Applied Physiology & Wellness

Spring 2012 – MW CHOICES I: WELLNESS 1101-L14 3-4:20PM

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Part I

SMU Undergraduate Catalog 2010-2012 Course Description

http://smu.edu/catalogs/2009/simmons/index.asp#wellness

Annette Caldwell Simmons School of Education and Human Development
Department of Applied Physiology and Wellness

The Department of Applied Physiology and Wellness offers the required Choices for Living courses that address the elements of "wellness". The Choices for Living courses address the seven elements of wellness: social, physical, environmental, occupational, intellectual, emotional and spiritual wellness. The courses reflect the University's philosophy that a well-rounded education enhances a student's physical and mental well-being. The Department of Applied Physiology and Wellness aims to provide leadership and facilities for helping students become more aware of the comprehensive nature of wellness; to provide techniques to help students respond positively to any imbalances in their lifestyle; to familiarize students with campus wellness facilities, equipment and services; to promote a lifetime of physical fitness; to promote the learning of a lifetime physical activity; and to provide opportunities and promote action in a variety of wellness areas. Each student must complete CHOICES I and CHOICES II class as part of the General Education Curriculum.

Choices I Classes

Designed to be taken during a student's first year, CHOICES I classes (WELL 1101) are part of the General Education Curriculum and, therefore, are required for graduation. Called Concepts of Wellness, the classes introduce students to a broad range of personal experiences with the seven elements of wellness that the Choices for Living program addresses. Interaction occurs in a relaxed, small-group environment that features lectures, discussions, personal assessments and other action-oriented activities. Registrants are also expected to complete approximately four hours of out-of-class experiences under the guidance of their instructor. The list of Wellness courses offered per term can be accessed at www.smu.edu/registrar/.

COURSE OBJECTIVES:

http://smu.edu/education/wellness/Choices1SyllabiSpring2010.asp

- To empower students to make more meaningful choices.
- To elevate your awareness of, and to identify your personal relationship with the eight 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 an understanding of financial fitness.
- To make friends and have fun.

GENERAL EDUCATION CIRRICULUM WELLNESS COURSE SPECIFIC LEARNING OUTCOMES:

- Students report improved attitude and sense of self-efficacy about their personal well-being
- Students report that participation enhanced their stress-coping skills
- Course Calendar * Professor reserves the right to make changes as needed*

Date	Day	Topic/Content	Location/Notes
Jan. 16	Monday	**University Holiday – Martin Luther King, Jr.'s Birthday**	Classroom
Jan. 18	Wednesday	Welcome to Wellness: Who R U?	Classroom
Jan. 23	Monday	Wellness: Social Concept: Social Circle	Classroom
Jan. 25	Wednesday	Lifeline + Goals/ Developing a Wellness Perspective	Classroom
Jan. 30	Monday	*Time Management & U! Meet at the ALEC*	**Meet at the ALEC**
Feb. 1	Wednesday	**Out-of-Class-Experience (OCE) Social Dimension**	**Reward Day #1**
Feb. 6	Monday	Attitudes, Behaviors, & Choices: GHD I	Classroom
Feb. 8	Wednesday	Attitudes, Behaviors, & Choices: GHD II	Classroom
Feb. 13	Monday	*Wellness Concept: Social/Diversity [MSA Guest]*	Classroom
Feb. 15	Wednesday	Wellness Concept: Diversity [Lunch Date] (**OCE #1 DUE)**	Classroom
Feb. 20	Monday	**Developing Your Wellness Perspective: Due by 11pm for attendance credit**	**Email Assignment**
Feb. 22	Wednesday	Wellness Concept	Classroom
Feb. 27	Monday	*Alcohol, Drugs, & U! [ADAP Guest]*	Classroom
Feb. 29	Wednesday	**Out-of-Class-Experience #2 (OCE)**	**Reward Day**
Mar. 5	Monday	*Wellness Concept: Financial [Bursar's Office Guests]*	Classroom
Mar. 7	Wednesday	Wellness Concept: Spiritual/EI Sample	Classroom
Mar 10-18	Sat.-Sun.	**Spring Break**	ENJOY!!!!
Mar. 19	Monday	*Healthy Relationships & U! [Women's Center Guest]*	Classroom
Mar. 21	Wednesday	Wellness Concept	Classroom
Mar. 26	Monday	Environment, Nature & U!	***Classroom (bring your environment/nature)***
Mar. 28	Wednesday	Wellness Concept	Classroom
Apr. 2	Monday	*Career & U! [Career Center Guest]*	Classroom
Apr. 4	Wednesday	**Out-of-Class-Experience #3 (OCE)**	**Reward Day**
Apr. 9	Monday	Elements of Identity – Class Presentations I	Classroom

