PHYSICAL EDUCATION 2251
Living with Health
3 credit hours

This is an information sheet only, not the course syllabus.

COURSE DESCRIPTION
Personal and community health issues. Achieving overall wellness and implementing behavior changes through knowledge of current health research. Major topics may include: stress management, anxiety and mood disorders, relationships, nutrition, physical fitness and exercise, weight management, drug use and abuse, cancer, cardiovascular diseases, AIDS, and other sexually transmitted diseases. (3 lecture hours)

REQUIRED AND RECOMMENDED COURSE MATERIALS
Please follow the instructions below to locate information on the textbook and other materials for this course.

1. From COD home page, click on myACCESS.
2. Click on Search for Credit Classes.
3. From the Term drop-down box select the term.
4. Choose your course from the Subjects drop-down menu.
5. In the Course # field, enter your course number.
6. In the Section field, enter the course section number if known.
7. From the Course Types drop-down menu select Internet/Online.
8. Scroll to the bottom of the page and click on SUBMIT.
9. Click on the Section Name and Title link.
10. Click on Click here for prices of required textbook(s) and supplies and course material information will be displayed.

Alternatively, you can visit the COD Bookstore website to find this information.

Required Worksheets: You will need the packet of Wellness Worksheets that are packaged separately from the textbook OR you can download them from the publisher's website.

COURSE OUTLINE
There are three main categories of work within the class.
- Unit or Chapter Tasks
- Major Assignments and
- Chapter Quizzes

<table>
<thead>
<tr>
<th>Assignments</th>
<th>Description</th>
<th>Total Points</th>
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| Chapter Assignments 40% | Each chapter will differ; but you will be given a variety of tasks to complete to earn a possible 60 points for most units. Examples of the type of work are:  
- research a specific topic  
- answer reading related questions  
- check out an internet site and relate findings  
- post an opinion or response on the message board  
- fill out wellness assessment worksheets  
- write a reaction paper to a video. | 600          |
There will be 3 major assignments each will be worth 200 points.
- two personal health projects and
- one article review paper

You will take a chapter quiz for each unit. Each quiz will be worth about 28-30 points.

You can see the specific point value of each task at the end of the unit, in the task summary chart and in the detailed due date chart.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>91% or higher</td>
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<tr>
<td>B</td>
<td>80%-90%</td>
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<tr>
<td>C</td>
<td>70%-79%</td>
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<tr>
<td>D</td>
<td>60%-69%</td>
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<tr>
<td>F</td>
<td>Less than 60%</td>
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The S/F grade option is available to students in this course. Contact the instructor or refer to the syllabus for details and conditions.

If you may find that you are unable to complete the course by the end of the semester for some unavoidable reason you may request an Incomplete grade. Contact the instructor or refer to the course syllabus for details.