



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: <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.➤ Identify specific health and wellness principles.
ATTENDANCE POLICY: <p>Each class a student is not present will result in a 3.33 point deduction from the student's participation grade (100 points). What constitutes an excused or unexcused absence will be at the discretion of the instructor. A total of eight (8) absences (excused or unexcused) will result in failure of the class. A student that enters the class more than five (5) minutes after class is scheduled to begin will be considered absent.</p>
INSTITUTIONAL ABSENCE : <p>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.</p>
College Policy on Academic Dishonesty: <p>Because Abraham Baldwin Agricultural College has the dual responsibility of educating students and helping them mature into worthy citizens who take their place in the larger community, it has adopted a code for dealing with academic irregularities.</p> <p>Academic irregularities include, but are not limited to, giving or receiving of unauthorized assistance in the preparation of any academic or clinical 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.</p> <p>Due Process for Academic Dishonesty Cases: Step 1. When a faculty member suspects that a student has engaged in academic dishonesty, the faculty member will call the student into a private meeting in the faculty member's office. (The division chair will be notified of and will approve any action.) Step 2. The faculty member will confront the student with the evidence of dishonesty</p>

and/or academic irregularity. The faculty member and the student will discuss the specifics of what occurred. If the student confesses and accepts responsibility for academic dishonesty, then the faculty member will ask the student to sign in his/her own handwriting, a statement that makes clear that the student admits responsibility for the academic dishonesty. The faculty member will then consult with the division chair. The faculty member is then free to reprimand the student, to give a failing grade for the assignment, or to require the student to resubmit the assignment in question. With approval of the division chair, the faculty member can increase the penalty up to and including a "WF" for the course if the incident(s) merit this severe penalty.

Step 3. If the student refuses to sign a statement accepting responsibility for the act(s) of academic dishonesty, then a full hearing on the matter must be held. The faculty member and chair will document this incident and schedule a meeting with the student. This information will be turned over to the Academic Dean, who will make the determination of charges against the student and notify him/her in writing. The charges will be mailed by the Academic Dean to the student along with a notice to appear at a hearing, and, if the student wishes, to bring witnesses. At least three days' notice is necessary unless the student waives the notice in writing.

Step 4. If the student requests a hearing, the Academic Dean has the option of hearing the case for administrative adjudication, convening a special hearing panel including faculty and students, or of referring it to the Student Life Hearing panel which handles all other disciplinary matters on campus. The committee will provide its recommendation to the Academic Dean. The Student Life Hearing Panel, when hearing cases of academic dishonesty, will include two faculty members, two students (one of whom will be the SGA president and the other an associate justice,) and the Director of Student Life, who oversees campus discipline and the Code of Conduct. The Chief Justice of the SGA chairs the panel. The Vice President for Student Affairs will serve as advisor to the panel for all academic dishonesty cases. In general, the decision of the Academic Dean or his/her designee will not be appealed to the Student Life Hearing Panel. An appeal of the Dean's decision will go directly to the President who may choose to use the Student Life Hearing Panel to make a recommendation to him.

Step 5. The student has a right to appeal the decision of the hearing officer or hearing panel within ten calendar days of the decision. The appeal will be to the President or his designee. The President's decision is final. The President reserves the right to review all disciplinary cases and the judgments made during the process.

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.

INSTRUCTOR: STEVE JANOUSEK	EMAIL: sjanousek@abac.edu
OFFICE: Gressette Gym/Room 214 C	PHONE: 229-391-4936
CLASS LOCATION: Gressette Gym/Room 207	
OFFICE HOURS: Posted Each Semester, Main office bulletin board in Gressette Gym	

PREREQUISITES: None

LEARNING SUPPORT PREREQUISITES: None

TEXTBOOK: Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness. Fahey/Insel/Roth, 8th edition.

MATERIALS: Textbook
8 Scantron Test Sheets

EVALUATION:	5 written exams: 100 points each = 500 points
	2 Article Critiques 100 points each = 200 points
	Quizzes = 100 points
	Participation _____ 100 points
	TOTAL – 900 points

GRADE BREAKDOWN: 810-900=A
720-809=B
630-719=C
540-629=D
Below 539=F

WRITTEN EXAMS: Given periodically over textbook material, class lectures, videos, as well as labs and class discussions.

ARTICLE CRITIQUES: 2 articles will be assigned. Articles must come from a professional source .Due dates will be assigned. Further guidelines about the critiques will be given.

QUIZZES: Periodic pop quizzes will be given over reading assignments (about 10 per semester).

PARTICIPATION: Points will be given daily for verbal participation and attendance. Failure to attend class and/or participate will affect this grade.

CLASS REGULATIONS: Students are responsible for all missed work.

Cell phones: Please turn off cell phones upon entering the class.

WEB VISTA: The following information can be accessed through the web vista site for this class:

1. Test grades
2. Project grades
3. Assignments
4. Due dates for class materials
5. Class Syllabus
6. Power point presentations

“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 2nd floor of the J. Lamar Branch Student 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 “

Revised: August, 2009