Course Information:

Course Title: Introduction to Health and Wellness
Credits: 3
Class Hours: 3

Course Description:

An introduction to concepts and practices for developing and maintaining healthy lifestyles in order to achieve a balance for lifelong wellness including physiological, biological, and psychological processes. Students participate in health, nutrition, and fitness evaluations as well as identify general individual risk factors. Activities include an individualized wellness plan. Prerequisite(s): Level 2 placement in English and Reading.

Instructor Information:

Name:  
Email:  
Office Phone:  
Office Location:  
Office Hours:  

Required Textbook(s) & Other Materials:

ISBN:  
Access Code: (if applicable; delete line if not applicable)
Reference Materials:  
Supplies: Must sign waiver form for the course.

Once enrolled, all students should verify that they have the correct textbook and materials information by consulting the D2L/NS Online shell for the course. If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center at 615-353-3721, 615-353-3741, or accesscenter@nscc.edu.
Course Outcomes:
Upon successful completion of this course, students should be able to:

- Develop a knowledge and understanding of the basic concepts of personal health, wellness, physical fitness, and nutrition
- Explore various theories relating to health behavior change for maintaining a healthy lifestyle
- Describe how conditioning exercise promotes physical health and emotional stability
- Develop an awareness of current health issues

Course Competencies:
This course also provides an opportunity to apply problem-solving skills in social and personal situations. Additionally, the purpose of the activities is to provide the student with the experience to use critical skills in self-evaluation of health values. The course will also assist the students in developing written and oral communication skills.

Topics to Be Covered:
(List topics in relevant order)

Course Assessments:
The following performance assessments will be used to demonstrate students’ understanding, knowledge, and skills: (include type and point/percentage breakdown here)

Grading Policy:
Late Work Policy & Make-up Procedures for Missed Assignments and Work:
(Each instructor will provide policy)

Attendance Policy
Students are expected to attend all scheduled classes and laboratories. Absences in a course may affect a student’s final grade. The student is responsible for all assigned work in the course regardless of excused or unexcused absences. Tardiness may also affect a student’s final grade.

In online courses, attendance is signaled by logging on to the D2L/NS Online shell, participating as prompted (e.g., responding to an instructor’s email, posting to a discussion board) and/or completing and submitting assignments. Campus closures do not affect attendance and assignment completion in online courses.

(Each instructor will provide policy, especially how attendance influences student assessment and grading.)

Grading Scale:

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<th>Letter Grade</th>
<th>Percentage Range</th>
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According to NSCC policy, if a student fails a course, but has not officially withdrawn from the course, and her/his last date of attendance is before the last date to withdraw (use date appropriate to your section), the student will receive a grade of FA (i.e., “Failure for Attendance Reasons”).

(While the above statement should appear in all syllabi, faculty are encouraged to make additional statements or provide examples that would clarify the policy for students.)

FN
An FN is awarded to students who never attended class.

**Technology Statement**
Nashville State's classes are considered to be web-enhanced. Faculty have an expectation that students will use a computer and the Internet to complete assignments, engage in online discussions, and access various course materials through D2L/NS Online course shells. Computers are available for student use at each campus during campus open hours.

**D2L/NS Online and myNSCC**
It is students’ responsibility to check D2L/NS Online course shells for all enrolled courses and myNSCC, including student email, on a regular basis. These are the official communication channels between the college and students, who are responsible for the information communicated through those channels. D2L/NS Online contains specific course information and myNSCC contains information important for other purposes.

**ADA Compliance Statement**
Nashville State complies with the Americans with Disabilities Act (ADA). If you require accommodations for any courses in which you are enrolled, contact the Access Center at 615.353.3741 or 615.353.3721, or e-mail accesscenter@nscc.edu. If you are registered with the Access Center and require an alternate format for the textbook and other course materials, please contact the Access Center.

**Classroom Misconduct**
Nashville State Community College has a zero-tolerance policy for disruptive conduct in the classroom. Students whose behavior disrupts the classroom will be subject to disciplinary measures. Please review the [Nashville State Student Code of Conduct policy](#). Please be aware that children are not allowed in class or to be left unattended on campus.

