

CERW6270 TOTAL WELLNESS AND THE MINISTER
New Orleans Baptist Theological Seminary

Disclaimer: This syllabus is intended to give the student a general idea of the content, format, and textbooks used for this class. The professor will submit a full syllabus at the beginning of the class which will contain a course schedule and the instructor's information.

N.O.B.T.S. Mission Statement:

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.

C.E.M. Division Mission Statement:

The mission of the Christian Education Ministries division is to equip servant leaders to fulfill the Great Commission and the Great Commandments through the local church and its ministries by stimulating personal and spiritual growth of students and faculty; providing quality academic training; exploring the practical dynamics of Christian Education Ministries; and evaluating all that is done by using the mission and core values of New Orleans Baptist Theological Seminary.

Purpose of the Course and Core Value Focus:

The purpose of this course is to provide quality theological education for students preparing to serve God in ministry positions. The seminary's core value focus for this year is spiritual vitality, and the content of this course is designed to emphasize this.

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 formal group discussions are conducted in order to provide continuous evaluative information from the class members.

Key Competency:

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).

Student Objectives:

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

- 1) Determine nutritionally-balanced food choices.
- 2) Identify different categories of exercise as well as recognize the benefits of an on-going aerobic exercise program.

- 3) Describe the relationship between a balanced physical regimen and a healthy emotional outlook on life.
- 4) Specify scriptural references regarding total well-being.

Required Texts:

Couey, Dick and Tommy Yessick. *Fit to Serve Him Longer... and Better*. Nashville: Convention Press, 1998. (Available ONLY at NOBTS Campus LifeWay Store)
 Yessick, Tommy. *Building Blocks for Longer Life and Ministry*. Nashville: Convention Press, 1997. (Not in print; will be made available on Blackboard)

Course Requirements / Evaluation:

Individual Project (Based on assessment of personal goals)	10%
Weekly Class Participation (Threaded discussions, blogs, etc.)	10%
Exercise Log (due weekly)	10%
Textbook Projects (see descriptions below)	30%
Mid-Term Exam	20%
Final Exam	20%

Cholesterol Testing: You need to have a current (fasting) cholesterol text before the week of October 22. Please have two copies of the results: one for you to mail 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 receive include the following numbers: total cholesterol, LDLs, HDLs, and triglycerides.

Extra Credit Opportunities:

Participation in an area road race (walk or run) as approved by instructor (including the one to be held on campus the morning of October 6);

OR

3-to-5-page review of one of the books on the recommended reading list (typed, double-spaced, with cover page).

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. I need you to come up with THREE specific and measurable goals that you will attempt to reach over the next fifteen weeks (one physical wellness goal, one spiritual wellness goal, and one social wellness goal). 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 submit your exercise log weekly as a Word document as an accountability of your ongoing exercise efforts throughout the semester.

Textbook Projects:

- A typed summary of the first 3 chapters of *Fit to Serve Him Longer... and Better* is due

the week of --. For each chapter, review as follows: one-half page on what the chapter says (content summary) AND one-half page on what the chapter says to you (personal application/reflection) for a total of three pages plus a cover sheet. Reviews should be submitted as an attachment to an E-mail in either Word or WordPerfect formats. Do NOT use the digital dropbox on Blackboard for this.

- A fill-in-the-blank reading guide featuring the nutrition chapters of *Fit to Serve Him Longer... and Better* will be on Blackboard during the appropriate week of study. You are responsible for reading the entire book for the exams (chapters 1-9, midterm; 10-17, final).
- 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 each quiz counting for 2% of your total grade. HINT: Don’t ignore these quizzes: adds up to 10% of your total grade.

Attendance Requirements

You are expected to contribute to this class on a weekly basis, particularly as related to Discussion Boards and appropriate due dates. The strong suggestion of this instructor is that you complete the work within the week for which it was designed. The discussion boards and blogs weigh heavily into your class participation grade which is 10% of your total.

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). 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.

Netiquette: Appropriate Online Behavior

Each student is expected to demonstrate appropriate Christian behavior when working online on the Discussion Board. 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 will be expected at all times in the online environment.

Total Wellness and The Minister (CERW6270)
--, Instructor

Please submit this information to -- on this form (or something similar) by the first week of September.

NAME _____ AGE _____ DATE _____

HEIGHT _____ WEIGHT _____ BLOOD PRESSURE _____

NURSE'S SIGNATURE _____