



CERW6270

Total Wellness and the Minister

New Orleans Baptist Theological Seminary

Christian Education Division

Spring 2016 (Hybrid)

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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 and its ministries.

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 2015-2016 academic year, this Core Value is *Mission Focus*.

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

By the completion of the course, you will be able to:

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

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, TN: Convention Press, 1998. (Not in print; available from instructor on Blackboard)

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

Optional 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; Goal-setting

Week Three: Physical well-being (part I)

Week Four: Physical well-being (part II)

Week Five: Health-related components of physical fitness

Week Six: Emotional well-being

Week Seven: Stress management

Week Eight: Mid-term Exam

Week Nine: What do the Cholesterol numbers mean?

Week Ten: Nutrition (part 1)

Week Eleven: Nutrition (part 2)

Week Twelve: Spiritual well-being

Week Thirteen: Intellectual, Social, and Vocational well-being

Week Fourteen: Intellectual, Social, and Vocation well-being

Week Fifteen: The Next Step

Teaching Methods. This section of Total Wellness is being offered as a hybrid, and will incorporate the following elements in both the online and in-class meetings: 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%

1. *Individual Project:*

Due: Final Exam

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.

2. *Exercise Log:*

Due: Weekly

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.

3. *Weekly Class Assignments:*

Due: Weekly

- 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.

4. *Midterm Exam:* **Due: March 13**
The midterm exam will be offered online during Week 8 of the semester. The midterm exam can be completed in Blackboard.
5. *Cholesterol Testing:* **Due: March 20**
You need to have a current (fasting) cholesterol test by the end of Spring Break (March 20, 2016). Please scan and email your results to me AND keep a copy accessible to you to refer to during course work the week of March 21. 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.
6. *Final Exam:* **Due: May 9 or 11**
The final exam will be offered online at the conclusion of the semester. The final exam can be completed in Blackboard. Seniors should complete their final exams by May 9; all other students have through May 11.
7. *Extra Credit Opportunities:* **Due: May 5**
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, double-spaced, with cover page)

Course Policies

Academic Honesty Policy: All graduate and undergraduate NOBTS students, whether on-campus, internet, or extension center students, are expected to adhere to the highest Christian standard of honesty and integrity when completing academic assignments for all courses in every delivery system format. The Bible provides our standard for academic integrity and honesty. This standard applies whether a student is taking tests, quizzes, exams, writing papers, completing Discussion Boards, or any other course requirement.

Assignment Formatting: Unless otherwise noted, all assignments are to be created in Turabian format. All written assignments must be Word documents, written in third person unless otherwise instructed, and created in 12 pt. Times New Roman font. PDFs will not be accepted.

Assignment Submission: All assignments are to be submitted to Blackboard by 11:59 p.m. of the due date unless otherwise indicated. Do not send files as attachments via email to the professor unless specifically requested. For technical reasons, this mode of file transmission may be extremely inefficient.

Grading Scale: Your final grade will be based on your total accumulation of points as indicated under the *Assignments and Evaluation Criteria* section of this syllabus according to the grading scale in the NOBTS 2015-2016 catalog.

A 93-100 B 85-92 C 77-84 D 70-76 F 69 and below

Late Assignments: Only under extreme circumstances, and with prior approval, will a late assignment be accepted. Late assignments will be assessed an initial 10 percent penalty and 1 percent for each day after the due date (i.e. 10/1 points for a 100 point assignment, 3/.3 points for a 30 point assignment). No assignments will be accepted more than two weeks after the original due date. Missed presentations may not be made up.

Netiquette: *Appropriate Online Behavior:* Each student is expected to demonstrate appropriate Christian behavior when working online. 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.

Plagiarism: A high standard of personal integrity is expected of all students. Copying another person's work, submitting downloaded material without proper references, submitting material without properly citing the source, submitting the same material for credit in more than one course, and other such forms of dishonesty are strictly forbidden. *Although anything cited in three sources is considered public domain, we require that all sources be cited.* Any infraction will result in failing the course. Any infraction will be reported to the Dean of Students for further action.

Revision of the Syllabus: The course syllabus is not a legal contract. Any syllabus revision will be preceded by a reasonable notice to students. The standards and requirements set forth in this syllabus may be modified at any time by the professor. Notice of such changes will be by announcement in class or by email notice.

