

Fall 2011

Syllabus and Information

Course Introduction

Students live, work and study in an all-inclusive world. The ability to create a physical, emotional and intellectual environment that supports ones well-being is paramount to good health. The Department of Physical Education in conjunction with Health Services, Student Life and the Deans Office has developed an eight week Wellness Seminar that focuses on a variety of issues confronting college women. The course is mandatory for all first year students and fulfills two physical education credits. The goals of the Wellness curriculum are to provide an interesting and relevant program, and a base of knowledge that will encourage students to think about their well being as an important partner to their academic life.

The course will be taught by College faculty and staff from various disciplines and offices. The course organization demonstrates in a very practical way, the relationship among disciplines and learning as dynamic and inter-disciplinary.

Course requirements

1. Class attendance- To earn credit students must sign in for seven classes. Indicating attendance for each class is the responsibility of the student. Attendance can be checked by the student on Blackboard. No partial credit will be awarded. Students must enroll in one of the five sections offered.
2. Students are encouraged to participate in classroom discussion. The course format is designed to encourage interaction between, students, facilitators and presenters.

Wellness Seminar Fall 2011 Schedule

Day	Time	Facilitator	Location
Monday	4:00-5:30	Deb Charamella	Thomas 110
Tuesday	4:00-5:30	Katie's replacement	Thomas 110
Wednesday	8:30-10:00 am	Laura Kemper	English House
Thursday	2:30-4:00	Marci Lippert	CARP 21
Friday	2:00-3:30	Jason Hewitt	Park 25

2011 Wellness Topics and Schedule

DATES	TOPICS	INSTRUCTOR
Sept. 12- Sept. 16 th	Study skills and Library orientation	Rachel Heiser, Learning Skills Specialist, Bryn Mawr College. Library Staff
Sept. 19-Sept. 23 rd	Stress management and sleep	Reggie Jones
Sept. 26-Sept. 30 th	Alcohol and Drugs	Kristen Buglione, Prevention Specialists, LaSalle University
Oct. 3-Oct. 7 th	Fitness Center Orientation	Physical education department
Oct. 10-Oct. 14 th	FALL BREAK	
Oct. 17-Oct. 21 st	Nutrition	TBA
Oct. 24-Oct. 28 th	Self-Defense awareness clinic	Mike Ramsey and Public Safety staff
Oct. 31- Nov. 4 th	Women's Health	Sally Heimann
Nov. 10 th @ 7:30pm in TGH	Body Image	Cynthia Laboo

The BIC Lecture will be held November 10, 2011 at 7:30 pm in Thomas Great Hall