



Abraham Baldwin

AGRICULTURAL COLLEGE

A State College of the University System of Georgia

TIFTON, GEORGIA

Course Syllabus

Course Name: Health and Wellness
Course Number: PHED 1100C CRN 30308 8-8:50am T/R; 30309 9:30-10:20am T/R
Course Description: 2 hours. Designed to provide the student with knowledge of current health problems including physical fitness, nutrition, and major diseases, and to encourage application of this knowledge for healthful living.
Pre-requisites/Co-requisites: None
Course Learning Outcomes: By the end of the semester, students will: ~ Demonstrate an overall knowledge of personal wellness. ~ Demonstrate knowledge of the five components of physical fitness ~ Identify the behaviors associated with optimum health and wellness. ~ Identify risk factors and warning signs used in the prevention of disease. ~ Identify basic nutritional principles.
INSTITUTIONAL ABSENCE A student who serves as an official representative of the college is defined as one who: <ol style="list-style-type: none">1. is authorized to use the college name in public relationships outside the institution;2. regularly interacts with non-college individuals and groups over an extended period of time (at least one semester);3. represents the college as a part of a group and not as an individual;4. represents the college under the direct supervision of a college faculty or staff member; and5. is authorized in writing, in advance, by the President of the college. Such a student is in no way released from the obligations and responsibilities of all students, but will not be penalized with unexcused absences when absences result from regularly scheduled activities in which he/she represents the college. Further, it is the responsibility of each student to contact instructors prior to the absence and to make arrangements to make up any work that will be missed, in a manner acceptable to the instructor. Advisors of activities will schedule off-campus activities in a manner that does not unduly disrupt the learning process for a student.
College Policy on Academic Dishonesty: A. Academic Dishonesty Academic irregularities include, but are not limited to, giving or receiving of unauthorized assistance in the preparation of any academic assignment; taking or attempting to take, stealing, or otherwise obtaining in an unauthorized manner any material pertaining to the education process; selling, giving, lending, or otherwise furnishing to any person any question and/or answers to any examination known to be scheduled at any subsequent



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date; fabricating, forging, or falsifying lab or clinical results; plagiarism in any form related to themes, essays, term papers, tests, and other assignments; breaching any confidentiality regarding patient information.

B. Disciplinary Procedures

1. When a faculty member suspects that a student has engaged in academic dishonesty, the faculty member will contact the Office of the Vice President for Academic Affairs. The Vice President for Academic Affairs will notify the student in writing of the report and will appoint a neutral person from among the faculty or staff to meet with the faculty member who reported the matter and the student(s) believed to have engaged in academic dishonesty. The purpose of the meeting, to be scheduled by the Office of the Vice President for Academic Affairs, will be to provide a facilitated discussion about what may have occurred. The faculty member who reported the matter, the student(s) believed to have engaged in academic dishonesty, and the facilitator are the only participants in the meeting. Audio nor video recordings of these proceedings will be permitted. Following the discussion, the facilitator will submit a form summarizing results of the proceedings to the Office of the Vice President for Academic Affairs.
2. The faculty member and student(s) may reach an agreement about the matter and, if dishonesty is involved, may determine the appropriate consequences. If no resolution is agreed upon, the matter will be forwarded to the Dean of Student Life and Housing, who will convene the Student Judiciary Committee to determine the outcome of the allegation.
3. Guidelines for disciplinary procedures as outlined in Section V of the Student Code of Conduct will be applicable in cases involving alleged academic dishonesty. A written copy of the recommendations by the Student Judiciary Committee shall be sent not only to the student but also to the faculty member who made the allegations of academic dishonesty against the student, to the Vice President for Academic Affairs, and to the President.
4. Prior to any finding of responsibility on the part of the student, the faculty member shall permit the student to complete all required academic work and shall evaluate and grade all work except the assignment(s) involved in the accusation of dishonesty. The faculty member may, however, take any action reasonably necessary to collect and preserve evidence of the alleged violation and to maintain or restore the integrity of exam or laboratory conditions.
5. A student may not withdraw from a course to avoid penalty of plagiarism or other forms of academic dishonesty.

C. Appeals Process

Students have the right to appeal a Student Judiciary Committee hearing recommendation in accordance with the following procedures:

1. Requests for appeals must be submitted in writing to the Office of the Vice President for Student Affairs within five business days of the date of the letter notifying the student of the original decision. Failure to appeal within the allotted time will render the original decision final and conclusive.
2. Written requests for appeals must be specific and detailed as to the nature and substance of the student's complaint and must clearly indicate what action is requested. The written request should specify the grounds for appeal. Judicial



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recommendations may be appealed on the following grounds:

- A violation of due process
 - Prejudicial treatment by the original hearing body
 - New evidence has become available which was not available at the time of the hearing.
3. Appeals shall be decided upon the record of the original proceedings, the written appeal submitted by the defendant, and any written briefs submitted by other participants. Cases will not be reheard on appeal.
 4. If the student is dissatisfied with the decision of the Vice President for Student Affairs, the student may request in writing that the President consider the appeal, but such request must be made within five business days of the Vice President's decision or the Vice President's decision will be considered final and conclusive.
 5. Within five business days of receiving the appeal, the President will either rule on the appeal or refer the appeal to a special Presidential Panel. The Presidential Panel will review all facts and circumstances connected with the case and within five business days make a report of its findings to the President. After consideration of the Panel's report, the President will within five business days make a decision which shall be final so far as the College is concerned.
 6. Should the student be dissatisfied with the President's decision, written application may be made to the Board of Regents for a review of the decision. This application must be submitted within twenty days following the decision of the President. Additional information regarding procedures for appealing to the Board is available in the Office of the Vice President for Student Affairs. The decision of the Board shall be final and binding for all purposes.