Withdrawal from the Course: The administration has set deadlines for withdrawal. These dates and times are published in the academic calendar. Administrative procedures must be followed. You are responsible to handle withdrawal requirements. A professor can't issue a withdrawal. You must do the proper paperwork to ensure that you will not receive a final grade of "F" in the course if you choose not to attend once you are enrolled.

Additional Information

Blackboard and SelfServe: You are responsible for maintaining current contact information on Blackboard and SelfServe. The professor will utilize both to communicate with the class. Blackboard and SelfServe do not share information so you must update each. Assignment grades will be posted to Blackboard. Once your registration and payment for the course is complete, you will be enrolled in the course on Blackboard.

Correspondence with the Grader: Typically, you should contact the grader via email during normal business hours, 8 a.m. and 5 p.m. on weekdays only. The grader may not respond to late night or weekend e-mails until regular "business" hours. Please respect the grader's personal time. Remember, graders are students as well and have their own coursework and research to complete. Please be respectful in the language you use in your emails to the grader. *NOTE: this class will be monitored and graded by the professor.*

Correspondence with the Professor: Every effort is made to respond to emails and phone calls within 24-48 hours, excluding weekends. Please feel free to contact the professor(s) with any question you may have regarding this course.

NOBTS Emergency Text Messaging Service: Once you have established a SelfServe account, you may sign up for the NOBTS emergency text messaging service by going to <http://nobts.edu/NOBTSEmergencyTextMessage.html> .

Special Needs: If you need an accommodation for any type of disability, please set up a time to meet with the professor(s) to discuss any modifications you may need that are able to be provided.

Technical Support: Need technical assistance? Contact the ITC today:

Selfserve@nobts.edu - Email for technical questions/support requests with the Selfserve.nobts.edu site (Access to online registration, financial account, online transcript, etc.)

BlackboardHelpDesk@nobts.edu - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System NOBTS.Blackboard.com.

ITCSupport@nobts.edu - Email for general technical questions/support requests.

504.816.8180 - Call for any technical questions/support requests.

www.NOBTS.edu/itc/ - General NOBTS technical help information is provided on this website. If you experience any problems with your Blackboard account you may email BlackboardHelpDesk@nobts.edu or call the ITC at 504-282-4455, ext. 8180.

Course Schedule

Date	Direction of Class	Assignments
<i>Week 1:</i> January 19 (On-Line)	<i>Introductory Matters</i> <ul style="list-style-type: none"> • Syllabus Review • Reading (<i>Fit to Serve</i>, Chapters 1-3) 	Discussion Board: Introductions Discussion Board: Build Your House Total Wellness Assessment Exercise Log
<i>Week 2:</i> January 25 (In Class 1/28/16 from Main Campus)	<i>Biblical Basis for Wellness</i> <i>Excuses & Benefits</i> <i>Change Process & Goal-Setting</i>	Current State of Wellness Paper* Preliminary Goals* PAR-Q* Fitness Assessment (One-Mile Walk) Exercise Log *Submit online; bring hard copy to class
<i>Week 3:</i> February 1 (On-Line)	<i>Physical Well-Being</i> <ul style="list-style-type: none"> • Reading (<i>Building Blocks</i>, Chapters 1-5) 	Submit Your Goals <i>Building Blocks</i> Ch. 5 Quiz Exercise Log

