



Total Wellness and The Minister CERW6270
New Orleans Baptist Theological Seminary
Church Ministry Division
Fall 2020 Mentoring

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Mission Statement

New Orleans Baptist Theological Seminary and Leavell College prepare servants to walk with Christ, proclaim His truth, and fulfill His mission.

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 *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.

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

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

Searcy, Nelson, and Jennifer Dykes Henson. *The New You: A Guide to Better Physical, Mental, Emotional, and Spiritual Wellness*. Grand Rapids, MI: Baker Books, 2019.

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

Suggested Reading

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

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 in the mentoring format, and will incorporate power point, assigned readings, personal reflection, video, and other pertinent methodology to enhance the student's opportunity to grasp the content and process the application with the instructor and approved mentor.

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 wellness 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.

Mentoring Experience and Online Engagement – You are required to meet with your approved mentor, who can challenge you spiritually, philosophically, and practically in ministerial well-being. The following components of the mentoring experience are required assignments:

- **Mentor Meeting (20 pts)** You will meet with your mentor each week for a minimum of one hour to discuss personal progress in the understanding of ministerial wellness as based on the course teaching units. Students will engage in the mentoring relationship under the supervision of an approved NOBTS mentor for a minimum of 15 hours of meeting time during the semester. Mentorship hours may not include church worship, Bible study, and age-group weekly meetings. The student will meet for a minimum of an hour per week beginning the first week of the semester. The student will log the weekly meeting times and have their mentor sign-off on the meetings. The mentoring experience log-sheet is submitted online at the end of the semester to the professor.
- **Mentoring Reflection Papers (20 pts)** A Mentoring Monthly Report will be completed by students for September, October, and November. The completed report will be submitted and uploaded through Blackboard by the last day of the month. The first paper will include the completed goals and covenant with the approved mentor. The final 2 papers should be a one-page (single-spaced) reflection report based on your weekly mentor meeting, the online course content, and experiences during the week of ministry. These 3 reflection papers are a first-person synopsis of the mentoring experience on a month-by-month basis.

Weekly Class Assignments:

- You are expected to access the assignments for this class on a weekly basis, particularly as related to appropriate due dates for assignments, 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 *The New You* will be reflected in 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 with an average of these scores being compiled for 10% of your total grade.

Cholesterol Testing: You need to have a current (fasting) cholesterol test by October 4. 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 additional health information (height/weight/blood pressure).

Evaluation of Grade

The student's grade will be computed as follows:

Individual Project (Based on assessment of personal goals)	10%
Exercise Log (due Oct. 18 & Dec. 14)	10%
Mentoring Experience / Reports	40%
<i>Building Blocks</i> Quizzes	10%
Mid-Term Exam (Week of October 12)	15%
Final Exam (Week of December 14)	15%

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 comprehensive grade(s) in the class.

Extra Credit Opportunities

Participation in an area road race (walk or run) as approved by instructor; OR a physical mission/service project; OR a 3-to-4-page review of one of the suggested reading books (typed, double-spaced, with cover page).

Grading Scale

Your final grade will be based on your total accumulation of points as indicated under the *Evaluation of the Grade* section of this syllabus according to the grading scale in the NOBTS 2020-2021 catalog.

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

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

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

Help at The Writing Center

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. [nobts.edu/writing/default.html]

Assignment Formatting

Unless otherwise noted, all assignments are to follow Turabian 8th edition. All written assignments must be Word documents or PDFs to insure the professor or teaching assistant can open the document, written in third person unless otherwise instructed, and created in 12 pt. Times New Roman font.

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. For technical reasons, this mode of file transmission is extremely inefficient.

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. [nobts.edu/_resources/pdf/studentservices/NOBTSHandbook.pdf]

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. Administration 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.

Units of Study

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

Unit I: Introductory Matters / Small Steps to the New You

Unit II: Small Steps to Better Physical Health

Unit III: Small Steps to Better Spiritual Health

Unit IV: Small Steps to Better Emotional Health

Unit V: Small Steps to Better Mental Health

Selected Bibliography

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Bishop, J. G., and S. G. Aldana. *Step Up to Wellness: A Stage-Based Approach*. Needham Heights, MA: Allyn & Bacon, 1999.

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.

_____. *It's Better to Believe*. Nashville: Thomas Nelson Publishers, 1995.

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Colbert, Don. *The Seven Pillars of Health: The Natural Way to Better Health for Life*. Lake Mary, FL: Charisma Media, 2007.

Cordes, Kathleen A., and Hilmi M. Ibrahim. *Applications in Recreation & Leisure for Today and the Future* 2d ed. Boston: WCB/McGraw-Hill, 1999.

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- Smith, Allie Marie and Judy Wardell Halliday. *Healthy Eating & Abundant Living*. Loveland, CO: Group Publishing, 2008, 2012.
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