

## EPLS 111 ISSUES IN WELLNESS

### Syllabus

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### **COURSE CREDIT:**

Two Semester Hours

### **COURSE MATERIALS:**

To order textbooks or obtain information about book titles you may go to [www.exstudies.adams.edu](http://www.exstudies.adams.edu) and click on the "ASC Bookstore" icon.

Use **Section Number: 601** to order books from Bookstore site.

### **Required Text:**

Fahey, T.D., Insel, P.M., Roth, W.T. (2005). *Fit and well*, (6<sup>th</sup> ed.). New York: McGraw-Hill.  
ISBN: 0-07-298593-3

**Note: This text will include the *Weight Management / Nutritional Journal*, which will be used in this class.**

### **COURSE DESCRIPTION:**

*Issues in Wellness* is a college level health promotions course designed to encourage healthy, active lifestyles. Students will learn the vital connection between fitness and health, gain knowledge of the benefits of exercise and be provided a rational basis for choosing a healthy, active lifestyle.

### **COURSE OBJECTIVES:**

Upon completion of this course students who complete the requirements will:

- A. Demonstrate competence to make health-related decisions.
- B. Comprehend how their lives can be enhanced by a fit and well lifestyle.
- C. Devise their own personal fitness program.
- D. Assess their current fitness level.
- E. Be motivated to make healthy and fit lifestyle choices

## **COURSE REQUIREMENTS:**

### **Exams:**

5 exams–100 points each–you can drop your lowest test score! Final comprehensive exam–100 points. Exams are included in your study guide following the lessons that they cover.

### **Lab Notebook:**

The lab notebook will consist of all assigned labs throughout the text. They must be put into a three-ring notebook or folder in the correct order (ex. Lab 1-2, 1-3) and sent to me upon completing the lessons in order to take the final exam.

### **Current Event Portfolio:**

You can learn a tremendous amount about wellness through books, magazines and the Internet. You will select 10 current-event articles, which will be assigned during the lessons, and will be mailed to me when you complete the course. The articles can come from any source, magazines, newspapers, Internet, etc., but a copy of the article must accompany the written summary. You must select a current event article on the topic on which chapter it is assigned.

**You will write a 1-2-page, double-spaced typed summary for each article using the following format:**

1. Article name
2. Article source, date, page number(s)
3. Article summary (3-4) paragraphs
4. A personal reaction to the summary. Maybe this applies to you, or it is something you might want to try at some point (for example, a new workout routine found on the internet).
5. Please include the original or copy of the article

To receive full credit, the current event portfolio must be well organized, neat, and comply with the above format.

### **Daily Fitness Log/Nutrition Journal**

The *Daily Fitness and Nutrition Journal* is a small book, which comes with your text. It consists of five parts.

1. Fitness plan: Follow the instructions and complete the plan.
2. Weight Training Log: This is for you to track your lifting progress throughout the life of the course. You must complete either the weight-training part or the fitness program part, while you are in this class. Please make copies of extra pages if you run out.

3. Fitness Program: This is for you to keep track of your fitness activities. They can be anything you want. Whatever activities you choose to do are fine. Even if you have physical limitations you can always find some activities to do. Remember you only have to complete the weight-training log or the fitness log. If you want to complete both that is fine. You should be exercising at least three times per week.
4. Nutrition: Follow the instructions and complete this part. This part of the journal is required.
5. Weight Management: Follow the instructions and complete this part of the journal. It is also required.

Send in the *Daily Fitness Log and Nutrition Journal* to the instructor after completing Lesson 15!

**Note to Students: Please make an effort to complete this journal as you progress through the course. Do not just fill out the journal two days before you finish the class and send it in. I will be reading these and if it done at the last minute, points will be deducted!**

### **GRADE DISTRIBUTION AND SCALE:**

In alignment with ASC academic policies, no D may apply to a major or minor field.

#### **Grade Distribution:**

A. Examinations	500
5 exams-100 Points each-You can drop your lowest test score	
Final-100 points comprehensive	
B. Lab Notebook	100
Assigned labs must be in a folder in order	
C. Current Event Portfolio	200
10 Current Event Articles in Health and Wellness	
D. Daily Fitness Log and Weight Management Journal	200
Students will keep track of exercise and Nutritional habits	
Total Possible Points	1000

#### **Scale:**

900-1000	A
800-899	B
700-799	C
600-699	D
599 and below	F