



Abraham Baldwin

AGRICULTURAL COLLEGE

A State College of the University System of Georgia

TIFTON, GEORGIA

Course Syllabus

Course Name: Health and Wellness
Course Number: PHED 1100
Course Description: 2 hours. Designed to provide the student with knowledge of current health problems including physical fitness, nutrition, and major diseases, and to encourage application of this knowledge for healthful living.
Pre-requisites/Co-requisites: none
COURSE LEARNING OUTCOMES: By the end of the semester, the student will: <ul style="list-style-type: none">➤ demonstrate an overall knowledge of personal wellness.➤ demonstrate the knowledge of the five components of physical fitness.➤ identify behaviors associated with optimum health and wellness.➤ identify risk factors and warning signs used in the prevention of disease.➤ identify basic nutritional principles.
College Policy on Class Attendance: Courses at Abraham Baldwin Agricultural College are provided for the intellectual growth and development of students. To attain maximum success, students should attend all of their classes, be on time, and attend all scheduled course activities including, but not limited to, field trips, seminars, study sessions, individual conferences, and lectures. This interaction with instructors and other students is an important element of the learning process, and a high correlation exists between class attendance and course grades. A student must understand the importance of regular participation in classroom and laboratory activities. The absence of any student affects not only his or her performance but the performance of the class as a whole. Absence from class, for whatever reason, does not excuse a student from full responsibility for class work or assignments missed. Students must accept this responsibility. Instructors will keep accurate attendance records and must report the individual number of absences with midterm and final grades. At the beginning of each semester, instructors will explain clearly to their student's specific attendance requirements (including possible penalties). Additionally, they will publish the attendance policy on their syllabi and web-sites. A student penalized for excessive absences may appeal through the grade appeal process, as stated in ABAC's college catalog and student handbook.
INSTITUTIONAL ABSENCE
A student who serves as an official representative of the college is defined as one who: is authorized to use the college name in public relationships outside the institution; regularly interacts with non-college individuals and groups over an extended period of time (at least one semester); represents the college as a part of a group and not as an individual; represents the college under the direct supervision of a college faculty or staff member; and is authorized in writing, in advance, by the President of the college.

Such a student is in no way released from the obligations and responsibilities of all students, but will not be penalized with unexcused absences when absences result from regularly scheduled activities in which he/she represents the college. Further, it is the responsibility of each student to contact instructors prior to the absence and to make arrangements to make up any work that will be missed, in a manner acceptable to the instructor. Advisors of activities will schedule off-campus activities in a manner that does not unduly disrupt the learning process for a student.

College Policy on Academic Dishonesty

Academic irregularities include, but are not limited to, giving or receiving of unauthorized assistance in the preparation of any academic assignment; taking or attempting to take, stealing, or otherwise obtaining in an unauthorized manner any material pertaining to the education process; selling, giving, lending, or otherwise furnishing to any person any question and/or answers to any examination known to be scheduled at any subsequent date; fabricating, forging, or falsifying lab or clinical results; plagiarism in any form related to themes, essays, term papers, tests, and other assignments; breaching any confidentiality regarding patient information.

B. Disciplinary Procedures

1. When a faculty member suspects that a student has engaged in academic dishonesty, the faculty member will contact the Office of the Vice President for Academic Affairs. The Vice President for Academic Affairs will notify the student in writing of the report and will appoint a neutral person from among the faculty or staff to meet with the faculty member who reported the matter and the student(s) believed to have engaged in academic dishonesty. The purpose of the meeting, to be scheduled by the Office of the Vice President for Academic Affairs, will be to provide a facilitated discussion about what may have occurred. The faculty member who reported the matter, the student(s) believed to have engaged in academic dishonesty, and the facilitator are the only participants in the meeting. Audio nor video recordings of these proceedings will be permitted. Following the discussion, the facilitator will submit a form summarizing results of the proceedings to the Office of the Vice President for Academic Affairs.
2. The faculty member and student(s) may reach an agreement about the matter and, if dishonesty is involved, may determine the appropriate consequences. If no resolution is agreed upon, the matter will be forwarded to the Dean of Students, who will convene the Student Judiciary Committee to determine the outcome of the allegation.
3. Guidelines for disciplinary procedures as outlined in Section V of the Student Code of Conduct will be applicable in cases involving alleged academic dishonesty. A written copy of the recommendations by the Student Judiciary Committee shall be sent not only to the student but also to the faculty member who made the allegations of academic dishonesty against the student, to the Vice President for Academic Affairs, and to the President.
4. Prior to any finding of responsibility on the part of the student, the faculty member shall permit the student to complete all required academic work and shall evaluate and grade all work except the assignment(s) involved in the accusation of dishonesty. The faculty

C. Appeals Process

Students have the right to appeal a Student Judiciary Committee hearing recommendation in accordance with the following procedures:

1. Requests for appeals must be submitted in writing to the Office of the Vice President for Student Affairs within five business days of the date of the letter notifying the student of the original decision. Failure to appeal within the allotted time will render the original decision final and conclusive.

