Nashville State Community College
Intro to Health and Wellness PHED 1010

Instructor:
Times:
Classroom:
Office/Office Hours:
Phone:
Email

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 identifying general individual risk factors leading to an individualized wellness plan.
Prerequisite(s): English: Level 2 placement, Reading: Level 2 placement

Text: Hales: Invitation to Health (14th Ed.)
ISBN # 0-538-73655-0

Disclaimer: Textbooks frequently change editions, so please be sure to check with the school bookstore to verify the current ISBN of the textbook before purchasing the textbook.

Course Outcomes:
Upon completion of this course, students will:
- 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 opportunities 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 student in developing written and oral communication skills.

Course Evaluation and Assignments:
Exams: Midterm and Final Exams, tests and quizzes will evaluate the student's comprehension of lectures, reading assignments, demonstration, and practicum experience.

Assignments: These will be used to evaluate the student's researching and planning ability and integration of their learning experiences. Written work will be graded on the following basis:
- Adherence to assignment guidelines
- Neatness – legibility.
- Composition

Revised 1/26/15
- Projection of thought.
- Indication of thorough research effort where indicated
- Punctuation, spelling and grammatical errors will result in a lowered grade.

Cheating:
Students who cheat are subject to dismissal from class with an “F” grade.

Test Make-Up Policy:
- No make-up tests will be permitted unless arrangements are made with the instructor before the test is given. Call the instructor’s office early in the morning if you wake up ill or if you have an emergency.
- Make-up tests must be made up within two (2) class meetings. Failure to make a test up will result in a “0” grade.

Grading Policy:

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<td>Classroom Participation</td>
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Grading Scale:

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Attendance Policy:
- Students are to notify the instructor prior to any class he/she is unable to attend.
- A student is permitted one (1) absence per semester due to his/her own illness or death in the immediate family. More than one (1) unexcused absence may result in the lowering of the final grade. Four (4) absences will result in failure of the course.
- Tardiness is considered unprofessional and will not be tolerated. Three (3) tardinesses will equal one (1) absence.

Attendance/Withdrawal Policy:
Failure to attend class will result in a final course grade of “FA” or “FN”
- FA – Failure – attendance related (last date of attendance required)
- FN – Failure – never attended class

ADA Statement:
*Please Note: Nashville State complies with the Americans With Disabilities Act. If you wish to request any accommodation(s) for this class, please contact Student Disability Services Office. Documentation from student Disability Services is required for accommodation(s).

NOTE:
This syllabus is a master syllabus. Specific course requirements are subject to revision at the discretion of the individual instructor. A course syllabus will be provided the first day of class.
Academic Dishonesty

Any form of academic dishonesty, cheating, plagiarizing, or other academic misconduct is prohibited. “Plagiarism may result from: (1) failing to cite quotations and borrowed ideas, (2) failing to enclose borrowed language in quotation marks, and (3) failing to put summaries and paraphrases in your own words” (A Writer’s Reference 331).

Academic dishonesty may be defined as, but is not limited to, intentionally trying to deceive by:
- claiming credit for the work of another person, using information from a web page or source without citing the reference
- fraudulently using someone else’s work on an exam, paper, or assignment
- recycling your own work from another course
- purchasing papers or materials from another source and presenting them as your own
- attempting to obtain exams/materials/assignments in advance of the date of administration by the instructor
- impersonating someone else in a testing situation
- providing confidential test information to someone else
- submitting the same assignment in two different classes without requesting both instructor’s permission
- allowing someone else to copy or use your work
- using someone else’s work to complete your own
- altering documents, transcripts or grades
- forging a faculty/staff member’s signature

In addition to other possible disciplinary sanctions that may be imposed 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.
Classroom Conduct Policy

**Nashville State has a zero tolerance policy for disruptive conduct in the classroom.**

- The instructor has primary responsibility for control over classroom behavior and maintenance of academic integrity.
- He/she can order temporary removal or exclusion from the classroom of any student engaged in disruptive conduct, or conduct which violates the general rules and regulations of the College.
- Disruptive behavior in the classroom that obstructs or disrupts the learning environment is defined as:
  - Offensive language
  - Harassment of students or professors
  - Repeated outbursts from a student which disrupt the flow of instruction or prevent concentration on the subject taught
  - Failure to cooperate in maintaining classroom decorum
  - Continued use of any electronic or other noise or light emitting device which disturbs others;
    - Beepers
    - Cell phones
    - Palm pilots
    - Lap-top computers
    - Games

- Students who are removed from class for disruptive behavior will not be allowed to return until the issue is resolved.