Applied Physiology & Wellness
Fall 2012 - MWF

Instructor Dr. Birdie Barr: bbarr@smu.edu
214-768-3663 Office Hours: By Appointment

Date	Day	Topic/Content	Location/Notes
Aug 20	Monday	INTRODUCTION TO WELLNESS BY BIRDIE!	CLASSROOM 3
Aug 22	Wednesday	SOCIAL DIMENSION	CLASSROOM 3
Aug 24	Friday	SOCIAL DIMENSION	CLASSROOM 3
Aug 27	Monday	A WELLNESS PERSPECTIVE	CLASSROOM 3
Aug 29	Wednesday	A WELLNESS PERSPECTIVE	CLASSROOM 3
Aug 31	Friday	**YOUR WELLNESS PERSPECTIVE! (START EXPENSES WORKSHEET SEPT. 1)**	**E-MAIL ASSIGNMENT!**
Sept 3	Monday	**LABOR DAY!**	**NOT HERE!**
Sept 5	Wednesday	STRESS MANAGEMENT	CLASSROOM 3
Sept 7	Friday	RELAXATION	CLASSROOM 3
Sept 10	Monday	WELLNESS CONCEPTS	CLASSROOM 3
Sept 12	Wednesday	WELLNESS CONCEPTS	CLASSROOM 3
Sept 14	Friday	WELLNESS CONCEPTS	CLASSROOM 3
Sept 17	Monday	**SOCIAL OCE REWARD DAY!**	**NO CLASS!**
Sept 19	Wednesday	**DIVERSITY**	CLASSROOM 3
Sept 21	Friday	INSPIRATION TO PERSPIRATION	CLASSROOM 3
Sept 24	Monday	INSPIRATION TO PERSPIRATION	CLASSROOM 3
Sept 26	Wednesday	**PERSPIRATION--OPTIONAL**	**DRESS OUT!**
Sept 28	Friday	INTEGRITY	CLASSROOM 3
Oct 1	Monday	**FINANCIAL WELLNESS**	CLASSROOM 3
Oct 3	Wednesday	BUGETS---**BRING WORKBOOK & EXPENSE SHEET!**	CLASSROOM 3
Oct 5	Friday	DEBT REDUCTION!!---**BRING WORKBOOK!**	CLASSROOM 3
Oct 8	Monday	MEANING AND PURPOSE OF LIFE!	CLASSROOM 3
Oct 10	Wednesday	MEANING AND PURPOSE OF LIFE!	CLASSROOM 3
Oct 12	Friday	**FINANCIAL OCE REWARD DAY!**	**NO CLASS!**
Oct 15	Monday	**FALL BREAK!**	**ANYWHERE BUT HERE!**
Oct 17	Wednesday	**RELATIONSHIIPS**	CLASSROOM 3
Oct 19	Friday	**RELATIONSHIPS**	CLASSROOM 3
Oct 22	Monday	RELATIONSHIPS	CLASSROOM 3
Oct 24	Wednesday	RELATIONSHIPS	CLASSROOM 3
Oct 26	Friday	**ELEMENTS OF IDENTITY—ME!**	CLASSROOM 3
Oct 29	Monday	**REMEMBER YOUR SPIRIT**	CLASSROOM 3
Oct 31	Wednesday	**CAREER CENTER**	CLASSROOM 3

Nov 2	Friday	REMEMBER YOUR SPIRITY	CLASSROOM 3
Nov 5	Monday	**SPIRITUAL OCE REWARD DAY**	**NO CLASS!**
Nov 7	Wednesday	**ELEMENTS OF IDENTITY**	CLASSROOM 3
Nov 9	Friday	**ELEMENTS OF IDENTITY**	CLASSROOM 3
Nov 12	Monday	**ELEMENTS OF IDENTITY**	CLASSROOM 3
Nov 14	Wednesday	**ELEMENTS OF IDENTITY**	CLASSROOM 3
Nov 16	Friday	ALL FEELINGS ARE HEALTHY!	CLASSROOM 3
Nov 19	Monday	**EMOTIONAL OCE REWARD DAY**	**NO CLASS!**
Nov 21	Wednesday	**NO CLASS "DAY"!!**	**GO HOME!**
Nov 23	Friday	**THANKSGIVING**	**GO HOME!**
Nov 26	Monday	LIFE LESSONS	CLASSROOM 3
Nov 28	Wednesday	LIFE LESSONS	CLASSROOM 3
Nov 30	Friday	LIFE LESSONS	CLASSROOM 3
Dec 3	Monday	**YOUR TIME!**	**GO STUDY!**

