



### PHYS ED 177 Wellness for Life (3 units)

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<b>Office:</b>	207 Hearst Memorial Gymnasium
<b>Office Hours:</b>	By appointment in person and via Zoom (N.B., please email to set up a time)
<b>Required Texts:</b>	<i>Wellness for Life</i> by Murray and Heumann (See the last page on how to purchase an access code for the eText and website; <a href="https://www.khpcontent.com/">https://www.khpcontent.com/</a> ) <i>Lifestyle Medicine Handbook</i> by Frates et al. (This is a hard-copy text).
<b>Sources:</b>	National Wellness Institute <a href="https://www.nationalwellness.org/">https://www.nationalwellness.org/</a> American College of Lifestyle Medicine <a href="https://www.lifestylemedicine.org/">https://www.lifestylemedicine.org/</a>

**I. Course Description:** The course presents information concerning the benefits, positive effects, assessment, and implementation of healthy lifestyles through personal responsibility and lifestyle medicine to promote wellness over the lifespan, three (3) units.

**II. Statement of Course Goal and Objectives:** The goal of this course is to introduce students to wellness paradigms and how self-responsibility is paramount. Objectives: At the conclusion of the course, students shall be able to:

- Assess the six dimensions of wellness.
- Determine the methods used to assess individual fitness and wellness levels.
- Assess individual lifestyle choices and how they relate to a quality life.
- Practice general nutritional guidelines and weight management.
- Summarize stressors and the methods to deal with them.
- Identify qualities for good sleep and practices to develop restful sleep.
- Evaluate the value of social connection and positivity.
- Compare sexually transmitted diseases.
- Identify abused substances and possible lifestyle interventions for addiction.
- Employ exercise cautions and other safety concerns.
- Demonstrate how to research and to prepare a written paper on an approved topic in wellness, using the publication guidelines from either the American Medical Association (AMA) or the American Psychological Association (APA)

**III. Method of Assessment and Evaluation:** Final grades shall be based on the percentage of the overall points accumulated during the semester according to the following scale:

Unit Examinations 1-10	100 points (33.33%)
Graded Activities and Nutrition Assignment	50 points (16.66%)
Written Paper	50 points (16.66%)
Cumulative Final Examination	<u>100 points (33.33%)</u>
Total Points	300 points (100%)

The Graded Activities involve a fillable PDF. Adobe Acrobat Reader should be used to open, to manipulate, and to save the file. It is a piece of free software and can be downloaded from this link: <https://get.adobe.com/reader/otherversions/>. See the detailed directions listed on the course's website for more information on how to complete the assignment.

The written paper is a 5- to 10-page, typewritten paper on an approved topic. See the specific directions on the course's website for further details.

GRADE (FOR ROSTER)	GRADE POINTS PER UNIT	RECOMMENDED PERCENTAGE BREAKDOWN	DESCRIPTION
A+	4.0	94–100%	Excellent: The grade of "A+", when awarded at the instructor's discretion, represents extraordinary achievement, but does not receive grade point credit beyond that received for the grade of A.
A	4.0	94–100%	
A-	3.7	90–93%	
B+	3.3	86–89%	Good
B	3.0	83–85%	
B-	2.7	80–82%	
C+	2.3	76–79%	Fair: Each course in a certificate program must be completed with a grade of C or better, although some programs have higher requirements.
C	2.0	73–75%	
C-	1.7	70–72%	
D+	1.3	66–69%	Barely passed
D	1.0	63–65%	
D-	0.7	60–62%	
F	0.0	< 60%	Failed

#### IV. Course Requirements

1. All examinations must be completed according to the university's policies and by the posted due dates.
2. The assignments must be submitted digitally by the posted due dates. **Late assignments are not accepted.**
3. Each student must abide by the university's honor code:  
<https://teaching.berkeley.edu/berkeley-honor-code>

***“As a member of the UC Berkeley community, I act with honesty, integrity, and respect for others.”***

Violation of the Honor Code shall result in a grade of an “F” for the course.

