**Auburn University**

## Department of Kinesiology

**KINE 1100– Fall 2012**

**Wellness**

## Syllabus Prepared - August 2012

**Instructor**: Desmond W. Delk

**Office**: 2056A Memorial Coliseum

**Email**: dwd0009@auburn.edu

**Office Hours**: TR 2-3

**Class Time:** TR 2:00 – 3:15 pm **Office Phone:** 844.1473

**Room:** COLSM 2116

**Credit Hours:** 2

**Required Text:** Get Fit, Stay Well. Hopson, Donatelle & Littrell. Pearson, 2007 ISBN 0-558-35086-0

**Course Objective:** To learn the basic concepts and principles of wellness through lecture and laboratory experiences.

**Professionalism:** As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional commitments or dispositions, listed below:

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

**Electronic devices:** Please turn off your cell phone before class. If you are expecting an important call, please let me know before class. No texting during class!

**Physical Activity and Wellness Program (PAWP) Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and

b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn University Student Policy eHandbook. The URL is www.auburn.edu/studentpolicies.

**Accommodation Statement**

Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and 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. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).

**AU eValuate Dates**

Course evaluations: AU eValuate’s Fall semester evaluation dates are:

\*\* Open: November 29th, 2012 (8am) \*\* Close: December 2nd, 2012 (11:59pm)

**Course Outline**

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| ***Week*** | ***In-Class Topics*** |
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| *1* | Syllabus and Assign Groups |
| *2* | Chapter 1: Making Personal Wellness Choices |
| *3* | Chapter 2: Understanding Fitness Principles |
| *4* | Chapter 3: Committing to Fitness |
| *5* | Chapter 4: Conditioning Your Cardiorespiratory System |
| *6* | Chapter 5: Building Muscular Strength and Endurance |
| *7* | Chapter 6: Maintaining Flexibility and Back Health |
| *8* | Chapter 7: Understanding Body Composition/ Mid-term |
| *9* | Chapter 8: Improving Your Nutrition |
| *10* | Chapter 9: Managing Your Weight |
| *11* | Chapter 10: Managing Your Stress |
| *12* | Chapter 11: Reducing Your Risk of Cardiovascular Disease |
| *13* | Chapter 12: Reducing Your Risk of Diabetes and Other Chronic DiseasesCHP 13: Reducing your risk of Cancer |
| *14* | Chapter 14: Avoiding Substance Abuse, and Addiction |
| *15* | Chapter 15: Reducing Your Risk of Sexually Transmitted Infections |
| *16* | Finals |

\* This schedule is subject to change.

**Participation/Discussion:** In addition to attending, students are expected to actively participate in lectures and/or assigned lab activities. If you interrupt or are disrespectful to other students or the instructor you will be asked to leave the class and will be counted as absent for that day. Repeated incidents may result in expulsion from the class. Additionally, it is recommended that you read all material preceding the course lectures. It is your responsibility to come to class prepared. This preparedness includes something to write with/on and your book.

**Test Taking and Assignment Requirements:** All assignments and exams should be completed in pencil or blue or black ink only. I highly encourage you to use pencil for exams and quizzes. You are responsible for printing off and bringing any necessary forms or assignments off Canvas with you to class; I encourage you to check every day before class. Assignments turned in on multiple pages should have your name on each page or be stapled together or paper clipped, not just with the corner turned down. When applicable, assignments should be typed. Handwriting (including your name) should be LEGIBLE; I should not have to guess what it says. Remember, you are taking the test, quiz, or completing the assignment, not me. You want the grade; I get to give the grade. Assignments or exams that do not meet these standards will not be graded.

**Missed Exams/Activities:** If you miss an announced exam or quiz you will be given a 0. Students with extreme extenuating circumstances may be allowed to make up a missed exam or quiz within **one week** of their return to class. *This will be dealt with on a case-by-case basis.* Please contact me via email as soon as reasonably possible if you are going to be out. If you miss more than one exam, it is very unlikely you will be given a chance to make up the second one even with an excused absence.

**Late Work:** All late work turned in after the due date will result in a 5-point deduction per day.

**Grade Revisions:** Students may respectfully question scores on exams or quizzes within one week after they are turned back in class. Please set up an individual meeting with the instructor to do this. Following the one-week period, all grades are non-negotiable.

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

**Exams (100 points):** There will be two exams throughout the semester. Exam dates will be determined and announced at least a week in advance of the test.

**Quizzes (150 points):** There will be 15 quizzes. Some quizzes will be taken through Blackboard, and you will have 24 hours to complete these quizzes once they are made available.

**Laboratory Activities (30 points):** You will be required to complete lab activities during selected class time as review of the material covered in the text. The labs will be turned in on the class period following their assignment. Some laboratory activities will be done together as a class.

Required attire and equipment includes:

 Athletic shoes

 Full shirt – no spaghetti straps, racer backs, or tank tops

 Gym shorts or yoga pants

 Water bottle and towel are recommended

**Group Project (50 points):** Each group is required to present on an assigned chapter. The presentation should be followed by a class activity and concluded with a quiz of the covered material.

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| Grading: |
| **Criterion** | **Point Value** |  Grading Scale |
| Midterm | 50 | A | ≥ 90 |
| Final | 50 | B | 80 – 89 |
| Announced Quizzes (15) | 150 | C | 70– 79 |
| Laboratory Activities | 30 | D | 60 – 69 |
| ParticipationGroup Project | 2050 | F | ≤ 59 |
| Total |  **350** |  |  |
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