

---

**Calumet College**

---



---

**of Saint Joseph**

---

**You Belong!**  
ccsj.edu

Calumet College of St. Joseph is a Catholic institution of higher learning dedicated to the academic, spiritual and ethical development of undergraduate and graduate students. Informed by the values of its founding religious community, the Missionaries of the Precious Blood (C.P.P.S.), the College promotes the inherent dignity of all people, social justice, an ethic of service, student empowerment, opportunity, and lifelong learning.

We are committed to the Five Pillars of a CCSJ Education: The CCSJ graduate will be Open to Growth, Intellectually Competent, Religious, Loving, and Committed to Doing Justice. This class, as outlined below, will help you to achieve those goals.

## COURSE SYLLABUS, Fall 2020

### EXSS230A Principles of Health and Wellness

#### Instructor Information:

<b>Instructor Name:</b>	Kerry Knowles
<b>Office Number:</b>	Room 276
<b>Phone Number:</b>	Cell: 219-413-3702
<b>Virtual Office:</b>	<a href="https://doxy.me/kerryk">https://doxy.me/kerryk</a>
<b>Email:</b>	<a href="mailto:kknowles@ccsj.edu">kknowles@ccsj.edu</a>
<b>Office Hours</b>	<b>In person, Via Doxy.me, or by phone</b>
<b>Instructor Background:</b>	
Master of Health Science in Substance Abuse Counseling, <i>Governors State University</i> Bachelor of Psychology, <i>Governors State University</i>	

#### Course Information

<b>Course Delivery Method:</b>	<b>Hybrid.</b> This class will be split into 2 groups to be established the first week of class. Group A will meet in-person on Tuesday during our normal class time and Group B will meet on Thursday. Additional instructional content will be delivered in online lessons (video lectures, written lectures, etc.). Each week, a new set of lessons and assessments will become available on Blackboard for students to complete. Instructor will also communicate through regular announcements, responsive feedback on assignments, and via virtual office hours.
<b>Course Time:</b>	<b>Lecture:</b> Online. T/TH 10:15a to 11:45a
<b>Classroom:</b>	Rm. 305
<b>Prerequisites:</b>	C or better in EXSS 200
<b>Required Books and Materials:</b>	Health <i>The Basics</i> , 13th Edition, 2019, Pearson Publishing ISBN: 9780134709680
<b>Learning Outcomes/Competencies:</b>	

Students in this course will:

1. Demonstrate the ability to think critically and employ critical thinking skills.
2. Demonstrate the ability to make connections between concepts across personal health.
3. Identify the health benefits of mindfulness and ways to implement it.
4. Identify current personal risk behaviors, the factors that influence those behaviors, and strategies to change them.
5. Demonstrate the quantitative skills needed to succeed in personal health.
6. Demonstrate ability to communicate effectively verbally and in writing.
7. Demonstrate an understanding of the impact of science on society.

**This course meets the following Kinesiology Program Objectives:**

1. Describe the underlying scientific foundations of physical activity.
2. Evaluate information about physical activity from scientific basis.
3. Describe the relationship between physical activity participation and health, wellness, and quality of life.
4. Demonstrate knowledge of current physical activity guidelines and recommendations.
5. Design and evaluate physical activity programs that promote health and improve quality of life.

**Course Description:** EXSS 230A This course is a survey of personal health that provides an overview of wellness concepts, including mental, physical, social, emotional, vocational, and spiritual. It aligns well-researched health information with current real-world topics that have the greatest impact on students' well-being. The material covered will enable students to incorporate mindfulness practices to help cut through the stress of everyday life, examine important issues and controversies about health today and motivate students to become actively engaged in their personal health at all levels.

**Learning Strategies:** Class participation is an integral part of class. Online Homework assignments include, but are not limited to:

- Journal Entries
- Power Point Lectures and Pearson online homework
- In-class activities and discussion
- Behavior Change/Personal Wellness tracking

**Experiential Learning Opportunities:**

Digital and video media to enhance learning. Journal entries and wellness tracking to assist in making connections between learned concepts and personal health.

