University of North Carolina at Wilmington  
Department of Health and Applied Human Sciences  
Health 105  
Spring, 2003

Course: HEA 105 – Individual Well-Being, 3 credit hours
Time: Tuesday & Thursday, 5:30-6:45 pm, Morton 100
Instructor: Elisabeth K. Constandy, MS, CHES
Constandye@uncw.edu
Work phone: 343-6658 (*this is my office at the Health Dept)
http://people.uncw.edu/constandye/
Office Hours: By appointment only

Competencies:
Upon successful completion of this course, you should be able to do the following:
• Understand and define wellness, its’ components, and how personal wellness is achieved.
• Assess your current health status, and identify areas in need of change to improve overall quality of life.
• Understand the difference between chronic and communicable disease, and risk factors associated with both.
• Identify inherited risk factors and learn how to modify your lifestyle to reduce your overall risk for developing disease.

Grading:
Attendance will not be taken, as we have a large class. However, extra credit will be available for in-class activities and random attendance. If you choose not to attend class, you will miss the opportunity for these points. Test questions will be T/F and multiple choice, and will be taken from the text, class lectures, and assignment topics.

IF YOU MISS A TEST FOR ANY REASON, YOU WILL TAKE A COMPREHENSIVE MAKE-UP DURING FINALS WEEK, DATE AND TIME TO BE ANNOUNCED. THERE WILL BE NO MAKE-UP TESTS OFFERED DURING THE COURSE.

Grades will be compiled from test scores, assignments, and one paper. More information on the assignments and paper will be posted to the website and discussed in class.

Grading Scale:
A  90-100
B+  87-89
B    80-86
C+  77-79
C    70-76
D+  67-69
D    60-66
F    <60
Chapter Outline: I will try to adhere to this schedule. However, if we get off schedule, tests will only be on material that has been covered in class. **Test dates will not change.**

January:
9: First Day of Class
14: Intro/ Ch 1
16: Ch 1
21: Ch 5
23: Ch 5
28: Ch 6
30: Ch 6

February:
4: Ch 13
6: Ch 13; Personal Assessment Due
11: Ch 13; Exam 1 Review
13: Exam 1
18: Ch 7
20: Ch 7
25: Ch 7, 8
27: Ch 8

March:
4: Ch 8
6: Spring Break Topics (no Chapter assigned)
11: Spring Break
13: Spring Break
18: Ch 9
20: Ch 9, 11: Family Assessment Due
25: Ch 11; Exam 2 Review
27: Exam 2

April:
1: Ch 11 (Eating Disorders)
3: Ch 10
8: Ch 10
10: Ch 12
15: Ch 12; Paper Due
17: Easter Break
22: Ch 12
24: Guest Speaker/Wrap Up
29: Exam 3 Review

May:
1: Exam 3; Last Class
5-9: Finals Week; Comprehensive Final TBA