



CERW 6270 Total Wellness and the Minister

New Orleans Baptist Theological Seminary

Christian Education Division

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The mission of New Orleans Baptist Theological Seminary is to equip leaders to fulfill the Great Commission and the Great Commandments through the local church.

Purpose of the Course

The purpose of this course is to equip students to pursue a lifestyle of personal excellence related to six dimensions of wellness: physical, emotional, social, intellectual, vocational, and spiritual.

Core Value Focus

Doctrinal Integrity – Knowing that the Bible is the Word of God, we believe it, teach it, proclaim it, and submit to it. The doctrinal statements used in our evaluations are our Articles of Religious Belief and the Baptist Faith and Message Statement.

Spiritual Vitality – We are a worshipping community, with both personal spirituality and gathering together as a Seminary for the praise and adoration of God and instruction in His Word.

Mission Focus – We are not here merely to get an education or to give one. We are here to change the world by fulfilling the Great Commission and the Great Commandments through the local church and its ministries.

Characteristic Excellence – What we do, we do to the utmost of our abilities and resources as a testimony to the glory of our Lord and Savior Jesus Christ.

Servant Leadership – We follow the model of Jesus and exert leadership and influence through the nurture and encouragement of those around us.

Annually, the President will designate a core value that will become the focus of pedagogy for the year. For the 2014-2015 academic year, this Core Value is *Spiritual Vitality*.

Curriculum Competencies Addressed

Spiritual and character formation: As a result of participation in this course, each student should be better equipped to pursue ministry with the understanding of what it means to “honor God with your bodies” (I Corinthians 6:20b).

Course Description

The student will learn how to accomplish personal wellness. He is led to consider how physical well-being exerts a positive influence upon the mental, emotional, social, and spiritual aspects of

his life. The cardiovascular-respiratory system is monitored to determine physical fitness. Individual 'conferences' with the professor and on-line group discussions are conducted in order to provide continuous evaluative information from the class members.

Student Learning Outcomes

At the conclusion of this course, students should be able to

- Cognitive:* Organize and live out an on-going exercise program and a nutritionally-balanced food plan.
- Affective:* Appreciate the benefits and grasp the importance of pursuing wellness as a necessary component of ministry excellence.
- Psychomotor:* Apply knowledge of the relationship between food intake, exercise program and physical well-being to a life of wellness in ministry.

Required Readings

The following texts and resources are required reading for class discussions and are to be read in their entirety unless otherwise specified.

Couey, Dick and Tommy Yessick. *Fit to Serve Him Longer... and Better*. Nashville: Convention Press, 1998. (Not in print; available from instructor on Blackboard)

Yessick, Tommy. *Building Blocks for Longer Life and Ministry*. Nashville: Convention Press, 1997. (Not in print; available from instructor on Blackboard)

Suggested Readings

Warren, Rick, Daniel Amen, and Mark Hyman. *The Daniel Plan: 40 Days to a Healthier Life*. Grand Rapids, MI: Zondervan, 2013.

Course Teaching Methodology

Units of Study

- Week One:* Introductory matters
- Week Two:* Biblical basis for wellness
- Week Three:* Goal-setting
- Week Four:* Cardiac risk factors; Physical well-being
- Week Five:* Health-related components of physical fitness
- Week Six:* Emotional well-being
- Week Seven:* Stress management
- Week Eight:* Mid-term Exam
- Week Nine:* Cholesterol & Intellectual well-being
- Week Ten:* Nutrition Part 1
- Week Eleven:* Nutrition Part 2
- Week Twelve:* Social well-being
- Week Thirteen:* Vocational well-being
- Week Fourteen:* Spiritual well-being

Teaching Methods. This section of Total Wellness is being offered on-line, and will incorporate power point, assigned readings, personal reflection, discussion boards, video, and other pertinent methodology.

Assignments and Evaluation Criteria

Individual Project (Based on assessment of personal goals)	10%
Exercise Log (due weekly)	10%
Weekly Class Participation (discussions, blogs, papers, quizzes, etc.)	40%
Mid-Term Exam	20%
Final Exam	20%

Individual Project: You've heard it said that if you aim at nothing, you'll hit it every time. Goal-setting is a proven and effective component of a successful personal fitness plan. You are to develop THREE specific and measurable goals that you will attempt to reach over the next fourteen weeks (one physical wellness goal, one spiritual wellness goal, and one social wellness goal). A goal template will be offered in the appropriate week as a guide for structuring your goals. On the final exam, you will write an evaluation of how you progressed toward your goals.

Exercise Log: You will be instructed on the use of the provided exercise log. You will be expected to exercise aerobically (within your target heart rate range) four times a week throughout the semester. You will update your exercise log *weekly* as a Google Doc (or Excel spreadsheet) for accountability of your ongoing exercise efforts throughout the semester.

Weekly Class Assignments:

- You are expected to contribute to this class on a weekly basis, particularly as related to discussion boards and appropriate due dates for papers, reading guides, quizzes, and so on. To receive full credit for each week's assignments, you should complete the work within the week for which it was designed.
- Accountability for the reading of the textbook *Fit to Serve Him Longer... and Better* will be reflected in several written assignments as well as midterm and final exam questions. The other required text, *Building Blocks for Longer Life and Ministry*, is expected to be read as noted on the instructional schedule. A quiz will be given on each of the chapters on "well-being" (ch. 3-8), with the scores of these quizzes factoring into your weekly participation grade.

Cholesterol Testing: You need to have a current (fasting) cholesterol test by the week of March 2. Please have two copies of the results: one for you to mail, scan, or fax to me and one for you to keep. It is mandatory that you fast 10-12 hours before the test, and that the results you submit include the following: total cholesterol, LDLs, HDLs, and triglycerides. I need to receive this along with the attached clinic form.

Extra Credit Opportunities:

Participation in an area road race (walk or run) as approved by instructor;
OR

3-to-5-page review of the suggested reading textbook *The Daniel Plan* (typed, doublespaced, with cover page).

Course Policies

Attendance Requirements

You are expected to participate in this hybrid class on a weekly basis and attend class meetings once a month. Some assignments are set for adaptive release (meaning, that you need to do a previous assignment to move on to the next one; for example, you need to read the assigned chapter before you take a chapter quiz).

Assignment Deadline

A general policy in the Division of Christian Education Ministries is that you are expected to turn in all of your assignments in a timely fashion (by the end of the week during which they are due, unless specified otherwise). If you are not able to do this, you may turn your project in late but will not receive any grade higher than a C on the late project. If you cannot turn in the project before the last day of class, you will receive an F in that aspect of the course.

Instructor Response Time

The instructor will strive to answer email and grade assignments in a reasonable amount of time.

Netiquette: Appropriate Online Behavior

Each student is expected to demonstrate appropriate Christian behavior when working online on Discussion Boards or whenever interaction occurs through web, digital, or other electronic medium. The student is expected to interact with other students in a fashion that will promote learning and respect for the opinions of others in the course. A spirit of Christian charity is expected at all times in the online environment.

Selected Bibliography

American College of Sports Medicine. *ACSM Fitness Book*. Champaign, IL: Human Kinetics, 1998.

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Cooper, Kenneth H. *Regaining the Power of Youth at Any Age*. Nashville: Thomas Nelson Publishers, 1998.

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- Meinz, David. *Eating by the Book*. Virginia Beach, Va.: Gilbert Press, 1999.
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- Smith, Allie Marie and Judy Wardell Halliday. *Healthy Eating & Abundant Living*. Loveland, CO: Group Publishing, 2008, 2012.
- Smith, Pamela M. *Food for Life*. Lake Mary, Fl.: Creation House, 1994.
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