

**Course:** PE 248 D & ND Health  
**Credit:** 1 Credit Hour  
**Semester:** SP 2023, Cycle 4  
**Time:** Fridays 8:00am-9:20am  
**Instructor:** Tressa Barnes  
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This course is offered in two formats: in-person and online. Students registered for in-person attend the classes in person, online students attend the classes via the online classroom. For both in-person and online students, assignments and interaction outside of the class period are done in the learning management system.

## 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. 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 read that the student will answer.
  - ii. Behavior Analysis and Family Tree projects will be apart of this requirement.

#### B. Reading and Response

2. Read each of the assigned 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.**

#### D. Exams

4. Final Test

#### E. Lectures

The student will listen to the lectures each week that are presented. Please follow along.

### 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.**

<b>D. Grading</b>	
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.**

## I. ACADEMIC STATEMENTS

**PERSONAL DEVICES:** The use of cell phones, laptops, tablets, and related devices is permissible for educational purposes only (i.e note-taking or researching information pertinent to discussion), with prior approval from the instructor. **Use of electronic devices outside of educational purposes is expressly prohibited.** When not being used according to the guidelines established, electronic devices should be stored in students' belongings and out of sight. If a student has an emergency and are awaiting for an urgent phone call, they should inform the instructor ahead of time.

Failure to adhere to these policies may result in the student being asked to leave class, and marked as absent for the first offense. A second offense may result in withdrawal from the course.

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.

Students with disabilities have the responsibility of informing the Accommodations Support Coordinator ([aso@calvary.edu](mailto:aso@calvary.edu)) of any disabling condition that may require support.

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.

All class papers must follow the APA Style 7th edition of the APA Publication Manual.

The Clark Academic Center ([Cac@calvary.edu](mailto:Cac@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.