<p><i>Week 4:</i> February 8 (On-Line)</p>	<p><i>Physical Well-Being</i></p> <ul style="list-style-type: none"> • Reading (Chapters 4-8 in <i>Fit to Serve</i>) 	<p>Discussion Board Exercise Log</p>
<p><i>Week 5:</i> February 15 (In Class 2/18/16 from Main Campus)</p>	<p><i>Physical Well-Being</i></p> <ul style="list-style-type: none"> • Road to Longevity / Cardiac risk factors • F.I.T.T. Developing an Exercise Plan • Health-Related Components of Physical Fitness 	<p>Fitness Assessments</p> <ul style="list-style-type: none"> • Flexibility • Muscular Endurance <p>Exercise Log</p>
<p><i>Week 6:</i> February 22 (On-Line)</p>	<p><i>Emotional Well-Being: A Call to Feel</i></p> <ul style="list-style-type: none"> • Reading (Chapter 3 in <i>Building Blocks</i>) 	<p><i>Building Blocks</i> Chapter 3 Quiz Discussion Board: Expressing Emotions Discussion Board: Church's Emotional Well-Being Exercise Log</p>
<p><i>Week 7:</i> February 29 (On-Line)</p>	<p><i>Stress Management</i></p> <ul style="list-style-type: none"> • Reading (Chapter 9 in <i>Fit to Serve</i>) 	<p>Stress Assessment in Chapter 9 Discussion Board: Stress Exercise Log</p>
<p><i>Week 8:</i> March 7 (On-Line)</p>	<p><i>Mid-Term Exam</i> Mid-term Review Guide</p>	<p>Exercise Log Submit Cholesterol Results between now and Monday, March 21</p>
<p>March 14</p>	<p>SPRING BREAK</p>	<p>Use this week to catch up on your exercise log!</p>
<p><i>Week 9:</i> March 21 (On-Line)</p>	<p><i>What Do the Cholesterol Numbers Mean?</i></p> <ul style="list-style-type: none"> • Reading (Chapter 12 in <i>Fit to Serve</i>) • Video: Cholesterol • PPT: Cholesterol 	<p>Discussion Board: Cholesterol Video Viewing Guide Exercise Log</p>
<p><i>Week 10:</i> March 28 (In-Class 3/31/16 from NGA)</p>	<p><i>Nutrition (Part 1)</i></p> <ul style="list-style-type: none"> • Reading (Chapters 10-15 in <i>Fit to Serve</i>) 	<p>Reading Guide Due* Food Journal* Discussion Board: Where's the Beef? Exercise Log *Submit online; bring hard copy to class</p>
<p><i>Week 11:</i> April 4 (On-Line)</p>	<p><i>Nutrition (Part 2)</i></p> <ul style="list-style-type: none"> • Reading: Eating out (internet articles) • Reading: Nutrition Labels (internet articles) • Fast Food Research 	<p>Fast Food Frenzy Discussion Board: Wiser Choices Exercise Log</p>

<p><i>Week 12:</i> April 11 (On-Line)</p>	<p><i>Spiritual Well-Being:</i> <i>A Call to Be Like Jesus</i></p> <ul style="list-style-type: none"> • Reading (Chapter 7 in <i>Building Blocks</i>) <p>Reading: “Praying through the Psalms”</p>	<p><i>Building Blocks</i> Chapter 7 Quiz Praying through the Psalms Exercise Log</p>
<p><i>Week 13:</i> April 18 (On-Line)</p>	<p><i>Social Well-Being: A Call to Make & Maintain Relationships</i></p> <ul style="list-style-type: none"> • Reading (Chapter 6 in <i>BB</i>) • Intentionally Social <p><i>Intellectual Well-Being:</i> <i>A Call to Lifelong Learning</i></p> <ul style="list-style-type: none"> • Reading (Chapter 4 in <i>BB</i>) <p><i>Vocational Well-Being: A Call to Serve</i></p> <ul style="list-style-type: none"> • Reading (Chapter 8 in <i>BB</i>) 	<p>Discussion Board: Social Goals Report on ‘Intentionally Social’ Exercise Log</p> <p>NOTE: <i>Building Block</i> quizzes will be taken in class on April 28</p>
<p><i>Week 14:</i> April 25 (In Class 4/28/16 from NGA)</p>	<p><i>Intellectual Well-Being</i> <i>Social Well-Being</i> <i>Vocational Well-Being</i></p>	<p><i>Building Blocks</i> Quizzes (Ch. 4, 6, 8) One-Mile Assessment (Re-test) Exercise Log Course Evaluation (on-line)</p>
<p><i>Week 15:</i> May 2 (On-Line)</p>	<p><i>The Next Step</i></p> <ul style="list-style-type: none"> • Final Exam Review 	<p>Total Well-Being Assessment (Post-test) Exercise Log</p>
<p>May 9 (On-Line)</p>	<p><i>Final Exam</i></p>	

Selected Bibliography

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