Apr. 11	Wednesday	Elements of Identity – Class Presentations II	Classroom
Apr. 16	Monday	Elements of Identity – Class Presentations III	Classroom
Apr. 18	Wednesday	Wellness Concept: Stress	***Classroom –on mats/floor***
Apr. 23	Monday	Meaning & Purpose of Life: TwM I **(OCE #2 & 3 DUE)**	Classroom
Apr. 25	Wednesday	Meaning & Purpose of Life: TwM II	Classroom
Apr. 30	Monday	**Last Class Day: Class Evaluations [EWP email due by 11PM]**	**Mandated Class**

Choices1 Requirements

http://smu.edu/education/wellness/Choices1Requirements.asp

WELL 1101: Concepts of Wellness

This one-hour credit course is a graduation requirement for all students entering SMU. Although the content is ageless and timeless, the course is designed to help make the transition to college life smoother; therefore, it is recommended that CHOICES I be taken during the first year and preferably in the first semester of the first year. Grades will be determined on a pass/fail basis utilizing an attendance criterion. Because of the participatory nature of wellness, you are expected to be in attendance throughout the semester. More than four unexcused absences in a MWF section or more than three absences in a M-W or TTh section will result in a grade of failure. The class is meant to introduce you to a broad range of personal experiences with the seven elements of wellness (Social/Cultural, Physical, Environmental, Occupational, Intellectual, Emotional, and Spiritual) which the CHOICES for Living program address. The class features a series of discussions, personal assessments, visits to related on-campus facilities and services, and other action oriented activities. Students are also required to participate in a variety of out-of-class experiences. Although the class meets 3 hours a week, there is little outside work, which is why this is a one credit class. Every Choices 1 class will be different based on the instructor; however certain elements are required for every class. This includes:

Participation and Attendance:

Attendance is essential in this class. Students complete the majority of assignments during class time. To pass the class, you must miss no more that 3 classes on an M-W schedule. Students who participate in official sanctioned/extra-curricular activities must submit documentation prior to absence and will be allowed to make-up the absences or missed assignment within one week of the missed class. Please be on time to class. Three late arrivals/or early departures constitute one missed class. (Late = after class begins/ early departure = any departure prior to class being released).

Out of Class Experiences:

All students will complete "Out of Class Experiences," or "OCE's." These assignments allow students to apply information from class in their lives and report about this. Students will be given reward days to help in the completion of these assignments.

Guest Speakers:

All Choices 1 class will have the opportunity to learn about a variety of campus resources. As part of this class, students will visit the Learning Enhancement Center, the Counseling and Testing Center, and will have guest speakers from the Center for Alcohol and Drug Abuse, Career Center, Multicultural Student Center, and the Women's Center.

COURSE REQUIREMENTS SUPPORTIVE INFORMATION

CHOICES I OCE Requirement

As part of this class you are required to complete several assignments. You will note that you are given Reward Days to offer some class time to complete the "Out of Class Experiences". OCE's are covered in a separate handout. You have three OCE's with two due dates: **Feb 15th (W)** (Social) and remaining two OCE's are due on **Apr. 23rd (M)**. For OCE #1* ~ everyone completes a Social* OCE. All OCE's will have a cover sheet completed (provided) with an attached hard-copy summary of your experience (minimum of one-page, double spaced). ***OCE's assignments are not accepted through email.***
** Your Social OCE assignment is to join someone you do not know from our class for a one-on-one social exchange.*

Altshuler Learning Enhancement Center

On **Jan 30st (M),** our class will meet at the Altshuler Learning Enhancement Center located in the North West corner of Ford Stadium. A learning specialist will meet with us and you will also get an opportunity to take a tour of the Center.

