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 worshiping 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 2013-2014 academic year that Core Value is _Doctrinal Integrity._

Curriculum Competencies Addressed
This course will address the following curriculum competencies:

_Interpersonal Relationship Skills_: The course contains a strong emphasis on interpersonal skills as a vital aspect of pursuing total wellness.
Disciple Making: In this course, students are encouraged to understand that the ultimate purpose of total wellness is to be able to serve God longer and better.

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.

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

1) Organize and live out an on-going exercise program and a nutritionally-balanced food plan.
2) Appreciate the benefits and grasp the importance of pursuing wellness as a necessary component of ministry excellence.
3) Apply their 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)


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
Week Ten: Nutrition Part 1  
Week Eleven: Nutrition Part 2  
Week Twelve: Social well-being  
Week Thirteen: Intellectual well-being  
Week Fourteen: Vocational well-being  
Week Fifteen: Spiritual well-being  

Teaching Methods. This course will incorporate power point, assigned readings, personal reflection, discussion boards, video, and other pertinent methodology. It will be delivered in in-class, workshop, hybrid, and/or internet formats. 

Assignments and Evaluation Criteria 

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual Project (Based on assessment of personal goals)</td>
<td>10%</td>
</tr>
<tr>
<td>Exercise Log (due weekly)</td>
<td>10%</td>
</tr>
<tr>
<td>Weekly Class Assignments (discussions, blogs, papers, quizzes, etc.)</td>
<td>40%</td>
</tr>
<tr>
<td>Mid-Term Exam</td>
<td>20%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>20%</td>
</tr>
</tbody>
</table>

Individual Project: You’ve heard it said that if you aim at nothing, you’ll hit it every time. Goalsetting 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). 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 submit your exercise log weekly as a Word document as an 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. The strong suggestion of this instructor is that you 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 average of these quizzes adding up to 10% of your total grade.

Cholesterol Testing: You need to have a current (fasting) cholesterol test by the week of March 4. 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. I need to receive this along with your clinic form (see attached).

Extra Credit Opportunities:
Participation in an area road race (walk or run) as approved by instructor (including the Fun Fest 5K to be held on campus the morning of March 31); OR
3-to-5-page review of one of a health-related book approved by the instructor (typed, doublespaced, with cover page).

Course Policies

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.

Assignment Submissions
The student will be expected to have access to online resources to download teaching and presentation documents in the Seminary’s Blackboard system. Students who choose to present assignments via electronic mediums need to present those documents in a Microsoft Word (.doc or .docx) format. WordPerfect and PDF files will not be accepted for grade via electronic format.

Absence Policy
The absence policy of the Seminary will be strictly enforced. When this two-hour course is offered in a semester format, the student may miss no more than 6 hours of instruction. No absences are allowed for workshops or hybrids, unless discussed and approved prior to the class meeting.

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.

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.
Selected Bibliography


