

**AUBURN UNIVERSITY
SYLLABUS**

Course Number: KINE 1100

Course Title: Wellness

Credit Hours: 2 credit hours – LECTURE/LAB

Term: Fall 2011

Day/Time: TR 9:30am-10:45am

Instructor: Matthew J Rogatzki

Office Address: 2129 Memorial Coliseum

Contact Information: 715-216-2598; mjr0014@auburn.edu

Secondary Contact: Dr. Jared Russell, 334-844-1429; russej3@auburn.edu

Office Hours: MW 9-10am; R 1-2pm or by appointment. The best way to contact me outside of class is through email.

Texts or Major Resources:

Get Fit, Stay Well Brief Edition with Behavior Change Logbook, 1/E. (2009). Hopson, Donatelle, & Littrell. Benjamin Cummings Publishing.

ADDITIONAL INFORMATION WILL BE FOUND ON THE BLACKBOARD COURSE PAGE ASSOCIATED WITH THIS COURSE. CHECK REGULARLY THROUGHOUT THE SEMESTER.

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.

Student Learning Outcomes:

The student will demonstrate an understanding of the:

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

ATTENDANCE POLICY:

No attendance policy will be in effect for this course

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. BE SURE TO REFER TO THE EXPRESSED DUE DATES FOR EACH ASSIGNMENT. In such a case the professor will have the discretion of lowering the assignment Five (5) points for each day that it is late.

Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

Disability Accommodations: Students who need special accommodations in class, as provided by the Americans with Disabilities Act, should arrange for a confidential meeting with the instructor during office hours in the first week of classes (or as soon as possible if accommodations are needed immediately). The student must bring a copy of their Accommodations Letter and an Instructor Verification Form to the meeting. If the student does not have these forms, they should make an appointment with the Program for Students with Disabilities, 1288 Haley Center, 844-2096 (V/TT).

Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.

Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College's conceptual framework. These professional commitments or dispositions are listed below:

- Engage in responsible and ethical professional practices.
- Contribute to collaborative learning communities.
- Demonstrate a commitment to diversity.
- Model and nurture intellectual vitality

Assignments/Projects:

Quizzes: Each quiz is meant to reiterate content recently discussed in preparation for upcoming exams.

Lab Assignments: Each lab is constructed to build awareness of wellness tests and surveys along with the self-appraisal of students' health and wellness.

Presentation: The presentation is a chance to research a topic that is of interest to you and will also provide you with experience in presenting a topic in front of your peers.

Exams: Each exam is designed to test your knowledge of the topics presented in class.

Rubric and Grading Scale:

Criterion	Point Value	Grading Scale
Midterm	40	A ≥89.50
Final	50	B 79.50-89.49
4 Quizzes (10pts. ea.)	40	C 69.50-79.49
28 Lab Assignments (5pts. ea.)	140	D 59.50-69.49
Presentation	30	F ≤59.49
TOTAL	300	

Course Content Outline: This outline is tentative and may be altered by the instructor when appropriate.

WEEK 1: 8/18 syllabus and introduction

WEEK 2: 8/23 & 8/25 Principles of Physical Fitness; lab 1.1 & 1.2

WEEK 3: 8/30 & 9/1 Cardiorespiratory Endurance; lab 2.1 & 2.2

WEEK 4: 9/6 & 9/8 Muscular Strength and Endurance; lab 3.1 & 3.2

WEEK 5: 9/13 & 9/15 **QUIZ 1**/Flexibility and Low-Back Health; lab 4.1 & 4.2

WEEK 6: 9/20 & 9/22 Body Composition/Discuss Presentation Guidelines; lab 5.1 & 5.2

WEEK 7: 9/27 & 9/29 **QUIZ 2**/Putting together a fitness program; lab 6.1 & 6.2

WEEK 8: 10/4 & 10/6 Nutrition; lab 7.1 & 7.2

WEEK 9: 10/11 & 10/13 **EXAM 1**/Weight Management; lab 8.1 & 8.2

WEEK 10: 10/18 & 10/20 Stress/Cardiovascular Health; lab 9.1 & 9.2

WEEK 11: 10/25 & 10/27 Presentations; lab 10.1 & 10.2

WEEK 12: 11/1 & 11/3 **QUIZ 3**/Cancer; lab 11.1 & 11.2

WEEK 13: 11/8 & 11/11 Substance Use and Abuse; lab 12.1 & 12.2

WEEK 14: 11/15 & 11/17 Sexually Transmitted Diseases/**QUIZ 4**; lab 13.1 & 13.2

WEEK 15: 11/22 & 11/24 THANKSGIVING BREAK

WEEK 16: 11/29 & 12/1 Wellness for Life; lab 14.1 & 15.1

FINAL EXAM Wed. Dec.7 8-10:30am