

**Personal Health and Safety
HPE 111
Fall 2006**

Time: Tuesday and Thursday
9:30- 10:20
Instructor: Dr. Nicole Reaves
Office Phone: 919-546-8337

Office Location:
Old Education Building Office 03

Office Hours:
Mon. and Wed.: 10:00- 12:00 am, 2:00 pm- 3:00 pm
Tuesday and Thursday: 10:30 am- 12:30 pm
Fri.: by appointment

Student Classroom Decorum Expectations

To enhance the learning atmosphere of the classroom, students are expected to dress and behave in a fashion conducive to learning in the classroom. More specifically, students will refrain from disruptive classroom behavior (**i. e., talking to classmates, disrespectful responses to teacher instructions; swearing; wearing** clothes that impede academic learning such as but not limited to, wearing body-revealing clothing and excessively baggy pants; hats/caps, and/or headdress. Students will turn off telephones prior to entering the classroom. Students who exhibit the behaviors described above, or similar behaviors will be immediately dismissed from class at the third documented offense. The student will be readmitted to class only following a decision by the department chair. The student may appeal the decision of the department chair to the Dean of the College offering the course, and, subsequently, to the Office of the Vice President for Academic Affairs, and then to the President of Shaw University. The decision of the President will be final. Failure to follow the procedures herein outlined will result in termination of the appeal, and revert to the decision of the department chair.

Each behavior construed by the teacher/professor as noncontributive to learning will be recorded, properly documented, and appropriately reported to the student and to the chair of the academic department offering the course. The report will be in written form with a copy provided to both the student and the department chair. The faculty member should retain a copy for his/her own records.

Additional student behavior codes may be found in Student Affairs.

Textbook:

Hale, D. (2005). An invitation to health. Thomson/Wadsworth Publishing: Belmont.
Reaves, N. (2005). Wellness journal. Kendal/Hunt Publishing: Iowa.

Course description: A course designed to acquaint the student with basic knowledge and understanding of concepts associated with physical fitness and activity as they relate to optimal healthful living.

In keeping with the philosophy of Shaw University, ethical considerations are infused throughout the course.

Course Outline:

- Week 1 Health overview. Dimensions of health; physical, emotional, intellectual, spiritual, and occupational.
- Week 2 Psychological Wellness. Depression, suicide, Maslow's hierarchy of needs, neurosis vs. psychosis.
- Week 3 Managing stress. Physiological response to stress. Stages of stress; alarm resistance, and exhaustion.
- Week 4 Health related fitness parameters; cardiovascular endurance, muscular endurance, muscular strength, body composition, flexibility. Proper fitness training techniques, warm-up, and cool-down. Performance enhancers.
- Week 5 Nutrition, diet and weight control. Food groups. Atkins diet, low carbohydrate diet, vegan, vegetarian diet, lactovegetarian diet.
- Week 6 Preventing drug abuse and addiction. Stimulants, depressants, hallucinogens, narcotics, inhalants. NA, CA, and other self help groups (12 step programs).
- Week 7 Alcohol is a drug. Alcohol and murder, automobile accidents, domestic violence, liver disease, MADD. Denial and enabling, codependence, alcoholism, recovery, AA, medical intervention.
- Week 8 Tobacco; chronic obstructive lung disease, emphysema, cardiovascular disease, cancer. Smoking and reproduction; infertility, impotence, problem pregnancy. stopping smoking.
- Week 9 Preventing cardiovascular disease. Risk factor; high blood pressure, diabetes, lack of exercise, obesity, stress type A personality, high cholesterol, smoking.
- Week 10 Living with cancer and other chronic disease. Types of cancer and their causes, cancer treatment, prognoses, Crohn's disease, lupus, diabetes, sickle cell, MS
- Week 11 Preventing infectious disease. Vaccines; tuberculosis, measles, tetanus, polio, hepatitis B, influenza, AIDS, Lyme disease, toxic shock syndrome, STDs: chlamydia, gonorrhea, syphilis, trichomonias, papilloma virus, chancroids, crab lice, STD prevention and treatments.
- Week 12 Sexuality and reproduction. Male and female reproductive systems. psychological bases of human sexuality, patterns of sexual behavior. types of love friendship, intimacy, marriage, divorce.

Week 13 Birth Control. Male and female condoms, diaphragm, spermicides, birth Control pills, abstinence, patch. Infertility and abortion.

Week 14 Consumer and safety issues. Choosing a good doctor. Health insurance.

Week 15 Protecting yourself. Homicide, rape, gang violence. Motor vehicle safety, fire safety, falls. Preventing accidents for children.

Week 16 Death and dying. Grieving process. Shock, denial, bargaining, anger, sublimation, depression, acceptance.

Evaluation:

Written Examinations: 2 exams @ 100 points.....200 points
Final Examinations: 1 exam @ 100 points.....100 points
Journal:.....100 points
Written assignments (homework).....50 points
(Each student will be required to do a library assignment)
Class Participation (attendance).....50 points
*All unexcused absences over the allowed number will result in a 5 point deduction.

500 points

Grading Scale:

-450- 500 (90-100%)=A
-400- 449 (80- 89%)= B
-350- 399 (70- 79%)= C
-300- 349 (60- 69%)= D
-less than 300=F