2. Written requests for appeals must be specific and detailed as to the nature and substance of the student's complaint and must clearly indicate what action is requested. The written request should specify the grounds for appeal. Judicial recommendations may be appealed on the following grounds:

- A violation of due process
- Prejudicial treatment by the original hearing body
- New evidence has become available which was not available at the time of the hearing.

3. Appeals shall be decided upon the record of the original proceedings, the written appeal submitted by the defendant and any written briefs submitted by other participants. Cases will not be reheard on appeal.

4. If the student is dissatisfied with the decision of the Vice President for Student Affairs, the student may request in writing that the President consider the appeal, but such request must be made within five business days of the Vice President's decision or the Vice President's decision will be considered final and conclusive.

5. Within five business days of receiving the appeal, the President will either rule on the appeal or refer the appeal to a special Presidential Panel. The Presidential Panel will review all facts and circumstances connected with the case and within five business days make a report of its findings to the President. After consideration of the Panel's report, the President will within five business days make a decision which shall be final so far as the College is concerned.

6. Should the student be dissatisfied with the President's decision, written application may be made to the Board of Regents for a review of the decision. This application must be submitted within twenty days following the decision of the President. Additional information regarding procedures for appealing to the Board is available in the Office of the Vice President for Student Affairs. The decision of the Board shall be final and binding for all purposes.

member may, however, take any action reasonably necessary to collect and preserve evidence of the alleged violation and to maintain or restore the integrity of exam or laboratory conditions.

5. A student may not withdraw from a course to avoid penalty of plagiarism or other forms of academic dishonesty.

If there is a student in this class who has specific needs because of learning disabilities or any other disability, please feel free to contact the instructor.

This is a partial syllabus. More detailed information relating to the class and Instructor will be made available to each student.

ASSISTANT PROFESSOR: Donna Campbell

OFFICE: Gressette Gymnasium, Room 214

CLASS LOCATION: Gressette Gym, Room 207

OFFICE HOURS: Mon. & Wed. - 8:30 – 9:50, Tues. & Thurs. – 8:30-9:30 & 10:20-11:00, Fri. – 9:00-12:00. At Fillie Field (softball practice) each day 2:00 – 6:00 p.m.

EMAIL: dcampbell@abac.edu

PHONE: 229-391-4929 office/229-392-3749 cell

Weather Hotline: 229-391-5225

MATERIALS: Textbook: Fit & Well Core Concept and Labs in Physical Fitness and Wellness.Fahley/Insel/Roth, 9th edition. In order to register for this Connect course, you need to utilize a unique section Web Address which will be provided on the first day of class. You will also need the Connect access code, which was packaged with their McGraw-Hill textbook. If you do not have that code, you can purchase Connect from the unique section Web Address or CONNECT codes can be purchased at the ABAC Bookstore. Connect can also be purchased online at our section's Connect web address: **{see code provided on first day of class}**. If you purchase Connect online, you will have the option of purchasing Connect or ConnectPlus, which includes an interactive eBook to supplement the required textbook for this course. NOTE: You can register in Connect and have access without a code for a limited time period (typically three weeks). Students **MUST** be registered with Connect by January 25, 2012. The student will need to purchase 8 scantrons for testing (available in the ABAC Bookstore).

Additional course resources at the instructor's website is <http://www.abac.edu/dcampbell>

CONNECT/WEB VISTA: The instructor's CONNECT/WEB VISTA site is a vital part of this course and each student will be required to use. McGraw-Hill's Connect is a web-based assignment and assessment solution required for this course. Connect is designed to assist you with your coursework based on your needs. As outlined in this syllabus, assignments will make up a {significant} portion of your overall course grade. To register in Connect, please visit **{see code provided on first day of class}** and click "*Register Now.*" If you have any issues while registering or using Connect, please contact McGraw-Hill's CARE team through <http://www.mhhe.com/support>. To avoid problems related to unexpected technical issues, you are advised not to wait until the last moment to complete assignments. Please review your "*Student Quick Tips*" for further support.

WEB VISTA: Course resources located on Vista include but are not limited to: a syllabus, a course calendar, study guides, course grades, attendance and exam information. The Instructor's Connect/WebCT Vista site is a vital part of this course and each student will be required to use and **MUST** register prior to January 25, 2012.

COURSE WITHDRAWALS: Withdrawing from a course is the responsibility of the student. If a student needs to reduce his/her course load during a particular semester, that student may officially withdraw from a class with a grade of "W," provided he/she takes this action before the mid-point in the semester (see the college calendar). Course withdrawals processed after the "drop" or mid-point deadline will result in a "WF" in the course. The student who wants to withdraw from a course must first see his/her academic advisor for permission to withdraw. At that point the advisor completes a drop form and the student follows the steps outlined on the form and submits it to the Registrar's Office. Official withdrawals can be made only if the student has not already abandoned the course and been dropped from the course with a penalty. Deadline to withdraw without penalty is Wed., Feb. 29, 2012 by 4:30 p.m.

