**AUBURN UNIVERSITY – Wellness ( KINE 1103 IL3)**

**1. Course Number: KINE 1103 IL3**

**Course Title: Wellness**

**Credit Hours: 2 semester hours**

**Prerequisites: None**

**Co-requisites: None**

**2. Term – Fall 2012**

**Day/Time – Distance Education Course**

**Instructor - Rich Laird, M.Ed., CSSS**

**Office Address – 2118 Beard Eaves Memorial Coliseum**

**Contact Information –** [**rhl0003@auburn.edu**](mailto:rhl0003@auburn.edu)

**Office Hours – By appointment**

**3. Texts or Major Resources:**

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)

<http://connect.mcgraw-hill.com/class/r_laird_wellness_rich_laird_fall2012_kine1103-il3>

**4. 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.

**5. Student Learning Outcomes:**

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.

**6. Course Content 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:** Homework (#1 – #3)

**Week 15:** Homework (#4 - #6)

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

**7. Assignments/Projects:**

**\*\*\***Extra Credit

Additional labs/assignments (7) 70 (10 points each)

Chapter Quiz #1 - #13 (13) 130 (10 points each)

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.

**8. 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**

**9. Class Policy Statements:**

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.

**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 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).

**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, and 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:

o Engage in responsible and ethical professional practices

o Contribute to collaborative learning communities

o Demonstrate a commitment to diversity

o Model and nurture intellectual vitality

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