

WELLNESS

COURSE INFORMATION

COURSE NAME:	Wellness SC 0082
COURSE TIME:	Tuesday and Thursday 1:30 to 3:45 p.m.
DURATION:	One Block (1/2 Semester) November and December
INSTRUCTOR:	Bill Shaw
PHONE:	539-2713
OFFICE:	C207
COURSE TEXT:	No text required. Weekly handouts are used.
SUPPLIES:	Lined paper, pens, pencils, erasers and a duotang to compile handouts.
COURSE PREREQUISITES:	Enrolled in EN 0060 or higher, or by instructor permission.
COURSE DESCRIPTION:	Wellness is a course that introduces students those aspects of their lives that affect their total well-being. The course is modelled on the book, <u>Wellness Workbook, 2nd Edition</u> , by John W. Travis and Dorothy Jongeward, and includes influences of our breathing, eating, movement, feelings, thinking, communication and self-responsibility on our "wellness".
FORMAT:	Weekly lectures and in-class discussion. Some small group work, as well as a walking tour of Safeway, are included whenever possible. Individual assessment by each student of each aspect of their life is completed by each student on weekly worksheets.

EVALUATION:	Participation and discussion, group work	10%
	Attendance	10%
	Assignment and weekly worksheets	40%
	Midterm	15%
	Final	25%

GRADING: Students receiving a grade of 50% or higher in the course after being evaluated as above will receive credit (CR) in the course. As the course consists of mainly lecture and in-class activities, students with poor attendance will experience difficulty receiving credit.

Students are responsible for getting lecture notes from fellow students if they miss a class. They are also responsible for asking the instructor for missed worksheets and for arranging to take make up tests if any exams are missed.