**Auburn University**

**Department of Kinesiology**

**KINE 1103/ Section IL1/Fall 2011**

**Wellness**

**Instructor:** Khalil Lee **Email:** kal0017@auburn.edu

**Class Time:** N/A **Office:** Memorial Coliseum 2118

**Location:** N/A **Office Hours:** By appointment

**Physical Activity Wellness Program Coordinator:**

Dr. Jared Russell; russej3@auburn.edu

**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. The course and everything associated with it will be in online format. Therefore, students are responsible for the timely and appropriate submission of all course work.

**Required Text:** Connect Plus Card: Sparling, P, & Redican, K. (2011). iHealth: An Interactive Framework, 1st edition. McGraw-Hill: New York, New York. (ISBN 0-07-729261-8)

**Course Objectives:**

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:** No attendance policy will be in effect.

**Grading:**

\*Assignments (7): 70 points

\*\*Chapter Quizzes (13): 130 points

Total possible: 200 points

\****9 assignments are provided, but students are only responsible for 7 of the assignments. The additional two assignments can be completed at the discretion of the student and will count as EXTRA CREDIT (10 points per assignment). Students have the entire semester to complete all chapter assignments.***

\*\****Each chapter quiz must be completed by its assigned due date, which can be seen online. Students are allotted one attempt, with a 60-min. time period to complete each quiz.***

**Grading Scale** (Final grades will be based on the following point system):

A = 90-100

B = 80-89

C = 70-79

D = 60-69

F = below 60

**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.

**Statement of Student Accommodation:** 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 alternate 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, 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.

**Important Dates:**

August 17th First Day of Class

September 7th Last day to withdraw from course with no grade assignment

October 5th Last day to withdraw from course with no grade penalty

December 2nd Last Day of Class

Online Textbook Access Directions:

1. The website we will be using is called McGraw-Hill Connect. The link to the website for THIS SECTION is: <http://connect.mcgraw-hill.com/class/k_lee_kine1103_fall2011>
2. When you purchase the textbook, you should get an access code with the book. If you purchase a used book, you will need to purchase a new code from McGraw-Hill. You should be able to purchase it at the website.
3. Once at the site, click the “Register Now” button and fill out all necessary info to register for the course.
4. All class info (text, materials, assignments, quizzes, etc.) is available on the site.

**Course Outline:**

**Week 1:** Introduction, Registration, etc.

**Week 2:** Chapter 1 – Foundations of Personal Health

**Week 3:** Chapter 2 – Choose a Healthy Diet

**Week 4:** Chapter 3 – Develop a Fitness Program

**Week 5:** Chapter 4 – Avoid Drug Abuse

**Week 6:** Chapter 5 – Respect Sexuality

**Week 7:** Chapter 6 – Manage Stress

**Week 8:** Chapter 7 – Mental Health and Disorders

**Week 9:** Chapter 8 – Heart Disease and Stroke

**Week 10:** Chapter 9 – Cancers

**Week 11:** Chapter 10 – Diabetes

**Week 12:** Chapter 11 – Infections

**Week 13:** Chapter 12 – Health care Fundamentals

**Week 14:** Thanksgiving Break

**Week 15:** Chapter 13 – Health Care Decision Making

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