Personal Wellness Perspective (Pre-PWP)

A journal assignment on your personal wellness perspective is scheduled for **Feb 20th (M)**. This assignment is to be sent by email no later than 11:00PM and counts as your attendance for this class day. Failure to turn in your assignment by the due time/date will result in recording of an absence.

Elements of Identity ~ Your Story (Who are you?)

Everyone is responsible for preparing a personal presentation. You will be given about 5-6 minutes to present your self-story to the class…this story reveals more about your personal side. I will present a possible model of this presentation, but you may want to start gathering items to share and/or represent your story…be creative! **This is not a PowerPoint presentation!** Sample shared on Mar 7th (W) Class Presentations begin Apr 9th.

Wellness Reflection/Evaluation/Personal Wellness Perspective (Post-PWP)

You are required to attend class this final class meeting of the semester. Final exam includes your final Wellness Reflection/Perspective, course assessment and evaluation. If you are absent, contact your professor for the make-up policy. At the close of the semester, for example, if you have a passing grade but have not completed the make-up for this last class; your grade will not be released and/or an incomplete grade of an "I" will be given until these course requirements are completed.

Class Room Policies

1. 100% attendance is expected. No more than three (3) absences (not including reward days, email assignment, or campus holiday/break) are tolerated for classes meeting on M-W. You are expected to keep up with your attendance…use these days wisely. Accumulating more than three (3) absences during this semester will result in a final grade of "failure".

2. If you are participating in an excused university function/activity your instructor should have advance notification of these absences. Excused absences gives you the opportunity to make-up any needed work for that day(s) class activity. Be sure and speak with your professor for make-up and due dates. (See University Policy note which follows).

3. Class begins on time. By participating in this class, you will have all “electronic devices” turned off during our class time. Please keep all your class studying/reading materials which are not part of this course, out of this course. If items are viewed, they will be picked up for the remaining class period. If there is a second occurrence, student will be asked to leave the room and an absence will be recorded.

4. Your active participation in class is important. Active participation includes adhering to the following three concepts discussed in class: Be Here Now, Active Listening, and Turn to Wonder.

Disclaimer: Professor may make changes as necessary to this syllabus.

Institution Policies http://smu.edu/catalogs/undergraduate/policies.asp

Course Drop Date: April 4th.

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)

Part II

Final Grade Evaluation Checklist for M-W Wellness

- Attendance: No more than three (3): _____ _____ _____ [record your absences]
  -
  - Three (3) late arrivals/early departures constitute one (1) absence (each occurrence) ____+____+____ = 1 absence; ____+____+____= 2 absences; ____+____+____= 3 absences

- Participation: Active participation _____

- OCE's completed: #1 (Social) ___ #2 (one of 7) ___ #3 (one of 6) ___ Make-Up for one class if over allotted number of absences #4 (one of 5) ___

- All in-class daily assessments/applications/journals: The following in-class work would need completion if class was missed: Who are You ____ (1st week of class) Lifeline/Goals ____ Choices I Stress Self-Assessment _____ Elements of Identity ____ Nature and U! _____

- Email Assignments completed: 1) Pre-Wellness Perspective ___
  - 2) Post-Wellness Perspective ___
- Financial Reflection ____

Applied Physiology & Wellness
Spring 2012 – T TH CHOICES I: WELLNESS 1101-L25 12:30 – 1:50PM

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Choices I Classes

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COURSE OBJECTIVES:

http://smu.edu/education/wellness/Choices1SyllabiSpring2010.asp

- To empower students to make more meaningful choices.
- To elevate your awareness of, and to identify your personal relationship with the eight 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 eight areas of wellness.
- To familiarize you with the campus wellness facilities, equipment, and services.