4. This is a university course; “extra credit” is not available. Just complete everything properly initially.
5. The use of laptops and other electronic equipment is encouraged during class; however, all tasks being conducted or viewed should be related to the course and not distracting to others.
6. Attendance is expected, but is not graded in a lecture-based course; students are graded on their individual performances on the examinations and the assignments.
7. Students should be prepared for each lecture by having read the appropriate materials and viewed the corresponding presentations and other materials in accordance with the course schedule. Students not prepared for class may be dismissed.
8. Enjoy the course. You are here at UC Berkeley - the top public institution of higher education in the world - because you are one of the best and the brightest. Do your best; always act with honor. *Fiat Lux.*

#### V. Official Policies of the University of California at Berkeley

**Statement of Accommodation.** The University of California at Berkeley provides reasonable accommodations to students with disabilities through the Disabled Students' Program (<https://dsp.berkeley.edu>). For more information regarding these services, please contact the staff in the Disabled Students' Program via telephone at 510.642.0518, visit in person at 260 Cesar Chavez Student Center, or email at [dsp@berkeley.edu](mailto:dsp@berkeley.edu).

**Accommodation of Religious Creed.** The University of California at Berkeley is compliant with Education code, Section 92640(a) and permits any student to undergo a test or examination, without penalty, at a time when that activity would not violate the student's religious creed, unless administering the examination at an alternative time would impose an undue hardship which could not reasonably have been avoided (see <https://sa.berkeley.edu/uga/religion> for detailed information).

**Academic Integrity.** “You are a member of an academic community at one of the world's leading research universities. Universities like Berkeley create knowledge that has a lasting impact in the world of ideas and on the lives of others; such knowledge can come from an undergraduate paper as well as the lab of an internationally known professor. One of the most important values of an academic

community is the balance between the free flow of ideas and the respect for the intellectual property of others. Researchers don't use one another's research without permission; scholars and students always use proper citations in papers; professors may not circulate or publish student papers without the writer's permission; and students may not circulate or post materials (handouts, exams, syllabi--any class materials) from their classes without the written permission of the instructor.

“Any test, paper or report submitted by you and that bears your name is presumed to be your own original work that has not previously been submitted for credit in another course unless you obtain prior written approval to do so from your instructor. In all of your assignments, including your homework or drafts of papers, you may use words or ideas written by other individuals in publications, web sites, or other sources, but only with proper attribution. If you are not clear about the expectations for completing an assignment or taking a test or examination, be sure to seek clarification from your instructor or GSI beforehand. Finally, you should keep in mind that as a member of the campus community, you are expected to demonstrate integrity in all of your academic endeavors and will be evaluated on your own merits. The consequences of cheating and academic dishonesty—including a formal discipline file, possible loss of future internship, scholarship, or employment opportunities, and denial of admission to graduate school—are simply not worth it.” (Quoted directly from <https://teaching.berkeley.edu/statements-course-policies#academic>).

All students must abide by the *Berkeley Campus Code of Student Conduct*:  
<https://sa.berkeley.edu/code-of-conduct>.

**Scheduling Conflicts.** Please notify the instructor in writing by the second week of the term about any known or potential extracurricular conflicts (such as religious observances, graduate or medical school interviews, or team activities). The instructor shall try his or her best to help you with making accommodations, but cannot promise them in all cases. In the event there is no mutually workable solution, you may be dropped from the course. (For more information, see the *Guidelines Concerning Scheduling Conflicts with Academic Requirements*:  
<https://academic-senate.berkeley.edu/sites/default/files/guide-acad-sched-conflicts-final-2014.pdf>).

**VI. Safety and Emergency Preparedness.** The University of California at Berkeley has numerous contacts for emergency situations. In the event of an emergency, the following information may be helpful: <https://oem.berkeley.edu/get-prepared>.

