deliveries; written assignments)  
B. Clinical Experiences (cooperative groups)  

VI. Evaluation and Grade Assignment  

A. Methods and Percentage of Final Course Grade Each Assessment Constitutes  

<table>
<thead>
<tr>
<th>Methods</th>
<th>Points</th>
<th>% of Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>In-Class Assignments (17 @ 10 pts each, best 15 count)</td>
<td>150 pts</td>
<td>30%</td>
</tr>
<tr>
<td>Out-of-Class Assignments (5 @ 30 pts each)</td>
<td>150 pts</td>
<td>30%</td>
</tr>
<tr>
<td>Midterm Exam</td>
<td>100 pts</td>
<td>20%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>100 pts</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>500 pts</td>
<td>100%</td>
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</tbody>
</table>

Note: All written work must exhibit a college level of competency. Written work with three or more errors in any combination of spelling, grammar, punctuation, and/or capitalization is considered unacceptable and will receive a score of ZERO (0).  

B. Grading Scale  

A = 450-500 pts (90-100%)  
B = 400-449 pts (80-89%)  
C = 350-399 pts (70-79%)  
D = 300-349 pts (60-69%)  
F = 299 pts or less (59% or less)
VII. Course Schedule and Policies

A. Below is a tentative course outline that is subject to change throughout the semester. Actual dates for topics to be covered and corresponding readings, assignments, and assessments will be announced in class.

<table>
<thead>
<tr>
<th>Week</th>
<th>Class Meeting Dates</th>
<th>Topics and Readings</th>
<th>Assignments and Assessments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Tuesday, 7/5</td>
<td>Course introduction</td>
<td>Syllabus assignment</td>
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<tr>
<td></td>
<td>Wednesday, 7/6</td>
<td>Chapter 1</td>
<td>Daily and weekly assignments</td>
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<tr>
<td></td>
<td>Thursday, 7/7</td>
<td>Chapter 2</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Monday, 7/11</td>
<td>Chapter 3</td>
<td>Daily and weekly assignments</td>
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<tr>
<td></td>
<td>Tuesday, 7/12</td>
<td>Chapter 4</td>
<td></td>
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<td></td>
<td>Wednesday, 7/13</td>
<td>Chapter 5</td>
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<tr>
<td></td>
<td>Thursday, 7/14</td>
<td>Chapter 6</td>
<td></td>
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<tr>
<td>3</td>
<td>Monday, 7/18</td>
<td>Chapter 7</td>
<td>Daily and weekly assignments</td>
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<td></td>
<td>Tuesday, 7/19</td>
<td>Chapter 8</td>
<td>MIDTERM EXAM</td>
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<td></td>
<td>Wednesday, 7/20</td>
<td>Chapter 9</td>
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<tr>
<td></td>
<td>Thursday, 7/21</td>
<td>MIDTERM EXAM</td>
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<tr>
<td>4</td>
<td>Monday, 7/25</td>
<td>Chapter 10</td>
<td>Daily and weekly assignments</td>
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<td></td>
<td>Tuesday, 7/26</td>
<td>Chapter 11</td>
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<td>Wednesday, 7/27</td>
<td>Chapter 12</td>
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<td>Thursday, 7/28</td>
<td>Chapter 13</td>
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<tr>
<td>5</td>
<td>Monday, 8/1</td>
<td>Chapter 14</td>
<td>Daily and weekly assignments</td>
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<td>Tuesday, 8/2</td>
<td>Chapter 15</td>
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<td>Wednesday, 8/3</td>
<td>Chapter 16</td>
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<td>Thursday, 8/4</td>
<td>Chapter 17</td>
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<td></td>
<td>Friday, 8/5</td>
<td>FINAL EXAM</td>
<td>FINAL EXAM</td>
</tr>
</tbody>
</table>

B. Class Policies

Attendance/tardiness
Students are required to punctually attend all class meetings. Daily attendance will be taken by the instructor on class meeting days. As a courtesy, please email the instructor in advance of class if you are going to be absent for any reason.

Late work and Make-up Exams
Only students who are absent from class on approved University business or for a religious holy day may make up coursework and exams. These students are responsible for informing the instructor about the absence in advance so that arrangements can be made. Quizzes, assignments, or exams missed due to unexcused absences or tardiness may NOT be made up. Failing to turn in or show up for a quiz, assignment, or exam will automatically result in a score of ZERO (0) for that item.
Extra Credit
There may be one or more opportunities to earn extra credit during the course. Any extra credit opportunities will be announced in class by the instructor.

