

WESTERN NEW MEXICO UNIVERSITY

Department of Wellness and Movement Sciences

Summer, 2004

Course: MS 100, Lifetime Wellness
Credits: 1
Instructor: Dr. June I. Decker E-mail: deckerj@silver.wnmu.edu
Office: Brancheau 133 Phone: 538-6224
Hours: 10:00 daily
Required Materials: *Get Fit, Stay Fit*, 3 x 5 index cards, several blue exam books

Course Outcomes, Activities and Assessment

- Objective 1. You will understand the eight components of total wellness.
Activities: lecture, cooperative research, reading
Assessment: quiz and test questions
- Objective 2. You will be able to design a personal wellness program.
Activities: lecture, cooperative activities, completion of wellness plan
Assessment: quiz and test questions, evaluation of wellness plan
- Objective 3. You will understand how to assess current fitness levels in psychological and physical wellness.
Activities: lecture, lab activities, reading
Assessment: quiz and test questions, evaluation of lab reports
- Objective 4. You will understand the consequences of wellness choices you make.
Activities: lecture, lab and cooperative activities, reading
Assessment: quiz and test questions, evaluation of lab reports
- Objective 5. You will understand various factors that influence wellness.
Activities: lecture, lab and cooperative activities, reading
Assessment: quiz and test questions, evaluation of lab reports
- Objective 6. You will understand consumerism as it relates to wellness.
Activities: reading, lab activities
Assessment: quiz and test questions, evaluation of lab reports

Evaluation

1. knowledge—60%
evaluated by numerous quizzes and several test
2. assignments—40%
see attached assignment section for details

ALL ASSIGNMENTS ARE DUE AT THE DESIGNATED TIME. LATE ASSIGNMENTS WILL NOT BE ACCEPTED.

Grading Scale

A=90% and above

B=80-89%

C=70-79%

D=60-69%

F=59% and below

If you have no tardies and no unexcused absences, three points will be added to your final grade.

No numbers will be rounded when calculating grades.

Expectations

1. Please dress appropriately for each class period. Activity clothes are necessary for lab exercises.
2. Please do not bring children to class.
3. Please do not use tobacco or alcohol in class.
4. Please do not eat in class.
5. Excused absences are only those approved by the teacher.
6. All excused absences must be made-up within a week of their occurrence. No unexcused absences may be made-up. No quizzes may be made-up.
7. For each tardy except the first, you will receive an unexcused absence.
8. You will have 5 points deducted from your final grade for each unexcused absence except the first.
9. Every reasonable accommodation will be made to assist any student with documented special needs in meeting the academic requirements of all students enrolled in this course. Evidence of special needs must be presented to the teacher no later than the third class meeting.
10. Any academic dishonesty will result in your failing the course.
11. It is expected that you will display maximum effort during each class period.
12. All assignments must be submitted at the designated time. **NO LATE ASSIGNMENTS WILL BE ACCEPTED.**
13. No pagers or cell phones are allowed in class.

LIFETIME WELLNESS ASSIGNMENTS

Lab Activities

You will complete each assigned lab using correct grammar and spelling.

Journal

Summarize each lab reflectively in your exam book. Also summarize your wellness activities for each week. Journals will be graded on breadth, depth, grammar and spelling. Journals are due the last day of class each week.

Group Learning Activities

You will complete each group task using correct grammar and spelling.

Wellness Plan

You will construct a personal plan that includes all psychological and physical wellness. For each component, you must have an assessment of current wellness level, goals, timelines for achievement, and appropriate rewards for goal attainment.

IMPORTANT LIFETIME WELLNESS DATES

<u>Date</u>	<u>Assignment</u>
6/3	Ch. 1; Lab 1-1
6/4	Ch. 2; Lab 2-2; journal; book
6/7	Lab 2-1
6/9	Ch. 3; Labs 3-1, 3-2
6/10	Test 1; Lab 1-2
6/11	Ch. 4; journal; book
6/14	Cardio lab
6/15	Ch. 5
6/16	Labs 5-1, 5-2, 5-3
6/17	Test 2
6/18	Ch. 6; journal, book
6/21	Labs 6-1, 6-2, 6-3
6/22	Ch. 8, Labs 8-1, 8-2, 8-3, 8-4, 8-5, 8-6
6/23	Ch. 7; Labs 7-1, 7-2, 7-3
6/25	Test 3; Grocery store lab, book, journal
6/28	Ch. 10
6/29	Ch. 9
6/30	Consumerism report; wellness plans
7/1	Final