

University of Oregon

HPHY 102 Exercise & Wellness
Course syllabus

Meets: M/W/F 1:00-1:50 in 100 Willamette

Instructor: Annie Dochnahl

Office: UO Health Center Office

Hours: by appointment Phone:

346-2843 E-mail:

Dochnahl@uoregon.edu

Graduate Teaching Assistants (their email address and discussion sections)

David Jackson djackso2@uoregon.edu (Mon 4:00, Tues 4:00, Thurs 4:00, and Fri 3:00)

Tal Amasay tamasav@uoregon.edu (Mon 3:00 and Tues 3:00)

Dave Suprak dsuprak@uoregon.edu (Wed 4:00, Thurs 8:00, and Thurs 11:00)

Text: Fit and Well (6th Ed) Fahey, Insel and Roth, available at UO Bookstore

Website URL; <http://blackboard.uoregon.edu> Final Exam: Wednesday, June 8, 3:15 p.m.

Course description:

As part of the introductory HPHY series, this course is designed to broaden the students understanding of how exercise interfaces with other wellness issues. The course examines how exercise, diet, drug use, sexual practices, and psychological stress each impact human health. Students will be encouraged to integrate course concepts into their personal practices.

Course reading:

Students are responsible for assigned readings as listed in the course outline below. Other readings will be posted on the blackboard course site periodically. It is suggested that you come to lecture having already read the assigned chapters, as this will enhance your understanding of lecture material.

Attendance at Lectures:

You are responsible for all information, lecture content, and schedule changes presented during lecture. Lectures will be organized around the text, but will also include supplemental material. While many of the lecture notes will be on the blackboard course site, it is your responsibility to find out (from a classmate, GTF or the instructor) what else was covered in lecture on any day that you miss.

Discussion:

There will be weekly quizzes, lab activities, written assignments and/or video showings in the discussion section. Please come to discussion with your own questions prepared from material presented in that week's lecture and readings.

Grading criteria:

There will be two midterm exams and one final exam. Missed exams can not be made up. For students who have legitimate and unavoidable schedule conflicts, arrangements to take an early exam must be made before the exam date. The exams will be weighted with the discussion section as follows:

Discussion	20%
Midterm I	20%
Midterm II	20%
Final (comprehensive)	40%

Final Grade:

The following grading system will be used based on the combined scores in each of the assessments above.

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	<60%

Wellness Issues in Exercise

**Course outline
Spring 2005**

Week 1	Wellness models (chapters 1 and 2) Centenarians and the role of exercise Training principles and behavior change theories Cardiovascular effects of training	<u>lab/discussion</u> personal wellness profile
Week 2	Strength training and overtraining (chapters 3 and 4) Muscular Strength Over-training Ergogenic aids	article mini-report
Week 3	Body Composition and Flexibility (chapter 5 and 6) Body composition assessment and BMI Stretching and flexibility Midterm	review for midterm
Week 4	Nutrition (Chapter 8) Nutrition 101 Osteoporosis GMO controversies	Science library "field trip"
Week 5	Weight Management (Chapters 9) Fad diets Eating disorders	Diet article
Week 6	Stress (Chapter 10) General Adaptation Syndrome Stress and campus Midterm exam	video and discussion
Week 7	Disease and prevention (chapters 11 and 12) Breast and testicular cancer CVD and Cholesterol Tobacco	blood pressure/ CAD risk factors
Week 8	Substance use and abuse (chapter 13) Alcohol use on campus Illegal Drugs Relationship and sexual violence	Drug article
Week 9	Sexually transmitted infections (chapter 14) Sex on campus, current concerns Sex ed in US and Europe HIV update	contraception/HIV disease
Week 10	Environmental issues and health Clean air Review	study for final exam revisit wellness profile