**Assessments:**

<b>Major Assignments:</b>	Journal	40% of total grade
<b>Assessments</b>	Homework	20% of total grade
	Behavior Contract/Wellness Tracking	20% of total grade
<b>Class Participation:</b>	In-Class Collaborative Discussion/Activities	20% of total grade
<b>Grading Scale:</b>		
100 – 92: A	81 – 80: B-	69 – 68: D+
91 – 90: A-	79 – 78 : C+	67 – 62: D
89 – 88: B+	77 – 72: C	61 – 60: D-
87 – 82: B	71 – 70 : C-	59 and below: F

## Course Schedule:

Class Date	Online Work/In-Class Activities	Assignments/Due Dates	LO
8/24	<b>ONLINE lecture/homework available Ch. 1</b>		
8/25-8/27	Ch. 1 Assessing Your Health	Create Behavior Change Contract Assess Your Health: Due 9/1 Journal Entry: Due 8/30 Bonus Journal Entry: Due 8/30 HW: Due 8/31	1, 2, 3, 4, 6
8/31	<b>ONLINE lecture/homework available Ch. 1a</b>		
9/1-9/3	Ch. 1a FOCUS on Difference, Disparity, and Health: Achieving Health Equity	Behavior Change Contract: Due 9/4 Journal Entry: Due 9/6 HW: Due 9/7	1, 2, 6
9/7	<b>ONLINE lecture/homework available Ch. 2</b>		
9/8-9/10	Ch. 2 Promoting and Preserving your Psychological Health	Journal Entry: Due 9/13 HW: Due 9/14	1, 2, 4, 6
9/14	<b>ONLINE lecture/homework available Ch. 3</b>		
9/15-9/17	Ch. 3 Managing Stress and Coping with Life's Challenges	Journal Entry: Due 9/20 HW: Due 9/21	1, 2, 3, 4, 6
9/21	<b>ONLINE lecture/homework available Ch. 4</b>		
9/22-9/24	Ch. 4 Improving Your Sleep	Journal Entry: Due 9/27 HW: Due 9/28	1, 2, 3, 4, 5, 6
9/28	<b>ONLINE lecture/homework available Ch. 5</b>		
9/29-10/1	Ch. 5 Preventing Violence and Injury	Journal Entry: Due 10/4 HW: Due 10/5	1, 2, 5, 6
10/5	<b>ONLINE lecture/homework available Ch. 6</b>		
10/6-10/8	Ch. 6 Connecting and Communicating in the Modern World	Journal Entry: Due 10/11 HW: Due 10/12	1, 2, 5, 6
10/12	<b>ONLINE lecture/homework available Ch. 6a</b>		
10/13-10/15	Ch. 6a FOCUS on Understanding Your Sexuality	Journal Entry: Due 10/18 HW: Due 10/19	1, 2, 6
10/19	<b>ONLINE lecture/homework available Ch. 14</b>		
10/20-10/22	Ch. 14 Protecting Against Infectious Diseases and Sexually Transmitted Infections	Journal Entry: Due 10/25 HW: Due 10/26	1, 2, 4, 5, 6, 7
10/26	<b>ONLINE lecture/homework available Ch. 8&amp;9</b>		
10/27-10/29	Ch. 8 Recognizing and Avoiding Addiction and Drug Abuse Ch. 9 Drinking Alcohol Responsibly and Ending Tobacco Use	Journal Entry: Due 11/1 HW: Due 11/2	1, 2, 3, 4, 5, 6
11/2	<b>ONLINE lecture/homework available Ch. 10</b>		
11/3-11/5	Ch. 10 Nutrition: Eating for a Healthier You	Journal Entry: Due 11/8 HW: Due 11/9	1, 2, 3, 5, 6, 7
11/9	<b>ONLINE lecture/homework available Ch. 11 &amp; 11a</b>		

11/10-11/12	Ch. 11 Reaching and Maintaining a Healthy Weight Ch. 11a FOCUS on Enhancing Your Body Image	Journal Entry: Due 11/15 HW: Due 11/16	1, 2, 4, 6, 7
11/16	ONLINE lecture/homework available Ch. 12		
11/17-11/19	Ch. 12 Improving Your Personal Fitness	Journal Entry: Due 11/29 HW: Due 11/30	1, 2, 5, 6, 7
11/23-11/28	THANKSGIVING BREAK	Relax and work on Wellness Tracker	
11/30	ONLINE lecture/homework available Ch. 13		
12/1-12/3	Ch. 13 Reducing Your Risk of Cardiovascular Disease and Cancer	Journal Entry: Due 12/6 HW: Due 12/7	1, 2, 3, 6, 7
12/7	ONLINE lecture/homework available Ch. 16		
12/8-12/10	Ch. 16 Promoting Environmental Health	Review Behavior Change Contract Assess Your Health: Due 12/13 Journal Entry: Due 12/ 13 Bonus Journal Entry: Due 12/13 HW: Due 12/13	1, 2, 3, 4, 5, 6, 7
<b>I reserve the right to change this schedule to meet the needs of the class.</b>			