UC Berkeley

## Berkeley Emergency

### Contacts

#### IN AN EMERGENCY:

- ▶ **Web:** Berkeley News
- ▶ **Phone:** Recorded emergency information, (800) 705-9998
- ▶ **Radio:** KALX (90.7 FM)
- ▶ **For help, dial 642-3333** (UCPD) or **911** (on or off campus)

#### Emergency response

**Dial 911** from any phone (on or off campus) to report an imminent threat to life or property.

**From a cell phone**, dial direct for faster emergency response:

- UC Berkeley Police: **(510) 642-3333**
- City of Berkeley Police/Fire: **(510) 981-5911**
- Alameda County Sheriff: **(510) 667-7721**

#### Emergency information

Campus emergency information line: **(800) 705-9998**

During an emergency, this recorded message will be updated with the latest information.

Campus radio station: **KALX (90.7 FM)**

City of Berkeley emergency broadcast station: **1610 AM**

Regional news: **KCBS (740 AM)**

#### Non-emergency contact numbers

- UC Berkeley Police: **(510) 642-6760**
- City of Berkeley Police: **(510) 981-5900**

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### Tentative Course Schedule

With COVID-19 and other health issues still being commonplace, we must be able to pivot and meet **via Zoom** and to conduct online activities, as necessary. As such, the course is designed to be blended – with both in-person and online sessions and activities – where generally one day each week (**Tuesday**) is set aside for lectures delivered either **via Zoom** or in-person delivery, and the other day (Thursday) is for interactive activities, assignments and **examinations to be completed online**. The days in **bold** are when we meet **via Zoom** or in person, depending on the status of the pandemic. The blended nature of the course helps everyone to be able to complete the course, even if one becomes stricken with COVID or must be absent for other reasons. Also, all PowerPoint presentations are emailed to every student before the lectures to help with learning the material. I want you to be able to pay attention and to be actively involved in the lectures and not just writing notes feverishly. Active participation is far better for long-term comprehension.

#### August

##### Week 1

##### 25 **Introduction and Overview (via Zoom)**

Introduction to the course and the *Wellness for Life* website.

Read the syllabus; set up accounts for the eText and interactive website for *Wellness for Life*. Familiarize yourself with *Lifestyle Medicine Handbook: An Introduction to the Power of Healthy Habits*. Take note of the chapter goals, learning objectives, and guiding questions for each chapter in *Lifestyle Medicine*; using these properly, especially before reading the chapters, aids in learning the material.

##### Week 2

##### 30 **What is Wellness?**

Read Chapter 1 What is Wellness? in *Wellness for Life* (pp. 1-16)

##### September

1 Complete the following, but **DO NOT** submit them. Simply save your work in the fillable PDF to be uploaded later once **ALL** the Graded Activities are completed.

- Pre-Assessment for Chapter 1 in *Wellness for Life* (optional, not graded)
- Activity 1.1 Assessing Your Wellness
- Activity 1.2 Healthstyle: A Self-Test
- Activity 1.5 Physical Activity Readiness Questionnaire (PAR-Q)
- Activity 1.6 Your Medical History Check

##### Week 3

##### 6 **Empowering People to Change: Collaborating, Motivating, and Goal-Setting**

Review pp. 8-16 of Chapter 1 What is Wellness? in *Wellness for Life*

Read Chapter 2 Empowering People to Change and Chapter 3 Collaborating, Motivating, Goal-Setting, and Tracking in *Lifestyle Medicine* (pp. 43-118)

8 Complete the following:

- Activity 1.3 Behavior Modification: Goal-Setting
- Activity 1.4 Exercise: Stages of Change – Continuous Measure
- Review Questions for Chapter 1 in *Wellness for Life* (p. 17) (optional, not graded)
- Discussion Questions for Chapter 2 in *Lifestyle Medicine* (p. 82) (optional, not graded)
- Discussion Questions for Chapter 3 in *Lifestyle Medicine* (p. 113) (optional, not graded)
- **Take Examination 1**
- **Choose your topic for your research paper and have it approved via email. If the topic is on the list, approval is **NOT** necessary.**

