



The mission of Concord University is to provide quality, liberal arts based education, to foster scholarly and creative activities and to serve the regional community (<http://www.concord.edu/academics/>).

Course Prefix, Number and Title: PED 101: Personal Wellness

Course CRN # and Section: 20444/01

Semester Taught (including year): Spring 2019

Professor: Mike Miller, EdD

Credit Hours: 2

Office Location: 301K Carter Center

Prerequisites: None
9:00-10:00

Office Hours: M/W 8:00-10:00/T/Th

Course Time (if applicable): Asynchronous

Email: millerwm@concord.edu

Building and Room Number (if applicable):

Phone: 304-384-6299

Office Fax: 304-384-5117

College/Department Website:
<https://www.concord.edu/hpat/>

Course Description/Rationale: This course will provide students with the knowledge, skills, and values needed to develop a basic personal fitness/wellness program that can be maintained for life. Emphasis will be placed upon developing and continuing lifelong health behaviors. This course will be delivered 100% Asynchronously.

Course Management System Blackboard/McGraw Hill Connect

Hardware/Software Needed

Text requirements: Connect with LearnSmart Fitness and Wellness Access Card for Fit & Well
Edition: 12
Copyright: 2017
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9781259751271

Concord University Educational Goal(s)

1.4	An ability to analyze, synthesize, and integrate elements, information, and ideas
3.4	Cultivation of and support for attitudes and practices that foster physical, mental, emotional, and social well-being.

National Standards

Specific Learning Outcomes

Upon completion of this course, the student will:

1. Identify and define the concept of self-care as it relates to health and wellness. This will include drug awareness and self-care as it relates to physical and mental disease.
2. Identify individual and group responsibilities for health promotion and advocacy. This includes the role of community health services and the availability of health education resources in the community and on campus.
3. Identify current issues and general principles of health and health care as they relate to health maintenance and personal hygiene. This includes sexual and reproductive health.
4. Identify genetic and cultural chronic disease such as heart disease, diabetes, and cancer and successfully map a personal plan utilizing nutrition and exercise strategies to combat these potential health risks.
5. Demonstrate ability to successfully measure fitness levels (both active and inactive) via avenues such as heart rate, one mile test speeds, sit and reach, etc.

Course Requirements

See calendar below for a list of assignments and point values.

Grading Policy and Scale, Make-up Policy, Late Work

GRADING: The grading for this course will be based on a ten-point scale.

90-100 A

80-89 B

70-79 C

60-69 D

0-59 F

- Each student is responsible for tracking his or her grades throughout the semester.
- **Late work is not accepted.**

Course Timeline (Schedule of Assignments/Assessments/Presentations)

Module 1		
Assignment	Point Value	Due Date
Ch 1 Quiz	10	1/29

Ch 1 Interactive Activity (IA)	15	1/29
Ch 2 Quiz	10	1/29
Ch 2 IA	10	1/29
Ch 2 Lab	10	1/29
Module 2		
Ch 3 Quiz	10	2/12
Ch 3 IA	10	2/12
Ch 4 Quiz	10	2/12
Ch 4 Lab	20	2/12
Module 3		
Ch 5 Quiz	10	2/26
Ch 6 Quiz	10	2/26
Ch 6 Lab	20	2/26
MIDTERM	50	3/5
Module 4		
Ch 8 Quiz	10	3/26
Ch 8 IA	10	3/26
Ch 8 Lab	10	3/26
Ch 9 Quiz	10	3/26
Ch 9 IA	10	3/26
Ch 9 Lab	10	3/26
Module 5		
Ch 10 Quiz	10	4/9
Ch 10 IA	10	4/9
Ch 10 Lab	10	4/9
Ch 11 Quiz	10	4/9
Ch 11 Lab	10	4/9
Module 6		
Ch 13 Quiz	10	4/23
Ch 13 IA	10	4/23
Ch 13 Lab	10	4/23
Ch 14 Quiz	10	4/23
Ch 14 IA	10	4/23
FINAL	50	5/7
Total: 535		

Accessibility/Accommodations:

Concord University is committed to responding to the needs of students with disabilities as defined by the Americans with Disabilities Act. Please inform your instructor at the beginning of the class semester if you have a disability and are requesting accommodations. It is your responsibility to self-disclose that you are requesting accommodations. The University and instructor will provide you with a reasonable accommodation. You should register with CU's Disability Services Office, located in the Athens campus

Jerry and Jean Beasley Student Center, Bottom Floor, across from the Campus Post Office. The Disability Services Office phone is 304-384-6086 or you can email the Director, Nancy Ellison, at nellison@concord.edu for assistance.