**Academic Misconduct**
Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. Students are responsible for understanding and abiding by the [Academic Misconduct Policy](#) in the Nashville State Student Code of Conduct. In addition to other possible disciplinary measures that may be
applied through regular college procedures as a result of academic dishonesty, the instructor has the authority to assign an “F” or a “zero” for the exercise, paper, or examination, or to assign an “F” for the course. Students may appeal through the appropriate college grade appeal procedures.

(Each instructor will outline his/her expectations for academic integrity and provide individualized information about consequences for academic misconduct.)

**Academic Early Alert System**
Nashville State Community College uses an Early Alert System to let students know of a faculty member’s concern in one or more of these academic areas: lack of attendance, lack of classroom participation, late or missing assignments, and/or poor performance on assignments/tests. *Please note that Early Alerts do not affect a student’s academic standing. If you receive an Early Alert email, please see your instructor and your academic advisor as soon as possible.*

**RAVE Emergency Alert System**
Emergency events can happen at any time and Nashville State Community College wants to be able notify students if and when they occur. For this reason, all students have been enrolled in the free RAVE alert system. If you have not already done so, please log in at [https://www.get rave.com/login/nssc](https://www.get rave.com/login/nssc) to confirm and update your contact information and notification preferences. It is critical that your information be correct so that you will receive any emergency notifications. Your RAVE Username is your NSCC email address. If you’ve never received an email from RAVE with your password, or if you need to reset your password, select “Forgot your password?” and a new password will be emailed to you. Should the RAVE system indicate “user not found”, select Register and create your own RAVE account.

**Inclement Weather & Campus Closings**
Nashville State will use the RAVE alert system to send a text message to students, staff, and faculty about adjusted hours of operation and/or closings at individual campuses. All students should check the Nashville State web site home page at www.nscc.edu for announcements on campus closures, which may vary from campus to campus. Campus closures will also be announced on local television stations. Students should use their own best judgment in determining whether to report to campus during inclement weather when classes are not cancelled.

Even when campuses are closed, students are still responsible for completing all assigned work. When classes are cancelled, faculty will post online assignments and any additional instructions in the D2L/NS Online course shell. Check D2L/NS Online for a message from your instructor regarding your online assignment requirements. Faculty have discretion over adjusting deadlines or due date for assignments, but students are responsible for completing all assigned work by the due date established by the instructor.

**Class Cancellation Policy**
If the class is cancelled, the instructor will notify all students by posting in the D2L/NS Online course, e-mailing through D2L/NS Online, and/or by posting a sign on the classroom door. In the event of class cancellation, students must access D2L/NS Online to complete classwork and the assignment that will be posted in the course D2L site.
ASSUMPTION OF RISK AND RELEASE
Nashville State Community College
Liability Release, Waiver, Discharge and Covenant Not to Sue / Medical Consent
This is a legally-binding Release and Medical Consent made by me.
______________________________________, to Nashville Statement
Community College. I fully recognize that there are dangers and risks to which I may be exposed by participating in Physical Conditioning during the __________ semester. The following is a description and examples of significant, non-obvious dangers and risks associated with this activity: increased heart rate which can increase blood pressure, aerobic and anaerobic conditioning, weight-bearing and other modalities of weight bearing activities that can affect current shoulder, hip, etc surgeries. I understand the institution does not require me to participate in these activities, but I want to do so, despite the possible dangers and risks and despite this Release.

I therefore agree to assume and take on myself all of the risks and responsibilities in any way associated with this activity. In consideration of and in return for the services, the facilities, and the other assistance provided to me by the institution in this activity, I release the institution (hereinafter including its governing board, employees, and agents) from any and all liability claims and actions caused entirely or in part by any acts or failures to act of the Institution, including, but not limited to negligence, mistake, or failure to supervise by the Institution.

I understand that the Institution does not have medical personnel available at the location of the activity. I therefore grant the Institution permission to authorize emergency medical treatment if deemed necessary by the Institution. I agree the Institution assumes no responsibility or liability for any injury or damage which might arises out of or in connection with such authorized medical emergency treatment. I further state that I have adequate health insurance necessary to provide for and pay for any medical costs that I may incur during or arising from my participation in this activity.

4/2018