If there is a student in this class who has specific needs because of learning disabilities or any other disability, please feel free to contact the instructor.

This is a partial syllabus. More detailed information relating to the class and Instructor will be made available to each student.



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INSTRUCTOR: ALAN M. KRAMER (akramer@abac.edu) <http://www.abac.edu/akramer/>

OFFICE: Gressette 130 **PHONE:** 229-391-4928

CLASS LOCATION: Gressette Gym/Room 207 or 208

OFFICE HOURS: Posted each semester, Main office bulletin board in Gressette Gym

MATERIALS: Textbook: Fit & Well Core Concept and Labs in Physical Fitness and Wellness. Fahley/Insel/Roth, 8th edition. The student will need to purchase 7 scantrons for testing (available in the ABAC Bookstore). 5 scantrons will be used for major test and 2 for pre and post test. Additional course resources at the instructor's website is <http://www.abac.edu/akramer> and http://highered.mcgraw-hill.com/sites/0073523720/student_view0/index.html

WEB VISTA: Course resources located on Vista include but are not limited to: syllabus, course grades, attendance and punctuality reports, and exam information. The instructor's WebCT Vista site is a vital part of this course and each student will be required to use. Students must have accessed the Vista site no later than the third class period to avoid penalty.

COURSE WITHDRAWALS: Withdrawing from a course is the responsibility of the student. If a student needs to reduce his/her course load during a particular semester, that student may officially withdraw from a class with a grade of "W," provided he/she takes this action before the mid-point in the semester (see the college calendar). Course withdrawals processed after the "drop" or mid-point deadline will result in a "WF" in the course. The student who wants to withdraw from a course must first see his/her academic advisor for permission to withdraw. At that point the advisor completes a drop form and the student follows the steps outlined on the form and submits it to the Registrar's Office. Official withdrawals can be made only if the student has not already abandoned the course and been dropped from the course with a penalty.

COLLEGE WIDE HARASSMENT POLICY: Sexual or racial harassment in the University System is prohibited and shall subject the offender(s) to the appropriate disciplinary action. A student who feels subjected to any type of harassment should consult the instructor immediately. *Refer to the college catalog and/or student handbook.*

ABAC'S POLICY ON MIDTERM ADVISORY GRADES: Midterm Advisory Grades will be reported on Banner Web to any student who has a C, D, or an F in any class. The number of class absences will be posted for all students. Advisory grades are not entered on the student's permanent record. Students should note that these grades are advisory and will not necessarily reflect the final grade earned in the course. These grades are intended to provide students with information in order to improve their performance in the second half of the semester. Students are responsible for checking Banner Web when grades and absences have been reported. Students who receive grades should meet with their instructors to develop plans for success in the second half of the semester. Students also should take advantage of study groups and the free tutoring services offered by the Academic Assistance Center (AAC).

EVALUATION: The grading format for this course will be based on a 700 point system made up of 5 written exams, Quizzes/Lab Activities/Attendance, a Nutrition Project and a Final Overview. The final grade will be determined based on the following point breakdown:



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GRADING SYSTEM: 630-700 = A; 560-629 = B; 490-559 = C; 420-489 = D; 419 and below = F

Test: 100 points each (5 Major tests)

Periodic Quizzes/Labs/Attendance: 130 points

Nutrition Project: 40 points

Final Overview: 30 points

Description: Written Exams (5): Given periodically over textbook material, class lecture, videos, as well as labs and class discussions. **Quizzes/Labs (tba):** variable methods utilized including, but not limited to, lab exercises, out-of-class assignments, use of http://highered.mcgraw-hill.com/sites/0073523720/student_view0/index.html website, use of ABAC WEBCT Vista, quizzes, signing roll. **Nutrition Project (1):** Individual Dietary Analysis applying concepts of Diet and Nutrition. **Final Overview (1):** End of year overview of course content.

***These above point totals will be updated weekly and may be accessed through WEB VISTA from the ABAC website www.abac.edu/akramer. Absences and tardies will be noted!

Course Policy on Attendance and other Responsibilities:

1. All Students are responsible for missed work and should notify the instructor PRIOR to missing class in writing by emailing at akramer@abac.edu. Students must initiate their own makeup work.
2. If allowed, due to an excused absence and if the instructor is notified in writing by emailing akramer@abac.edu PRIOR to the excused absence, missed exams will be made up on an assigned date toward the end of the semester. If the student is unable to make up the missed exam at this time a '0' will be issued. The same policy will be in effect for any missed quizzes/labs deemed excused. Please note that if notified after the fact of an absence the student will **not** be allowed to make up work no matter if excused or unexcused.
3. Class will begin on time. Students are expected to be prompt. Tardiness and the disruption to class it causes will not be tolerated. Students will be considered tardy if entering class once class has begun and/or roll has been called/taken. Anyone entering class after the roll is taken will be considered absent.
4. Disruptive students will be asked to leave class.
5. No tobacco products allowed in class.
6. Use of pagers, beepers, ipods, cell phones, or any other electronic devices during class and exams are prohibited. Desks must be free of all electronic items except those approved by the instructor.
7. No text messaging during class; students violating this policy will be asked to leave class and will be awarded an unexcused absence.
8. Anyone leaving class early will be issued an absence.
9. Anyone having more than 5 unexcused absences will receive an F for this class
10. Two tardies equal 1 unexcused absence.

"The Student Development Center is the official office to provide disability services at ABAC. If you have a documented disability that may require assistance, you will need to contact the Student Development Center for coordination of your academic accommodations. The Center is located on the 2nd floor of the J. Lamar Branch Student Center. The phone number is 229-391-5135; fax is 229-391-5136. You may also visit the website at www.abac.edu/sdc or email at mmartin@abac.edu or asims@abac.edu "



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