## Course Syllabus

<table>
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<tr>
<th>Course Name: Wellness and the Human Experience</th>
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<td>Course Number: HUSC 2114</td>
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**Course Description:** 3 hours. This course uses a lifespan perspective to focus on current issues in wellness and the human experience. The three main areas of critical analysis will be the collective societal implications on issues of wellness, nutrition and weight management, and stress. Students will use critical thinking and effective communication skills to analyze, defend and/or refute positions regarding current information on wellness topics. Through service learning opportunities, students will use theory, evidence and values to promote wellness.

**Pre-requisites/Co-requisites:** none

**COURSE LEARNING OUTCOMES:**

By the end of the semester, the student will:

1. Demonstrate knowledge of the theory, evidence, and values impacting current wellness issues.
2. Analyze the relationship between nutrition and wellness throughout the lifespan and various populations.
3. Distinguish between individual implications of stress and how it collectively affects today's society.
4. Examine policy implications on issues of wellness, nutrition and weight, and stress.
5. Engage with community entities to explore, observe, and practice course concepts.

**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.

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<th>College Policy on Academic Dishonesty</th>
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<td>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.</td>
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### 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
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.

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.

ASSISTANT PROFESSOR: Donna Campbell
EMAIL: dcampbell@abac.edu
OFFICE: Bowen Hall, Room 219
PHONE: 229-391-5414 office/229-392-3749 cell
CLASS LOCATION: Bowen Hall 208
Weather Hotline: 229-391-5225
OFFICE HOURS: Mon. & Wed. – 8:30-10:00 & 3:00-4:00, Tues. & Thurs. – 8:30-11:00, Fri. – If needed email, text or call my cell.

MATERIALS: Textbook: Wellness and Human Experience (HUSC 2114). This book can only be purchased in the ABAC Bookstore as it is a create book which I designed through the McGraw-Hill Company. Students must purchase four scantrons to be used when taking exams.

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

D2L: The instructor's D2L site is a vital part of this course and each student will be required to use. Course resources located on this site: a syllabus, a course calendar, study guides, research paper guidelines, course grades, attendance and exam information.
**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 Monday, March 1, 2016 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.

**EVALUATION:** The grading format for this course will be based on a point system and percentages earned per category.

- **Major Exams…3 exams worth 100 points each. (300 points).**
- **Final Exam – (100 points).**
- **2 Article Critiques with presentations. (50 points each)**
- **1 Presentation of Nutritional Analysis. (50 points)**
- **Community Service Project: (50 points) - will discuss in class the ways to obtain points.**

**GRADING SYSTEM:**

- 600-540 = A
- 539-480 = B
- 479-420 = C
- 419-360 = D
- 359 and below = F

**Description - 3 Major Exams:** Three major exams will be given. Exam #1 – Societal Implications on Issues of Wellness. Exam #2 – Societal Implications on Issue of Nutrition and Weight Management. Exam #3 – Societal Implications on Issues of Stress and Stress Management strategies.

**Final Exam** – Comprehensive exam covering Wellness, Nutrition and Weight Management and Stress.

**2 Article Critiques and Class Presentation** – One article will be assigned by the Instructor and the second one will be obtained by the student. Future guidelines will be given.

**1 Nutrition Analysis Assignment and Presentation** – Students will analysis their diet using the [www.fitday.com](http://www.fitday.com) site and compile 3 reports. Once data is gathered the student will present findings in a class presentation.
Community Service Project - Strike Out Cancer Event - TBA

Final Exam schedule: Thursday, April 28, 2016. 10:15 a.m. - 12:15 p.m.

CLASS POLICY AND RESPONSIBILITIES: (*Students must come to class prepared).

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.
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 is prohibited. Desks must be free of all electronic items except those approved by the instructor. (example-laptop)
7. No text messaging during class; students violating this policy will be asked to leave class and will be awarded an unexcused absence.

Engaged Student Learning Requirements: The ABAC Credit Hour Policy, in accordance with the Board of Regents of the University System of Georgia and federal regulations that are reflected in SACSCOC’s Credit Hours Policy Statement, require 6750 minutes of engaged student learning for a 3 semester hour course. Engaged Student Learning occurs both in and outside of the classroom at the ratio of 1:2. Two hours of independent student learning for each hour of classroom learning. 15 weeks of 50 minutes of class instruction for 1 credit hour = 750 minutes. For a 3 Hr. course, engaged classroom instruction will equal 2250 minutes, the remaining 4500 minutes of engaged learning will be the responsibility of each individual student.

January 2016

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Wellness and the Human Experience (HUSC 2114)
Campbell-Assistant Professor

Student’s Name (Print)_____________________________________

Student’s 918# ___________________________________________

Please Sign: I, __________________________________________ have read and understand the policies of my Instructor’s HUSC 2114 class and I will abide by the policies set for this class.