



## **WELLNESS (KINE 1103 IL1)**

<b>Instructor:</b>	<b>TJ Exford M.Ed</b>
<b>Meeting Times:</b>	<b>On-line course</b>
<b>Meeting Place:</b>	<b>N/A</b>
<b>Office:</b>	<b>2078 Beard Eaves Memorial Coliseum</b>
<b>Office Phone Number:</b>	<b>(334) 844-1455</b>
<b>E-mail Address:</b>	<b>tjexford@auburn.edu</b>
<b>Office Hours:</b>	<b>By appointment (contact via e-mail)</b>
<b>Credit Hours:</b>	<b>2 semester hours</b>
<b>Pre-requisites:</b>	<b>None</b>
<b>Co-requisites:</b>	<b>None</b>
<b>Date Syllabus Prepared:</b>	<b>Fall 2010</b>
<b>Date Syllabus Reviewed and Updated:</b>	<b>Fall 2010</b>

### **REQUIRED TEXTBOOK:**

Sparling, P, & Redican, K. (2011). iHealth: An Interactive Framework, 1<sup>st</sup> edition. McGraw-Hill: New York, New York.

### **COURSE DESCRIPTION:**

This course is designed to cover the basic concepts of wellness. Emphasis will be placed on evaluation of personal levels of fitness, development of skills necessary to design a personal health/fitness program and the benefits associated with application of the appropriate wellness principles. Students are responsible for the timely and appropriate submission of all course work.

### **COURSE INSTRUCTIONAL OBJECTIVES:**

The student will demonstrate an understanding of the:

1. Foundations of personal wellness “D”;
2. Evaluation process for personal health/fitness “T”;
3. Skills necessary to design a health/fitness program “T”;
4. Benefits associated with a lifetime wellness program.

**ATTENDANCE POLICY:**

No attendance policy will be in effect for this course.

**GRADING SCALE:**

The grading scale for this course is as follows:

**A = 200 - 180**

**B = 179 - 159**

**C = 158 - 138**

**D = 137 - 117**

**F = 116 pts and lower**

**ASSIGNMENTS/GRADE DISTRIBUTION:**

\*\*\*Extra Credit

Additional labs/assignments (7)	70% (10 points each)
Chapter Quiz #1 - #13(13)	<u>130 (10 % each)</u>
	200% of total possible final grade

\*\*\* 9 labs are provided but students are only responsible for 7 of the assignments. The additional two labs can be considered EXTRA CREDIT to be completed at the discretion of the student.

**LATE/REMEDIAL WORK:**

No late assignments or quizzes will be accepted outside of extreme circumstances noted by the professor. Please carefully adhere to established assignment deadlines. In such a case the professor will have the discretion of lowering the assignment **Five (5)** points for each day that it is late.

**STUDENT ACCOMMODATIONS:**

Students who need accommodations are asked to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with the Program for Students with Disabilities at 1244 Haley Center, 844-2096 (V/TT).

**HONESTY CODE:**

The University Academic Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.



**UNANNOUNCED QUIZZES:** There will be no unannounced quizzes.

**COURSE OUTLINE:**

**Week 1:** Chapter 1 – Foundations of Personal Health

**Week 2:** Chapter 2 – Choose a Healthy Diet

**Week 3:** Chapter 3 – Develop a Fitness Program

**Week 4:** Chapter 4 – Avoid Drug Abuse

**Week 5:** Chapter 5 – Respect Sexuality

**Week 6:** Chapter 6 – Manage Stress

**Week 7:** Chapter 7 – Mental Health and Disorders

**Week 8:** Chapter 8 – Heart Disease and Stroke

**Week 9:** Chapter 9 - Cancers

**Week 10:** Chapter 10 - Diabetes

**Week 11:** Chapter 11 - Infections

**Week 12:** Chapter 12 – Health care Fundamentals

**Week 13:** Chapter 13 – Health Care Decision Making

**Week 14:** Lab Assignments (#1 – #3)

**Week 15:** Lab Assignments (#4 - #6)

**Week 16:** Lab Assignments (#7) and (#8 & #9 if necessary)

**The above content, schedule and procedures in this course are subject to minor amendments at the discretion of the instructor.**