



**College of Education
School of Physical Activity and Health**

HWS 350 Lifestyle Behavior and Health

Course Description: Study of contemporary issues that result from healthy and unhealthy lifestyle practices. Topics will focus on health psychology, substance abuse, nutritional disorders, health behavior theories and theories of spiritual well-being, management of illness, and health ethics. Students will research mind-body health and the balance of wellness dimensions including spiritual, emotional, intellectual, social and physical health. An analysis of the personal dynamics of self-concept, self-esteem, and self-efficacy.

Writing Intensive Course (meets University Writing Requirement if passed with a C- or better):

1. Writing Intensive Courses shall use student writing as a significant approach to learning.
2. Writing Intensive Courses shall base a significant part of the grade on evaluation of writing quality.
3. Upper division Writing Intensive Courses shall focus on content related to the major disciplines and be taught by faculty knowledgeable about that discipline.
4. Upper division Writing Intensive Courses shall discuss writing issues pertinent to that discipline, as such issues apply both academically and professionally.

Credit Hours: 3 hours

Course Times: Monday and Wednesday; 11:00 a.m. to 12:20pm

Course Objectives: Upon completion of the course, the student will:

1. Describe concepts of Health Psychology
2. Identify and discuss characteristics of Health Behavior Theory
3. Gain an understanding of basic principles of Bioethics
4. Understand neurotransmission of impulses and other basic functions of the brain, and the role of chemistry and biochemistry in abusive and compulsive behaviors
5. Discuss the mental and physical consequences of substance abuse and addiction, food abuse, other addictions, and stress
6. Discuss the effects of lifestyle on health behaviors.
7. Identify lifestyle changes and substitutes for addictive behavior
8. Improve your personal Mind and Body Health.

Required Texts:

Seaward, Brian Luke Achieving the Mind-Body-Spirit Connection, Jones and Bartlett, 2005

Resource Texts (library reserve or class handout):

1. Addictions, National Forum: The Phi Kappa Phi Journal, Fall, 1999
 - a. To access these articles, follow the following steps.
 1. Go to EOU Home page
 2. Select "Pierce Library" and then choose "Database List)
 3. Select the top listing, "Academic Search Premier"
 4. Click on the "Publications" link under "Advanced Search"
 5. Select the letter, "N", and scroll down to "National Forum"
 6. Click on the highlighted "national forum"
 7. On the next page select "1999"
 8. Select Vol 79 Issue 4 Fall 99
 9. Item number 3, and 5 through 12 are your reading assignment in this journal. (Pertains to Addictions Synthesis Paper).

2. Healing and the Mind; Student Study Materials with Syllabus

3. The Generative Game of Life 2001; Spirituality and Health (Winter 2001),
<http://www.spiritualityhealth.com/NMagazine/articles.php?id=1025>

When you go to the site you will need to register. Then select "articles" and click on the Winter 2001 issue cover page.

4. Sign up for Soulboosters at: <http://www.spiritualityhealth.com>

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Criteria for Evaluation and Grading:

I. Successfully complete all reading assignments, class discussions, and video assignments.

- a. There will be several written assignments (See Course Schedule). For the purposes of this class, an "essay" means a well written and insightful literary composition which discussed the assigned topic. If you need assistance on format, etc., please visit this web site (Guide to Writing a Basic Essay) which explains how an essay should be written:

<http://members.tripod.com/~lklivingston/essay/>

- b. You will be required to write two synthesis paper. One on the "Healing and the Mind" video series as it relates to several related readings. Another synthesis paper will involve the "Portrait of Addiction" video series as it relates to selected readings. A "synthesis" involves combining two or more summaries in a meaningful way and the final essay must generally be thesis- driven. A "synthesis" commonly refers to writing about printed texts, drawing together particular themes or traits that you observe in those

texts and organizing the material from each text according to those themes or traits.