<b>Student Responsibilities</b>	
<b>Safety Measures</b>	<p>The safety of our College Family in this unprecedented time is our primary concern. Following guidelines presented by the Centers of Disease Control (CDC), the Indiana Health Department, and best practices among other institutions of higher education, we are requiring the following:</p> <ul style="list-style-type: none"> <li>• Face coverings over the mouth and nose in all indoor public spaces, including classrooms, the library, the Tutoring Center, and faculty offices.</li> <li>• Because face coverings are in use, no eating or drinking in the classroom. Plan to meet your needs between classes using appropriate social distancing.</li> <li>• Daily self-monitoring. If you have a temperature of 100.4 or higher, or any symptoms of COVID-19 – fever or chills, a cough, shortness of breath or difficulty breathing, fatigue, muscle or body aches, headache, loss of taste or smell, sore throat, or nausea or vomiting – stay home and consult the class policy for staying on track.</li> <li>• Disinfecting your personal space using the materials provided when you enter the classroom.</li> <li>• Maintaining physical distancing of at least six feet within classrooms and other common spaces.</li> </ul> <p><b>Please note:</b> To accommodate students who may not be able to attend class in person, this class may be taped and posted to the course Blackboard site. Tapes will not be used for any other purpose outside of class.</p>
<b>What to Do in Case of Illness</b>	If you are exposed to COVID 19, become ill, or are otherwise unable to attend classes as required, notify the College by sending an email to <a href="mailto:illness@ccsj.edu">illness@ccsj.edu</a> . The message that you are unable to attend class will be relayed to your faculty. The College will contact you with expectations regarding next steps and follow-up.
<b>Attending Class</b>	You cannot succeed in this class if you do not attend. We believe that intellectual growth and success in higher education occur through interaction in the classroom and laboratories.

	<p>Being absent doesn't excuse you from doing class work; you have <b>more</b> responsibilities to keep up and meet the objectives of this course.</p> <p><b>Online courses:</b> The expectations for attendance are for the students to actively learn through weekly participation in online activities and to communicate consistently with instructors and peers. Students are required to <b>check their CCSJ email daily and Blackboard a minimum of twice per week</b>. In addition, students are required to <b>complete a minimum of 50% of the course work that is assigned for that week</b>. Attendance will be recorded on Monday for the previous week.</p> <p><b>Hybrid courses:</b> For all in-person class sessions, your physical presence and active participation in class is required. For the online portion of class, refer to the attendance policy for <b>Online courses</b> above.</p> <p><b>Attendance and Your Grade.</b> Missing class will have a negative effect on your final grade. You are allowed no more than 3 absences with no change in your grade, so long as each absence is effectively communicated <i>ahead of time</i>. Additional absences will drop your final grade by 0.3 grade points. Communication is <b>KEY!</b></p> <p><b>Example:</b></p> <ul style="list-style-type: none"> <li>• Final grade in class: <b>A</b> GPA: <b>4.0</b></li> <li>• Final attendance record: 4 total absences for the semester</li> <li>• Adjusted Final grade in class: <b>A-</b> GPA: <b>3.7</b></li> </ul> <p><b>Absence due to college events.</b> We do not want to penalize students for participating in college-sponsored events. When you miss class because of a college event, you must give notice of your absence <b>in advance</b> and you are responsible for all missed work.</p>
<p><b>Turning in Your Work</b></p>	<p>You cannot succeed in this class if you do not turn in all your work when due.</p> <p><b>Missing Assignments</b></p> <p>15% will be deducted from all assignments turned in after the posted due date. The highest grade you will be able to earn on late work will be 85%. <b>No late work will be accepted after the dates posted on the syllabus.</b> See syllabus for dates to plan-ahead.</p>
<p><b>Meeting Standards for Classroom Behavior</b></p>	<ul style="list-style-type: none"> <li>• <b>Use all the class time.</b> Come to class on time and stay in class until the end. Coming late, leaving early, and getting up during class disrupts the class and disrespects others.</li> <li>• <b>Come prepared.</b> Bring your texts, be prepared to take notes, and be able to demonstrate that you have completed the assignments for the day through your participation in class.</li> <li>• <b>Respect others.</b> Listen when your classmates and the instructor are speaking. Think about their contributions. Respond appropriately.</li> <li>• <b>Use electronic devices only for class purposes.</b> Engage with your classmates and the instructor without technological distractions. Headphones and cellphones should remain in your bags during class time. Students who appear to be constantly distracted by their electronic devices will be marked absent. (See attendance policy for information on attendance and your grade.)</li> </ul>
<p><b>CCSJ Student Honor Code</b></p>	<p>This course asks students to reaffirm the CCSJ Student Honor Code:</p> <p>I, as a student member of the Calumet College academic community, in accordance with the college's mission and in a spirit of mutual respect, pledge to:</p> <ul style="list-style-type: none"> <li>• Continuously embrace <b>honesty and curiosity</b> in the pursuit of my educational goals;</li> </ul>

