

BARNARD COLLEGE
DEPARTMENT OF PHYSICAL EDUCATION

WELLNESS
PHED 1100

Course Instructor: **George Padilla**, MSPH, EMT (gpadilla@barnard.edu)
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Course Description: *An introduction and exploration of the dimensions of wellness necessary for optimal health and wellbeing. The class format will consist of discussion, group activities, and limited physical activity. Presentations by health and wellness specialists within the Barnard community will be an integral part of the class. The dimensions of wellness addressed in this course include the emotional, environmental, intellectual, physical, social and spiritual influences that affect an individual's wellbeing. * This course will be offered to Barnard students only, and for a maximum participation of 1 semester.*

Class Meetings: 203 Barnard Hall **Meeting Times:** 6–8pm Wednesdays

Course Textbook: Anspaugh, D.J., Hamrick, M.H., & Rosato, F.D. (2003). *Wellness: Concepts and Applications*. Fifth edition. New York, New York: McGraw-Hill Publishing.

Course Objectives: Students will be expected to:

- Be in attendance and participate in all class activities;
- Define and list the components of wellness;
- Identify the helpful resources available at Barnard that contribute to wellness;
- Describe specific ways in which the student can enhance her own wellbeing;
- Develop a personal plan for utilizing the information gained from this course.

Course Requirements: Students will be responsible for:

- Participating in all class activities and be absent for no more than 2 classes;
- Completing designated homework assignments.

Class Modules include:

1. Introduction to the course and orientation to the Physical Education facilities
2. PRECEDE Model for Health Behavior Evaluation and Change
3. 'Emotions 101' – Mary Commerford, PhD
4. Stress Management – Alyson Nelson, PhD
5. Dietary Concerns and the 'Freshman 15' – CU Staff Nutritionist/Dietitian
6. Personal and Sexual Health – Jessica Cannon of the Well Woman Center
7. Preventive Alcohol and Substance Abuse Strategies – Hilary Colenso, PhD
8. Progressive Training for Physical Fitness – Tavius Cheatham, MS
9. Spiritual Health – Jewelnel Davis, MDiv., MSW, Director of the Earl Hall Center, Columbia University and University Chaplain
10. Mind-Body Health Practices / Yoga – Lisa Northrop, MA
11. Social Activities and Student Organizations – Cristen Scully Kromm, Director of College Activities
12. Student Presentations