- To promote mentoring relationships with faculty and staff.
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- Students report improved attitude and sense of self-efficacy about their personal well-being
- Students report that participation enhanced their stress-coping skills

Course Calendar * Professor reserves the right to change as needed**

Date	Day	Topic/Content	Location or Other Notes
Jan. 17	Tuesday	Welcome to Wellness ~ Who R U?	Classroom
Jan. 19	Thursday	Wellness Concept: Social Circle	Classroom
Jan. 24	Tuesday	Wellness Concept: Lifeline/Goals	Classroom
Jan. 26	Thursday	Wellness Concept: Developing a Wellness Perspective	Classroom
Jan. 31.	*Tuesday*	*Time Management & You!*	***Meet at the L.E.C.***
Feb. 2	Thursday	Wellness Concept: Attitudes, Behaviors, & Choices GHDI	Classroom
Feb. 7	Tuesday	Wellness Concept: Attitudes, Behaviors, & Choices GHDII	Classroom
Feb. 9	**Thursday**	**Developing Your Wellness Perspective: Due by 11pm for attendance credit**	**Email Assignment**
Feb. 14	*Tuesday*	*Wellness Concept: Social/Diversity [MSA Guest]*	*Classroom*
Feb. 16	**Thursday**	**Out-of-Class Experience (OCE) Social Dimension**	**Reward Day #1**
Feb. 21	Tuesday	Wellness Concept: Spiritual/E.I. Sample	Classroom
Feb. 23	Thursday	Wellness Concept: Physical IronMan I	Classroom
Feb. 28	*Tuesday*	*Alcohol, Drugs, and U! [ADAP Guest]*	*Classroom:* ***OCE #1 Due***
Mar. 1	Thursday	Wellness Concept: Physical IronMan II*	Classroom
Mar. 6	Tuesday	Wellness Concept: Environment, Nature & U!	Classroom
Mar. 8	Thursday	**Out-of-Class Experience (OCE)**	**Reward Day #2**
Mar. 10-18	**Sat.-Sun.**	**Spring Break**	**Enjoy!!**
Mar. 20	*Tuesday*	*Wellness Concept: Healthy Relationships & U! [Women's Center Guest]*	*Classroom*
Mar. 22	Thursday	Elements of Identity – Class Presentations I	Classroom
Mar. 27	Tuesday	Elements of Identity – Class Presentations II	Classroom
Mar. 29	Thursday	Elements of Identity – Class Presentations III	Classroom
Apr. 3	*Tuesday*	*Wellness Concept: Career & U [Career Center Guest]*	*Classroom*

Apr. 5	**Thursday**	**Out-of-Class Experience (OCE)**	**Reward Day #3**
Apr. 10	*Tuesday*	*Wellness Concept: Financial [Bursar's Office Guest]*	*Classroom*
Apr. 12	Thursday	Wellness Concept: Financial ~ Budget Anyone?	Classroom
Apr. 17	Tuesday	Wellness Concept: Emotional ~ Stress/Relaxation	Classroom: Dress for mats **OCE's #2 & #3 Due**
Apr. 19	Thursday	Meaning & Purpose of Life ~ TwM I	Classroom
Apr. 24	Tuesday	Meaning & Purpose of Life ~ TwM II	Classroom
Apr. 26	**Thursday**	**Wellness Concept: Wellness Perspective Reflection [class evaluations and EWP email due by 11PM]**	**Mandated In Classroom**

Choices1 Requirements

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WELL 1101: Concepts of Wellness

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Personal Wellness Perspective (Pre-PWP)

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Class Room Policies

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6. If you are participating in an excused university function/activity your instructor should have advance notification of these absences. Excused absences gives you the opportunity to make-up any needed work for that day(s) class activity. Be sure and speak with your professor for make-up and due dates. (See University Policy note which follows).

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Part II

Final Grade Evaluation Checklist for T-TH Wellness

- Attendance: No more than three (3): _____ _____ _____ [record your absences]
  -
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- Participation: Active participation _____

- OCE's completed: #1 (Social) ___ #2 (one of 7) ___ #3 (one of 6) ___ Make-Up for one class if over allotted number of absences #4 (one of 5) ___

- All in-class daily assessments/applications/journals: The following in-class work would need completion if class was missed: Who are You ____ (1st week of class) Lifeline/Goals ____ Choices I Stress Self-Assessment _____ Elements of Identity ____ Nature and U! _____

- Email Assignments completed: 1) Pre-Wellness Perspective ___
  - 2) Post-Wellness Perspective ___
- Financial Reflection ____