Cell Phone/Electronic Device Usage
The use of cell phones, laptops, tablets, and other electronic devices is not permitted during class time. Please come to class prepared to take handwritten notes. Cell phones should be turned off or placed on silent (not vibrate) prior to the class start time. If a student is caught or perceived to be using their cell phone (texting, web browsing, etc.), they may be asked to leave class. The intent of this policy is not to be punitive, but rather to reinforce, in a powerful manner, the importance of professionalism in the classroom and beyond. If you have an emergency situation and need to have access to your phone during class, please inform the instructor at the beginning of class.

Academic Integrity/Plagiarism.
University students are expected to conduct themselves in accordance with the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as illicit possession of examinations or examination materials, falsification, forgery, complicity or plagiarism. (Plagiarism is the presentation of the work of another as one’s own work.)

Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty, and with giving sanction to any student involved. Penalties that may be applied to individual cases of academic dishonesty include one or more of the following:
1. Written reprimand.
2. Requirement to re-do work in question.
3. Requirement to submit additional work.
4. Lowering of grade on work in question;
5. Assigning grade of ‘F’ to work in question;
6. Assigning grade of ‘F’ for course;
7. Recommendation for more severe punishment, such as dismissal from the program or from the University.
See the University Catalog for more information.

Dropping a Class
I hope that you never find it necessary to drop this or any other class. However, events can sometimes occur that make dropping a course necessary or wise. Please consult with me before you decide to drop to be sure it is the best thing to do. Should dropping the course be the best course of action, you must initiate the process to drop the course by going to the Student Services Center and filling out a course drop form. Just stopping attendance and
participation WILL NOT automatically result in your being dropped from the class. Friday, July 22 is the last day to drop a class with an automatic grade of “W” this term.

**Classroom/professional behavior**

Texas A&M University-Corpus Christi, as an academic community, requires that each individual respect the needs of others to study and learn in a peaceful atmosphere. Under Article III of the Student Code of Conduct, classroom behavior that interferes with either (a) the instructor’s ability to conduct the class or (b) the ability of other students to profit from the instructional program may be considered a breach of the peace and is subject to disciplinary sanction outlined in article VII of the Student Code of Conduct. Students engaging in unacceptable behavior may be instructed to leave the classroom. This prohibition applies to all instructional forums, including classrooms, electronic classrooms, labs, discussion groups, field trips, etc.

**VIII. Textbook**

*The textbooks adopted for this course are:*


**Website:**

The Website that accompanies and is coordinated with this course is Blackboard, which can be accessed at bb9.tamucc.edu. Blackboard is the primary means through which the instructor will distribute materials, make announcements, and contact students. Grades can also be found here. *It is the student’s responsibility to check Blackboard and University email account at least once daily!*

**IX. Grade Appeals**

As stated in University Rule 13.02.99.C2, Student Grade Appeals, a student who believes that he or she has not been held to appropriate academic standards as outlined in the class syllabus, equitable evaluation procedures, or appropriate grading, may appeal the final grade given in the course. The burden of proof is upon the student to demonstrate the appropriateness of the appeal. A student with a complaint about a grade is encouraged to first discuss the matter with the instructor. For complete details, including the responsibilities of the parties involved in the process and the number of days allowed for completing the steps in the process, see University Rule13.02.99.C2, Student Grade Appeals, and University Procedure 13.02.99.C2.01, Student Grade Appeal Procedures. These documents are accessible through the University Rules Web site at [http://www.tamucc.edu/provost/university_rules/index.html](http://www.tamucc.edu/provost/university_rules/index.html). For assistance and/or guidance in the grade appeal process, students may contact the Office of Student Affairs.
X. **Disabilities Accommodations**
The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please call or visit Disability Services at (361) 825-5816 in CCH 117. If you are a returning veteran and are experiencing cognitive and/or physical access issues in the classroom or on campus, please contact the Disability Services office for assistance at (361) 825-5816.

XI. **Statement of Civility**
Texas A&M University-Corpus Christi has a diverse student population that represents the population of the state. Our goal is to provide you with a high quality educational experience that is free from repression. You are responsible for following the rules of the University, city, state and federal government. We expect that you will behave in a manner that is dignified, respectful and courteous to all people, regardless of gender, ethnic/racial origin, religious background, age, sexual orientation or disability. Behaviors that infringe on the rights of another individual will not be tolerated.
http://falcon.tamucc.edu/~students/JAffairs/ja_hndbk_academic_info.htm

XII. **Statement of Academic Continuity**
In the event of an unforeseen adverse event, such as a major hurricane and classes could not be held on the campus of Texas A& University--Corpus Christi; this course would continue through the use of Blackboard and/or email. In addition, the syllabus and class activities may be modified to allow continuation of the course. Ideally, University facilities (i.e., emails, web sites, and Blackboard) will be operational within two days of the closing of the physical campus. However, students need to make certain that the course instructor has a primary and a secondary means of contacting each student.