	<ul style="list-style-type: none"> <li>• Avoid all behaviors that could impede or distract from the academic progress of myself or other members of my <b>community</b>;</li> <li>• Do my own work with <b>integrity</b> at all times, in accordance with syllabi, and without giving or receiving inappropriate aid;</li> <li>• Do my utmost to act with commitment, inside and outside of class, to the goals and <b>mission</b> of Calumet College of St. Joseph.</li> </ul>
<b>Doing Your Own Work</b>	<p>If you turn in work that is not your own, you will be subject to judicial review by the Faculty-Student Grievance Committee. These procedures can be found in the Student Planner. The maximum penalty for any form of academic dishonesty is dismissal from the College.</p> <p>Using standard citation guidelines to document sources avoids plagiarism. You'll find guides to the major citation methods at the CCSJ Specker Library Web page at <a href="http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite">http://www.ccsj.edu/library/subjectsplus/subjects/guide.php?subject=cite</a></p> <p>You'll also find a comprehensive guide to understanding what constitutes plagiarism, "What Is Plagiarism," on the Specker Library Web page at <a href="https://www.ccsj.edu/library/What%20is%20Plagiarism.pdf">https://www.ccsj.edu/library/What%20is%20Plagiarism.pdf</a> This guide comes from Plagiarism.com, and covers many ways in which plagiarism can occur. Be sure to review this important source!</p> <p><b>Please note:</b> All papers may be electronically checked for plagiarism.</p>
<b>Sharing Your Class Experience</b>	<p>Your voice matters! At the end of the term, you will have the opportunity to evaluate your classroom experience. These confidential surveys are essential to our ongoing efforts to ensure that you have a great experience that leaves you well prepared for your future. Take the time to complete your course evaluations – we value your feedback!</p>
<b>Withdrawing from Class</b>	<p>After the last day established for class changes has passed (see the College calendar in the CCSJ Course Catalog), you may withdraw from a course by following the policy outlined in the Course Catalog.</p>

<b>Resources</b>	
<b>CCSJ Book Rental Program</b>	<p>The CCSJ Book Program ensures that everyone has the right course materials on the first day of class to be successful. You pay a book rental fee each semester, and in return, receive all the materials for all your classes prior to the beginning of classes. At the end of the semester, simply return the books. For traditional students, the Book Rental Program is conveniently located in the library, where students can pick up and return their books. For students in accelerated programs and graduate programs, books will be delivered to their homes and they can return them by mail. For more information, see <a href="http://www.ccsj.edu/bookstore">http://www.ccsj.edu/bookstore</a>. <b>All books must be returned at the end of the semester or you will incur additional fees, which will be charged to your student account.</b></p>
<b>Student Success Center</b>	<p>The Student Success Center provides faculty tutors at all levels to help you master specific subjects and develop effective learning skills. It is open to all students at no charge. You can contact the Student Success Center at 219 473-4287 or stop by the Library. In addition, you can access online tutoring at Tutor.com. See the link within the Blackboard course.</p>
<b>Disability Services</b>	<p>Disability Services strives to meet the needs of all students by providing academic services in accordance with Americans with Disabilities Act (ADA) guidelines. If you believe that you need a "reasonable accommodation" because of a disability, contact the Disability Services Coordinator at 219-473-4349.</p>

<b>Student Assistance Program</b>	Through a partnership with <b>Crown Counseling</b> , Calumet College of St. Joseph provides a free Student Assistance Program (SAP) to current students. The SAP is a confidential counseling service provided to students for personal and school concerns which may be interfering with academic performance and/or quality of life. The SAP counselor is available on campus once a week and off-site at the Crown Counseling offices in Crown Point or Hammond. For more information, <b>contact Kerry Knowles SAP Counselor</b> , at 219-663-6353 (office), 219-413-3702 (cell), or <a href="mailto:kerryk@crowncounseling.org">kerryk@crowncounseling.org</a> .
<b>CCSJ Alerts</b>	Calumet College of St. Joseph's emergency communications system will tell you about emergencies, weather-related closings, or other incidents via text, email, or voice messages. Please sign up for this important service annually on the College's website at: <a href="http://www.ccsj.edu/alerts/index.html">http://www.ccsj.edu/alerts/index.html</a> .