

# Personal Wellness - HLP1081 Syllabus

Spring C (January 09 – May 4 2023)

## I. Course Information

Course Title: Personal Wellness

Telephone No.: 352-854-2322 x1326

Course No. and Section: HLP1081/01

Email: [abbruzzs@cf.edu](mailto:abbruzzs@cf.edu)

Instructor Name: Steven Abbruzzi

Credit Hours: 3

Meeting Day & Time: T, TH 9:30-10:45

Course Location: 9-108 (Ocala Campus)

Online / Campus Office Hours:

MWF 9:00am - 12:00pm / T, TH 8:30 - 9:30, 11:00am - 12pm

Extended Emergency Closure

“For emergency campus closings (natural disasters, etc.) call 352-291-4499 or 800-831-9244 or check our [website](#) (CF.edu).”

## II. Course Description

This course meets the College of Central Florida general education requirement for Personal Development. This is a lecture and activity course that will cover the concepts and applications of basic wellness with concentration on cardiovascular and muscular fitness, personal lifestyle improvement, positive choices, and basic nutritional information.

Course goal and/or course description:

This course is designed to help students understand their current health status and provide them with the knowledge to create a functional wellness program and lifestyle.

Course Objectives:

- Review common stressors, responses and coping mechanisms.
- Evaluate personal nutrition needs and develop a healthy eating plan.
- Develop an appropriate and realistic fitness plan.
- Evaluate the characteristics of healthy relationships.

- Examine personal drug use.
- Compare medical alternatives and consumer health care options.
- Describe the risk factors for infectious diseases, heart problems, cancer, and other serious illnesses.
- Determine factors that increase personal safety.
- Explore the foundations of psychological wellness.
- Understand the components of holistic or “whole person” wellness.

### **Textbook Information:**

Required Textbook Title: **No Textbook required**

### **III. Student Learning Outcomes/Course Objectives**

**Communication: The student will read, write, speak, and listen effectively.**

1. Read materials and effectively understand essential facts and concepts.

How Measured: Quiz

2. Write an organized document that communicates effectively and appropriately for the situation.

How Measured: Wellness Plan

**Quantitative and Analytical Reasoning: The student will understand and apply mathematical and scientific principles and methods.**

1. Performing accurate computations using order of operations with and without technology. How measured : Activity 3-4.

2. Interpreting and communicating understanding of visual representations of data.

How measured: Activity 6

**Computer & Information Skills: The student will be able to evaluate the importance of technology and its applications.**

1. Access, research, and retrieve information using the Internet.

How Measured: Activity 6

2. Implement appropriate security measures in a digital environment.

How Measured: Orientation

## IV. Assessment

Evaluation: Evaluation for this course will be determined by your participation in class activities, including regular progress, timely submission of your class assignments and demonstrated knowledge and performance on assessments and examinations. Please check the specific breakdown for the material presented in this class. Points on assignments will be deducted for poor grammar and spelling and submitting after the due date.

### Methods of Evaluation:

Tests (3)	150 points	Grading
Final	50 points	450-500 = A
Assignments	150 points	435-449 = B+
Nutrition Analysis	100 points	400-434 = B
Attendance / Participation	50 points	385-399 = C+
Extra credit	50 points	350-384 = C
	550 points	300-349 = D
		299-0 = F

X- CREDIT (MAX – 50 PTS)

Blood donation - 25 pts.

Perfect attendance – 50 pts (1 class – 25pts)

Exercise classes – 10 pts per class

Other opportunities –TBA (Campus Events, March of Dimes etc...)

\*Assignments: All assignments are due as listed in this syllabus. Late assignments may or may not be accepted, under extenuating circumstances, but if so are always subject to a grade deduction. No assignment will be accepted if more than one WEEK past due date. Late work during the last 2 weeks of the course is not accepted at all. Questions should be emailed to the instructor using Canvas email. Do not enter questions in the assignment drop box.

Attendance: Class attendance is essential to the learning process for HLP 1081. Participation in class assignments and class activity is credited to final grade. You are allowed 2 unexcused absences. Points will be deducted after allowed absences (5 points each absence).

STATEMENT: Due to unforeseen happenings, it may be necessary for the course assignment schedule to be altered. The instructor will always strive to be fair about any changes.

**V. TENTATIVE COURSE OUTLINE :**

Lecture

Lab

Introduction / Wellness  
 Cardiovascular Health  
 Cardiovascular Endurance  
 Muscular Strength/Endurance  
 Flexibility  
 Body Composition  
 Nutrition  
 Personal Safety  
 Last Class - Final

Blood Pressure  
 Mile Test / Step Test  
 Sit-up/Push-up Test  
 Flex Test  
 Pilates – B/CompTest  
 Strength Training  
 Circuit Training

Grading scale

<b>GRADING SCALE (percentage):</b>	
<b>A:</b>	90-100.
<b>B+:</b>	87-89.
<b>B:</b>	80-86.
<b>C+:</b>	77-79.
<b>C:</b>	70-76.
<b>D:</b>	60-69.
<b>F</b>	0-59

The College of Central Florida is committed to helping you succeed and achieve your academic, personal and career goals. There are a wide range of resources and support services available to you. When students are connected early to resources and support systems on campus they are more likely to stay in classes, perform better in those classes, and complete their path more quickly. One example is through an Early Support Program, where you may receive an email indicating your professor or advisor is reaching out directly to help connect you to support services. This may include connecting you to tutoring, financial support, psychological support services, and disability services just to name a few. Be aware, you can also reach out to these services on your own as well. Additionally, we offer free tutoring, disability services, a testing center, and many other resources which are all

available to you. [Please refer to the College Resources, Dates, and Policies document in your Canvas course to learn more about these supports.](#)