#### Week 4

##### 13 **Disease and Life Expectancy**

Read Chapter 2 Disease and Life Expectancy in *Wellness for Life* (pp. 19-53)

Read Chapter 1 Understanding Lifestyle Medicine in *Lifestyle Medicine* (pp. 17-42)

15 Complete the following:

- Pre-Assessment for Chapter 2 in *Wellness for Life* (optional, not graded)
- Activity 2.1 Family Health History Questionnaire
- Activity 2.2 Check Your Cholesterol and Heart Disease IQ Quiz
- Activity 2.3 Physical Activity & Heart Disease IQ Quiz
- Activity 2.4 What is Your Risk Factor for Cardiovascular Disease?
- Activity 2.5 Using Web-based Disease Assessment Tools
- Activity 2.6 Your Overall Cancer Risk
- Review Questions for Chapter 2 in *Wellness for Life* (p. 53) (optional, not graded)
- Discussion Questions for Chapter 1 in *Lifestyle Medicine* (p. 33) (optional, not graded)
- **Take Examination 2**

#### Week 5

##### 20 **Stress and Resilience**

Read Chapter 3 Stress in *Wellness for Life* (pp. 57-74)

Read Chapter 7 Stress and Resilience in *Lifestyle Medicine* (pp. 273-296)

22 Complete the following:

- Pre-Assessment for Chapter 3 in *Wellness for Life* (optional, not graded)
- Activity 3.1: Are You a Type A Personality?
- Activity 3.2: The Holmes and Rahe Life Event Scale
- Activity 3.3: Quiz of Stress Management Lifestyle Choices
- Activity 3.4: What's Your Stress Index?
- Review Questions for Chapter 3 in *Wellness for Life* (p. 75) (optional, not graded)
- Discussion Questions for Chapter 7 in *Lifestyle Medicine* (p. 291) (optional, not graded)

#### Week 6

##### 27 **Peace of Mind with Meditation, Mindfulness, and Relaxation**

Read Chapter 8 Peace of Mind with Meditation, Mindfulness, and Relaxation in *Lifestyle Medicine* (pp. 297-327)

29 Complete the following:

- Activity 3.5: Warning Signs of Stress
- Activity 3.6: Time Audit for Time Management
- Discussion Questions for Chapter 8 in *Lifestyle Medicine* (p. 320) (optional, not graded)
- **Take Examination 3**

#### Week 7

##### October

##### 4 **Physical Fitness: Improving Health and Wellness Through Exercise**

Read Chapter 4 Physical Fitness in *Wellness for Life* (pp. 77-112)

Read Chapter 4 Improving Health Through Exercise in *Lifestyle Medicine* (pp. 119-166)

6 Complete the following:

- Pre-Assessment for Chapter 4 in *Wellness for Life* (optional, not graded)
- Activity 4.1: Taking Your Pulse and Calculating Your Target Heart Rate Zone
- Activity 4.2: Back Pain Risk Assessment Quiz



- Activity 4.3: Assessing Your Cardiovascular Endurance (CRE)
- Activity 4.4: Assessing Your Body Mass Index (BMI)
- Activity 4.5: Assessing Your Body Composition with Skinfold Measurements
- Activity 4.6: Assessing Your Waist-to-Hip Ratio Health Risk
- Activity 4.7: Assessing Your Flexibility with the Sit-and-Reach Wall Test
- Activity 4.8: Assessing Your Muscular Endurance with the Sit-Up Test
- Review Questions for Chapter 4 in *Wellness for Life* (p. 113) (optional, not graded)
- Discussion Questions for Chapter 4 in *Lifestyle Medicine* (p. 160) (optional, not graded)
- **Take Examination 4**

### Week 8

#### 11 **Nutrition and Weight Management and the Nutrition-Health Connection**

Read Chapter 5 Nutrition and Weight Management in *Wellness for Life* (pp. 115-160)

Read Chapter 5 The Nutrition-Health Connection in *Lifestyle Medicine* (pp. 167-243)