COLLEGE WIDE HARASSMENT POLICY: Sexual or racial harassment in the University System is prohibited and shall subject the offender(s) to the appropriate disciplinary action. A student who feels subjected to any type of harassment should consult the instructor immediately. *Refer to the college catalog and/or student handbook.*

ABAC'S POLICY ON MIDTERM ADVISORY GRADES: Midterm Advisory Grades will be reported on Banner Web to any student who has a C, D, or an F in any class. The number of class absences will be posted for all students. Advisory grades are not entered on the student's permanent record. Students should note that these grades are advisory and will not necessarily reflect the final grade earned in the course. These grades are intended to provide students with information in order to improve their performance in the second half of the semester. Students are responsible for checking Banner Web when grades and absences have been reported. Students who receive grades should meet with their instructors to develop plans for success in the second half of the semester. Students also should take advantage of study groups and the free tutoring services offered by the Student Success Center.

CLASS ATTENDANCE POLICY: Attendance is expected from each student and will be documented each class period. Students should know that there is a direct correlation between class attendance and course grade. Absence from class, for whatever reason, does not excuse a student from full responsibility for class work, assignments, or missed test. Whenever a student is absent, whether for official or personal reasons, the student must assume responsibility and provide notice to the instructor, preferably in advance.

Final determination of what constitutes an excused absence rests with the classroom instructor. If no notification of absence is given to the instructor then the absence will be documented as unexcused. In implementing this Policy, faculty will not include in a student's unexcused absences those absences incurred due to authorized and approved College sponsored events (or in the case of joint-enrollment students high-school sponsored events) in which the student represents the institution as part of a group or under the direct supervision of a faculty or staff member.

Students must accept this responsibility and initiate contact with instructor for make up work or visit WebCt for calendar updates.

A student who stops attending class without officially withdrawing from the course is subject to this attendance policy and will receive a grade of "F" for the course.

EVALUATION: The grading format for this course will be based on a point system made up of 5 written exams, CONNECT Assignments, and a nutrition assignment. Final grade will be determined by the average of all points obtained by the student.

Major Exams: 100 points each (5 exams) (500 points)

12 Pre Chapter Quizzes: 10 points each (120 points) = using **CONNECT**

4 Pre Exams: 20 points each (80 points) = using **CONNECT**

Nutrition Assignment: 100 points (Due date will be announced.)

GRADING SYSTEM: 800-720 = A 719-640 = B 639-560 = C 559-480 = D 479 and below = F

Description: Written Exams (5): Given periodically over textbook material, class lectures, videos, as well as labs and class discussions. **CONNECT: 12 Pre Chapter Quizzes (10 points each):** to be taken as a prelude to class lecture and discussion, **4 Pre Exams:** to be taken as a prelude to your major exams. **NOTE: 12 Pre Chapter Quizzes, 4 Pre Exams will have assigned dates and due dates using CONNECT.** *Late assignment will not be accepted and a 0 grade will be awarded.* **Nutrition Assignment:** using www.fitday.com the students will be assigned a 100 point project to complete. Due date will be posted on WebCt Vista and will be assigned in conjunction with Chapter 8 (Nutrition). **Exam 5** is the final exam given during the designated time period for the class. **Final Exam schedule:** Mon. & Wed., 12:00 class will be given Mon., April 30, 2012 at 12:30-2:30 p.m. Tues. & Thurs. 9:30 class will be given on Thurs., May 3, 2012 at 8:00 - 10:30 a.m. Tues. & Thurs. 11:00 class will be given on Tues., May 1, 2012 at 10:15 - 12:15.

CLASS POLICY AND RESPONSIBILITIES:

1. All Students are responsible for missed work. Students must initiate their own makeup work.
2. Missed exams must be made up prior to the next scheduled exam or a 0 will be given on missed test.
3. Class will begin and end on time. Students are expected to be prompt and tardiness will not be tolerated. Students will not be allowed to enter the classroom once class has begun and will receive an unexcused absence for that class.
4. Disruptive students will be asked to leave class.
5. No tobacco products allowed in class.
6. Use of ipods, cell phones, or any other electronic devices during class and exams are prohibited. Desks must be free of all electronic items except those approved by the instructor.
7. No text messaging during class; students violating this policy will be asked to leave class and will be awarded an unexcused absence.

"The Student Development Center is the official office to provide disability services at ABAC. If you have a documented disability that may require assistance, you will need to contact the Student Development Center for coordination of your academic accommodations. The Center is located on the 1st floor of the Carlton Center. The phone number is 229-391-5135; fax is 229-391-5136. You may also visit the website at www.abac.edu/sdc or email at mmartin@abac.edu or asims@abac.edu "

January 2012

Health and Wellness Class (Campbell-Assistant Professor)

Student's Name_(Print)_____

Student's 918# _____

Please Sign: I, _____ have read and understand the policies of my Instructor's Health and Wellness Class and I will abide by the policies set for this class.