

**Course:** PE 248 D & DN  
**Credit:** 1 Credit Hour  
**Semester:** FALL 2020, Cycle 3  
**Time:** Tuesday 1pm - 2:30  
**Instructor:** Tressa Shoemaker  
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***This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.***

## I. DESCRIPTION

An overview of the physical, psychological, social, and spiritual components of health as they combine to influence the whole human being.

## II. OBJECTIVES

### A. General competencies to be achieved. You will:

1. Become acquainted with various aspects of health that can be applied to a daily lifestyle. ( PLO:1,2,3,4) (Assignment: 1,2,3,4, 5)
2. Acquire a working knowledge of how different health problems in each of the body systems are created, treated, and prevented. (PLO: 1,2,3). (Assignment: 1,2,5)
3. Will understand the effects drug abuse has on the human body and society. (PLO 2,3,4) (Assignment: 1,2,3,)

### B. Specific competencies to be achieved. You will:

1. Demonstrate an understanding of different body systems and potential disorders in that system by performing on written tests. (PLO1,2) (Assignment: 4)
2. Identify strategies for improving each component of health (PLO1,2,4) (Assignment: 1,2,5)
3. Demonstrate an understanding of human growth and development from infancy to adulthood (PLO:1,2,3,4) (Assignment 1,2,4,5)
4. Identify strategies used to identify health risks. (PLO:2) (Assignment: 1,2,3)

5. Will understand techniques that will improve mental health. (PLO:1,2,3,4) (Assignment 1,2, 3,5)
6. Appreciate the need for strong family unites in the development process. (PLO: 1,2,3). (Assignment 1 and 5)
7. Understand the physiological effects stress has on the human body. (PLO:1,2,4). (Assignment: 2, and 3)
8. Demonstrate an understanding of how to reduce the risk of cancer, infectious diseases, and cardiovascular disease. (PLO:1,2,3,4). (Assignment 1,2,3,4,5)
9. Discuss various disorders within the body systems. (PLO:1,2). (Assignment 1,2,3,5)

### III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

#### **B. Textbooks**

Harper, Robert. Health and Wellness. Triangle Publishing, 2008. ISBN 9781931283045. Amazon \$45.00.

### IV. REQUIREMENTS

#### **A. Daily Assignments**

1. Lab Assignments - Questions and Projects
  - i. Each powerpoint will have questions in red that the student will answer.
  - ii. Each powerpoint will have some small projects to complete which will also be listed in the color red.

#### **B. Reading and Response**

2. Read each of the 13 chapters of the book.
  - a. Answer the discussion questions that will be handed in each week.

#### **C. Writing**

3. **Reaction paper is assigned for the power point and chapter on drugs. A rubric is created for the objectives that need to be met.**

All class papers must follow the Turabian style according to *A Manual for Writers of Research Papers, Theses, and Dissertations*, 8th edition and the Calvary Style Guide, 2015 update.

The Clark Academic Center ([learning@calvary.edu](mailto:learning@calvary.edu)), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.

Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

**D. Exams**

4. Final Test

**E. Lectures**

5. The student will listen to the lectures and participate in discussion. There will be presentations given by to student for health related issues and strategies to improve various elements of health.

**V. METHODS**

- A. Lectures, Textbook Reading, Additional Required Reading or Research, etc.
- B. Assignments are due at the class period assigned. Late work will be accepted up to one day after the assignment is due.
- C. Attendance is expect. You may miss one day without penalty.

**D. Grading**

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|------------------------|----------------------|
| 1. Test                | 100pts               |
| 2. Lab Assignments     | 200 pts (20pts each) |
| 3. Reading Assignments | 260pts (20 pts each) |
| 4. Daily Assignments   | 100 pts (20pts each) |
| 5. Paper               | 100 pts (20pts each) |

The Grading Scale can be found in the University Catalog.

- IX. Students with disabilities have the responsibility of informing the DSS Coordinator ([dss@calvary.edu](mailto:dss@calvary.edu)) of any disabling condition that may require support.