13 Complete the following:

- Pre-Assessment for Chapter 5 in *Wellness for Life* (optional, not graded)
- Activity 5.1: Estimating Your Basal Metabolic Rate (BMR) and Daily Caloric Expenditure
- Nutrition Assignment using Diet Analyzer
- Review Questions for Chapter 5 in *Wellness for Life* (p. 161) (optional, not graded)
- Discussion Questions for Chapter 5 in *Lifestyle Medicine* (p. 227) (optional, not graded)
- **Take Examination 5**

### Week 9

#### 18 **Sleep Matters: Its Effect on Health and Well-being**

Read Chapter 6 Sleep Matters in *Lifestyle Medicine* (pp. 242-272)

20 Complete the following:

- Discussion Questions for Chapter 6 in *Lifestyle Medicine* (p. 264) (optional, not graded)
- **Take Examination 6**

### Week 10

#### 25 **The Power of Connection: Social Interaction**

Read Chapter 9 in *Lifestyle Medicine* (pp. 328-349)

27 Complete the following:

- Discussion Questions for Chapter 9 in *Lifestyle Medicine* (p. 342) (optional, not graded)
- **Take Examination 7**

### Week 11

#### November

#### 1 **Positively Positive: Positive Emotions, Laughter, Optimism, and Gratitude**

Read Chapter 10 in *Lifestyle Medicine* (pp. 350-372)

3 Complete the following:

- Discussion Questions for Chapter 10 in *Lifestyle Medicine* (p. 369) (optional, not graded)
- **Take Examination 8**



### Week 12

#### 8 Sexual Health

Read Chapter 6 STDs and Substance Abuse in *Wellness for Life* (pp. 163-188)

10 Complete the following:

- Pre-Assessment for Chapter 6 in *Wellness for Life* (optional, not graded)
- Activity 6.2: Self-Quiz on HIV/AIDS
- Review Questions 1-6 for Chapter 6 in *Wellness for Life* (p. 188) (optional, not graded)

### Week 13

#### 15 Substance Abuse and Addiction

Review Chapter 6 in *Wellness for Life* (pp. 181-188)

Read Chapter 11 Substance Abuse in *Lifestyle Medicine* (pp. 377-410)

17 Complete the following:

- Activity 6.1: What Kind of Drinker Are You?
- Activity 6.3: Why Do You Smoke?
- Review Questions 7-9 for Chapter 6 in *Wellness for Life* (p. 188) (optional, not graded)
- Discussion Questions for Chapter 11 in *Lifestyle Medicine* (p. 404) (optional, not graded)
- Take Examination 9

### Week 14

22 **Review of Research Paper and Associated Topics (via Zoom)**

24 Thanksgiving Break (No classes)

### Week 15

#### 29 Safety, Injuries, and Staying the Course with Self-Care

Read Chapter 7 in *Wellness for Life* (pp. 191-209)

Read Chapter 12 Staying the Course in *Lifestyle Medicine* (pp. 411-436)

### December

1 Complete the following:

- Review Questions for Chapter 7 in *Wellness for Life* (p. 208) (optional, not graded)
- Discussion Questions for Chapter 12 in *Lifestyle Medicine* (p. 432) (optional, not graded)
- Take Examination 10

