



## **Total Wellness and The Minister CERW6270**

### **New Orleans Baptist Theological Seminary**

### **Christian Education Division**

### **Spring 2017 Internet**

Dr. Judi Jackson

Director of Student Services, North Georgia Extension Center; Adjunct Faculty

Office: 1000 Johnson Ferry Rd., Ste. C-115, Marietta, GA 30068

Phone: 504.722.8261 (cell)

Email: jjackson@nobts.edu

### **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.

### **Core Value Focus**

The seminary has five core values: Doctrinal Integrity, Spiritual Vitality, Mission Focus, Characteristic Excellence, and Servant Leadership. The core value focus for this academic year is *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.

### **Curriculum Competencies**

All graduates of NOBTS are expected to have at least a minimum level of competency in each of the following areas: Biblical Exposition, Christian Theological Heritage, Disciple Making, Interpersonal Skills, Servant Leadership, Spiritual and Character Formation, and Worship Leadership. The curriculum competency addressed in this course is *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.

### **Textbooks**

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 Reading

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

## Course Teaching Methodology

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 to enhance the student's opportunity to grasp the content and process the application with instructor and fellow students.

## Course Requirements

*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 midterm exam, you will be asked for an update on your progress; on the final exam, you will write an evaluation of how you progressed toward your goals and propose a grade between 86 and 100 on this course requirement.

*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 and submit it at the end of Midterm Exam week and at the Final Exam as a Google Sheet, Word doc, or Excel spreadsheet. If you prefer more accountability of your ongoing exercise efforts throughout the semester, you may submit it weekly.

### *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 assignments, 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 20. 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 a physical mission/service project; OR a 4-to-5-page review of the suggested reading book *The Daniel Plan* (typed, double-spaced, with cover page).

## Evaluation of Grade

The student's grade will be computed as follows:

Individual Project (Based on assessment of personal goals)	10%
Exercise Log (due at midterm & final exams)	10%
Weekly Class Assignments (discussions, blogs, papers, quizzes, etc.)	40%
Mid-Term Exam (Week of March 17)	20%
Final Exam (Week of May 8)	20%

**NOTE:** Because of the weekly submission requirements of the class assignments, it is difficult for the Gradebook on Blackboard to accommodate the course structure. The instructor keeps track of your class progress and will provide updates upon request. Please do not use Blackboard to accurately assess your ongoing grade(s) in the class.

## Technical Assistance

For assistance regarding technology, consult ITC (504-816-8180) or the following websites:

1. [Selfserve@nobts.edu](mailto:Selfserve@nobts.edu) - Email for technical questions/support requests with the [Selfserve.nobts.edu](http://Selfserve.nobts.edu) site (Access to online registration, financial account, online transcript, etc.)
2. [BlackboardHelpDesk@nobts.edu](mailto:BlackboardHelpDesk@nobts.edu) - Email for technical questions/support requests with the NOBTS Blackboard Learning Management System [NOBTS.Blackboard.com](http://NOBTS.Blackboard.com).
3. [ITCSupport@nobts.edu](mailto:ITCSupport@nobts.edu) - Email for general technical questions/support requests.
4. [www.NOBTS.edu/itc/](http://www.NOBTS.edu/itc/) - General NOBTS technical help information is provided on this website.

[Other items may be included, such as: expectations for reading assignments, policy on late assignments, academic honesty, classroom demeanor, extra credit]

### **Help for Writing Papers at “The Write Stuff”**

NOBTS maintains a Writing Center designed to improve English writing at the graduate level. Students can receive writing guides, tips, and valuable information to help in becoming a better writer.

### **Plagiarism on Written Assignments**

NOBTS has a no tolerance policy for plagiarism. Plagiarism in certain cases may result in expulsion from the seminary. See the NOBTS Student Handbook for definition, penalties, and policies associated with plagiarism.

### **Course Schedule**

(For detailed weekly assignments and due dates, see separate course schedule document.)

*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

*Week Fifteen:* Final Exam

## Selected Bibliography

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- Blair, Steven. *Living with Exercise*. Dallas: American Health Publishing Company, 1991.
- Cooper, Kenneth H. *Regaining the Power of Youth at Any Age*. Nashville: Thomas Nelson Publishers, 1998.
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- Walters, Peter and John Byl. *Christian Paths to Health and Wellness* 2d ed. Champaign, IL: Human Kinetics, 2013.
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