Academic Dishonesty

Academic dishonesty is morally unacceptable as well as destructive to the learning and teaching atmosphere. Academic dishonesty includes the giving or receiving of improper help on examinations or assignments, falsifying documents, and plagiarism (the act of stealing and using, as one's own, the ideas or the expression of the ideas of another). Such dishonesty can lead to a variety of penalties — including but not limited to failure of assignment, failure of course, loss of institutional privileges, or dismissal from the University. (See University Catalog Academic Policies and Procedures.)

Concord University Honor Code

A Concord University Honor Code was approved by students, staff, faculty, administration, and the CU Board of Governors. The Code states:

"As a member of the Concord University Community I will act with honesty and integrity in accordance with our fundamental principles and I will respect myself and others while challenging them to do the same."

The Honor Code is intended to unite the Concord community behind a culture of honesty, integrity, and civility.

Class/Online Attendance Policy

Regular class attendance is part of a student's academic obligation at Concord. Irregular attendance may affect academic performance adversely and is detrimental to the atmosphere of a class. (See University Catalog Academic Policies and Procedures.)

Emergency Alert System

In an effort to increase safety and security on our campus, Concord University encourages everyone to register for instant text message alerts. Alerts will only be used for security and safety notices. All students, faculty, and staff are eligible to receive text message alerts on their cell phones or email alerts. Please contact the IT Help Desk for further assistance (304-384-5291).

Emergency Information

Emergency/courtesy telephones are located at the main entrance of each residence hall and at various other locations on campus. Emergency telephones can be identified by the flashing blue light and will provide the user with a direct link to Public Safety at the press of a button. To report an on-campus emergency, call 304-384-5357 or 911. The Office of Public Safety is located on the bottom floor of the Rahall Technology Center. For further emergency information go to: <http://www.concord.edu/administration/office-public-safety>.

Inclement Weather Policy

As a general policy, the University will remain in normal operations during adverse weather conditions. In the event of severe weather conditions, the following may occur:

University Closure

No students or employees are to report.

Classes Cancelled

Students do NOT report BUT employees are expected to report to work at their normal time.

Operating on an Inclement Weather Delay

Under this schedule, all 8 a.m. classes will start at 10 a.m. Students and faculty will follow the Inclement Weather Schedule. (See <http://www.concord.edu/emergency-alerts> for Athens/Beckley Inclement Weather Schedules.)

**Announcements invoking the late schedule or other options referenced above are aired on area radio and television stations and are sent as text and email messages to those enrolled for this service.*

Student Conduct

In classrooms, online, laboratories, and during any activities that are part of course requirements, students are expected to observe reasonable rules of conduct.

Sexual Harassment & Assault

Federal law, Title IX, and Concord University policy prohibits discrimination, harassment, and violence based on sex and gender (Including sexual harassment, sexual assault, domestic/dating violence, stalking, sexual exploitation, and retaliation). If you or someone you know has been harassed or assaulted, you can receive confidential counseling support through the Concord University Counseling Center (304-384-5290). Alleged Violations can be reported non-confidentially to the Concord University Title IX Coordinator at 304-384-6327 or titleix@concord.edu. Reports to Campus Security can be made at (304-384-5357). As an employee at Concord University, I am a mandatory reporter which means I must report any sexual misconduct I am made aware of. This includes verbal or written (such as in an assignment) disclosures of sexual harassment or sexual assault.

Technology Services

Contact the CU Help Desk at extension 5291 from campus or 304-384-5291 off campus. You may also e-mail cuhelpdesk@concord.edu.

Syllabus Disclaimer

"This syllabus is subject to change based on the needs of the class. Please check it regularly."

Miscellaneous (for example):