### Week 16

6 RRR Week (No formal classes)

8 RRR Week (No formal classes)

### Finals Week

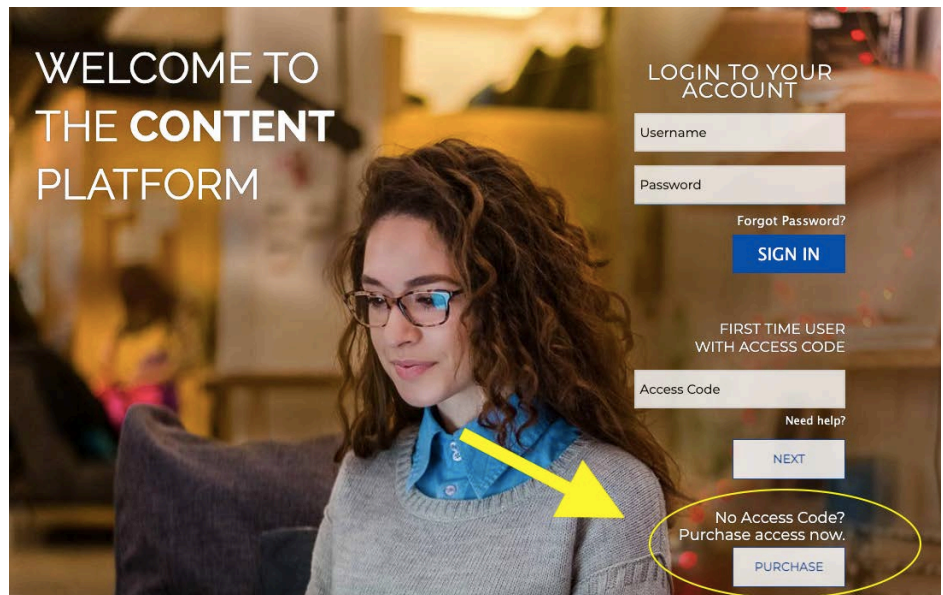
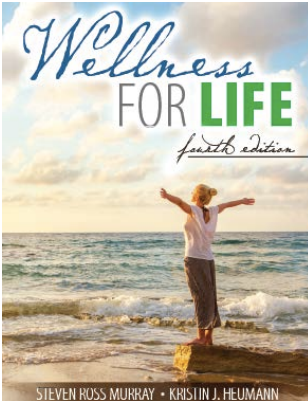
14 **Take the Final Examination – A 200-question, cumulative examination over the entire course.** N.B., the final examination is going to be available for a 36-hour period to accommodate students in different time zones. The Final Examination is taken online and is a timed, open-book examination.

### Due Dates

- The **Research Paper** is due by 11:59 pm on November 25th.
- The **Graded Activities** and the **Nutrition Assignment** are due by 11:59 pm on December 2nd.
- **Exams 1-10** are due by 11:59 pm on December 9<sup>th</sup>.
- The **Final Exam** is due by 11:59 pm on December 14<sup>th</sup> (N.B., this exam must be taken during the final exam week is available for a 36-hour period to accommodate multiple time zones).

# PURCHASING AN ACCESS CODE

To purchase access to the 4<sup>th</sup> edition of *Wellness for Life*, visit <https://www.khpcontent.com/>. Click on the rectangle marked PURCHASE (see the yellow arrow and oval in the screen-shot below), and follow the prompts.



After your purchase, you will receive an email with a unique access code, which you will use to log in to the site.

## LOG IN INSTRUCTIONS

Browser minimum: Internet Explorer 11, Firefox 3.6 +, Safari 4.0 +, and Chrome 9.0 +. JavaScript must also be enabled in your browser. Some online publications may require additional free browser plug-ins (e.g., Flash, Adobe Acrobat).

Go to: <https://www.khpcontent.com/>

You will use your one-time-use online access code to set up your account the first time that you access this page. After you set up your account and create a password, you will be able to enter the **Login** portion of this page.

## TO SET UP A NEW ACCOUNT

1. Go to <https://www.khpcontent.com/>. In the **First Time User (with access code)** section, enter the Access Code provided below. Click the **Next** button.
2. Confirm your institution and your publication. Click **Next**.
3. If your publication has multiple sections, you must select the section in which you are enrolled. If only one section is available, this step will be skipped, and you will be taken directly to the **Create An Account** page.
4. Once on the **Create An Account** page, you will set up your user account and create your username and password. **\*\*Your username will be the e-mail address that you enter.**
5. Write down your Password to ensure your success in entering the publication after the initial setup. Upon entering the information to create your account, click **Next**.
6. Your Registration is complete! Click on the **“Login to WebCOM”** button to access your publication.
7. Now that you have created an account, you can log into the publication through the **Sign In** portion of the home page.