Sometimes you may be asked to synthesize your own ideas, theory, or research with those of the readings you have been assigned. The following website may serve as a guide to writing your synthesis papers:

<http://users.drew.edu/~sjamieso/Synthesis.htm>

- c. Other written assignments will relate to class readings and discussions. Assignments, essay and synthesis papers are due during the class stated in the course schedule.
- d. Late submissions will receive a maximum of 70% or less.
- e. A final exam will also be given as scheduled. At the end of each class meeting, students will submit a questions from the day's discussions that will be used as a question on the final exam.
- f. All written assignments must be typed or word-processed. **Handwritten assignments will receive a maximum of one-half credit.** Citations use AMA style.

2. Grading:

Discussions, and Assignments = 100 points Readings and Video Synthesis Projects = 200 points Final Exam = 100 points

A =96%to 100%	A- =91%to95%
B+ =86% to 90%	B =81%to85%
B- =76% to 80%	C+=75% to 79%
C=70% to 74%	C-=60% to 69%
D=50% to 59%	F= 49% and below

Statement on Academic Misconduct: Eastern Oregon University places a high value upon the integrity of its student scholars. Any student found guilty of an act of academic misconduct (including, but not limited to cheating; plagiarism; or theft of an examination or supplies) may be subject to having his or her grade reduced in the course in question, being placed on probation or suspended from the university, or being expelled from the university -or a combination of these.

See Section II of the Student Handbook and Planning Calendar for clarification.

Statement on Americans with Disabilities: If you have a documented disability or suspect that you have a learning problem and need reasonable accommodations, please contact the Disability Services Program in Loso Hall1234. Telephone: 962-3081.

“Teachers open the door, you enter yourself.”

Course Schedule

January, 2008

7 Introduction to the course. An explanation of writing intensive expectations.

9 Introduction -Health Psychology and Health Behavior Theories

The following web sites contain descriptions of the health behavior Theories and Models:

http://chcr.umich.edu/how_we_do_it/health_theories/healththeories_index/chcr_document_view

<http://cancer.gov/pinkbook> (Go to page 228 for overviews of theories)

<http://www.etr.org/recapp/theories/hbm/Resources.htm>

A career in Health Psychology might be of interest to some of you. Visit the following site which describes what a health psychologist might do.

http://www.wcupa.edu/_ACADEMICS/sch_cas.psy/Career_Paths/Health/Career02.htm

14 Health Behavior Theories Continued

Essay Assignment 1: Visit the internet sites listed above. After reading about the various health theories and attending the class discussion, select a health behavior and construct an explanation of the chosen theory related to the health behavior you chose. Due on January 22, 2007.

16 Mystery of Chi (Video and class discussion)

21 Martin Luther King Holiday

23 The Mind (Video and class discussion)

28 Healing From Within (Video and class discussion)

30 The Art of Healing (Video and class discussion)

February, 2008

4 Wounded Healers (Video and class discussion)

Synthesis Paper #1 -Healing and the Mind. Due February 11

6 Achieving the Mind-Body-Spirit Connection – Part One: The Wellness Mandala

Prior to class, begin the activities in our workbook. We will spend the next few class sessions participating in these activities in class. Bring your book, have the exercises completed, participate in discussions, and be open to new ideas.

11 Achieving the Mind-Body-Spirit Connection – Part Two: Effective Coping Skills

13 Achieving the Mind-Body-Spirit Connection – Part Three: Effective Relaxation Techniques

Essay Assignment 2: Select one of the Chapters from part three of AMC and get a friend or family member to participate in this activity with you. Provide a written summary of the experience. Due February 18, 2008.

- 18 Achieving the Mind-Body-Spirit Connection – Part Four
- 20 Portrait of Addiction (Video and Discussion)
- 25 The Hijacked Brain (Video and Discussion)
- 27 Changing Lives (Video and Discussion)

March, 2008

- 3 The Next Generation (Video and Discussion)
- 5 The Politics of Addiction (Video and Discussion)

Synthesis Paper #2 -Portrait of Addiction. Due March 11, 2007.

- 10 TBA
- 12 TBA

Final Exam: Tuesday March 18, 8:00 a.m. to 10:00 a.m.