Disability Accommodations: Students needing accommodations for a disability must first contact Ms. Rebecca Marin, coordinator, Services for Students with Disabilities (214) 768-4557* to verify the disability and establish eligibility for accommodations. They should then schedule an appointment with the professor to make appropriate arrangements. (See University Policy No. 2.4)

Religious Observance: Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9)

Excused Absences for University Extracurricular Activities: Students participating in an officially sanctioned, scheduled University extracurricular activity will be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

- **ATTEND CLASS! ~~ 4 UNEXCUSED ABSENCES**
- **COMPLETE OUT-OF-CLASS EXPERIENCES (OCE'S)**
- **DETACH FROM THE OUTSIDE WORLD WITH LOVE!! *CELL PHONES/LAPTOPS OFF* WHEN CLASS BEGINS!**

COURSE OBJECTIVES

- **To empower students to make more meaningful choices.**
- **To elevate your awareness of, and to identify your personal relationship with the seven general areas of wellness.**
- **To help you make a healthy transition to college life.**
- **To provide techniques to help you respond positively to any imbalance you may perceive in any of the seven areas of wellness.**
- **To familiarize you with the campus wellness facilities, equipment and services.**
- **To promote mentoring relationships with faculty and staff.**
- **To promote a spirit of team building and an atmosphere of support.**
- **To promote a lifetime of physical fitness.**
- **To make friends and have fun.**

LEARNING OUTCOMES

1. **Students will be able to demonstrate an understanding of principles of effective personal financial management.**
2. **Students will be able to identify and utilize at least two campus and/or online resources that can provide reliable information for building credit/credit scores, college financing (scholarships, grants, loans), and budgeting.**
3. **Students will be able to describe how financial decisions made in college may affect their overall financial health in the long term.**
4. **Students will be able to identify their stressors and their responses to them.**
5. **Students will be able to describe stress reduction methods.**
6. **Students will be able to report that participation in Wellness enhanced their stress coping skills.**
7. **Students will be able to identify academic and personal support services available on campus,**
8. **Students will be able to describe the relationship between thoughts, behaviors and outcomes.**
9. **Students will be able to explain the value and significance of integrity.**
10. **Students will be able to explain how change is a fundamental element of their university experience.**
11. **Students will be able to demonstrate understanding of salient mental health issues.**
12. **Students will be able to demonstrate an understanding of the relationship between lifestyle choices and health.**

Applied Physiology & Wellness
Fall 2012 - TTH

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Date	Day	Topic/Content	Location or Other Notes
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Aug 23	Thursday	SOCIAL DIMENSION	CLASSROOM 3
Aug 28	Tuesday	SOCIAL DIMENSION	CLASSROOM 3
Aug 30	Thursday	WELLNESS PERSPECTIVE/EXSPENSE SHEET	CLASSROOM 3
Sept 4	Tuesday	WELLNESS PERSPECTIVE	CLASSROOM 3
Sept 6	Thursday	**YOUR WELLNESS PERSPECTIVE**	**E-MAIL ASIGNMENT!**
Sept 11	Tuesday	WELLNESS CONCEPTS	CLASSROOM 3
Sept 13	Thursday	WELLNESS CONSEPTS	CLASSROOM 3
Sept 18	Tuesday	WELLNESS CONSEPTS	CLASSROOM 3
Sept 20	Thursday	**DIVERSITY**	CLASSROOM 3
Sept 25	Tuesday	INSPIRATION TO PERSPIRATION	CLASSROOM 3
Sept 27	Thursday	INSPIRATION TO PERSPIRATION	CLASSROOM 3
Oct 2	Tuesday	**FANANCIAL WELLNESS**	CLASSROOM 3
Oct 4	Thursday	**SAVINGS/BUDGETS**	CLASSROOM 3
Oct 9	Tuesday	STRESS MANAGEMENT/RELAXATION	CLASSROOM 3
Oct 11	Thursday	**FINANCIAL OCE REWARD DAY**	CLASSROOM 3
Oct 16	Tuesday	**Fall Break**	**GET OUT OF THE CITY!**
Oct 18	Thursday	**RELATIONSHIPS**	CLASSROOM 3
Oct 23	Tuesday	RELATIONSHIPS	CLASSROOM 3
Oct 25	Thursday	RELATIONSHIPS	CLASSROOM 3
Oct 30	Tuesday	ELEMENTS OF IDENTITY—ME!/FEELINGS	CLASSROOM 3
Nov 1	Thursday	**CAREER CENTER**	CLASSROOM 3
Nov 6	Tuesday	ELEMENTS OF IDENTITY—YOU	CLASSROOM 3
Nov 8	Thursday	ELELMENTS OF IDENTITY—YOU	CLASSROOM 3
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