

**AUBURN UNIVERSITY
PHED SYLLABUS**

1. Course Number: KINE 1103 IL4

CRN: 15586

Course Title: Wellness – Spring 2012

Section: Brian Ferguson Wellness(Fall 2012) KINE1104

Credit Hours: 2 credit hours – LECTURE/LAB

Prerequisites: None

2. Term: Fall 2012 08/16/2012 through 12/07/2012

Day/Time: N/A

Instructor: Brian Ferguson

Office Address: 2129 Beard-Eaves Memorial Coliseum

Contact Information: email (bsf0003@tigermail.auburn.edu)

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

Office Hours: By appointment.

3. Texts or Major Resources: Online with McGraw-Hill

MUST REGISTER ONLINE BY 08/31/2012

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)

Online registration URL:

http://connect.mcgraw-hill.com/class/b_ferguson_brian_ferguson_wellnessfall_2012_kine1104

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:

No attendance policy will be in effect for this course, you are responsible for homework and quiz completion by the due dates.

Important Dates:

August 16	First day of class
August 31	MUST REGISTER TO CONNECT (by 11:59PM CST)
October 5	Mid-semester
November 19-23	Thanksgiving Break (NO CLASS)
November 30	Classes End
December 7	(All assignments are due by 11:59 PM)
December 3-7	Final Exam Period

A. Course Content and Schedule:

- Week 1: 8/16/2012 through 8/17/2012 – Chapter 1 – Foundations of Personal Health
- Week 2: 8/20/2012 through 8/24/2012 – Chapter 2 – Choose a Healthy Diet
- Week 3: 8/27/2012 through 8/31/2012 - Chapter 3 – Develop a Fitness Program
- Week 4: 9/3/2012 through 9/7/2012 – Chapter 4 – Avoid Drug Abuse
- Week 6: 9/10/2012 through 9/14/2012 – Chapter 5 – Respect Sexuality
- Week 7: 9/17/2012 through 9/21/2012 – Chapter 6 – Manage Stress
- Week 8: 09/24/2012 through 09/28/2012 – Chapter 8 – Heart Disease and Stroke
- Week 9: 10/01/2012 through 10/05/2012 – Chapter 9 - Cancers
- Week 10: 10/08/2012 through 10/12/2012 – Chapter 10 - Diabetes
- Week 11: 10/22/2012 through 10/26/2012 – Chapter 11 - Infections
- Week 12: 10/30/2012 through 11/02/2012 – Chapter 12 – Health Care Fundamentals
- Week 13: 11/05/2012 through 11/09/2012 – Chapter 13 – Health Care Decision Making
- Week 14: 11/12/2012 through 11/16/2012 – Review
- Week 15: 11/19/2012 through 11/23/2012 – **Thanksgiving Break**
- Week 16: 11/26/ 2012 through 11/30/2012 – Classes End
- Week 17: 12/3/2012 through 12/07/2012 – Final Exams

E-mail: Tiger Mail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail. You are responsible for this information, so please check your account regularly.

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 alternate time can be arranged. To set up this meeting, please contact me by e-mail. Bring a copy of you 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: 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.

The above content is subject to minor amendments at the discretion of the instructor.

B. 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.

7. Assignments/Projects:

The book is open to you for the entire semester once you have registered for the course. You will proceed chronologically through the course material. Once an assignment or quiz due date has passed you will receive a “0” for that assignment.

Important Dates/Due Dates:

Quizzes 1,2,3 and 4 will be open to complete **08/16/12 thru 9/14/12.**

Homework 1,2 and 3 will be open to complete **8/16/12 thru 09/14/12.**
(Understanding U.S. Health Care Services, Are you on the Right Path to Healthy Self Esteem?, Nutrition Quiz – Fact or Fiction)

Quizzes 5 and 6 will be open to complete **09/15/12 thru 09/28/12.**

Homework 4, 5 and 6 will be open to complete **9/15/12 thru 10/12/12**
(Is Alcohol a Problem in Your Life?, Physical Activity Readiness, Consider Five Dimensions)

Quizzes 7 and 8 will be open to complete **09/29/12 thru 10/12/12.**

Homework 7, 8 and 9 will be open to complete **10/13/12 thru 11/9/12.**
(Availability of Drugs Around Campus, Sexual Health Quiz, Sexually Transmitted Infections Quiz)

Quizzes 9 and 10 will be open to complete **10/13/12 thru 10/26/12.**

Quizzes 11 and 12 will be open to complete **10/27/12 thru 11/9/12.**

Quiz 13 will be open to complete **11/10/12 thru 11/23/12.**

Final Exam option will be available from **12/3/2012 thru 12/7/12.**

Tentative guideline to chapter readings. **Be sure to pay close attention to due dates!**

8. Rubric and Grading Scale:

GRADING SCALE:

The grading scale for this course is as follows:

A = 200 - 180

B = 179 - 160

C = 159 - 140

D = 139 - 120

F = 119 pts and lower

ASSIGNMENTS/GRADE DISTRIBUTION:

*Extra Credit

**Labs/assignments (7)

70 (10 points each)

***Chapter Quiz #1 - #13 (13)

130 (10 pts each)

200 of total possible final grade

*There is no extra credit for the quizzes only credit.

** 9 labs are provided, 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. In other words there are 90 possible points for the lab assignments and your grade will be calculated out of 70 points.

***The final exam will be 20 questions and given during finals week. You have the **OPTION** to complete the final. If you elect to take the final you will substitute the percentage score of your final for your lowest chapter quiz score. This could potentially raise or lower your quiz score, choose wisely.

NOTE: You must register and purchase the Connect access and materials by Friday, August 31, 2012 at 11:59 PM CST. After this date there will be a 3% deduction of your grade per day.

9. Class Policy Statements:

Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.

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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

E. 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)."

F. 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.

G. 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

H. AU eValue Dates

- a. Open: November 29th, 2012 (8am)
- b. Close: December 2nd, 2012 (11:59pm)

I. Distance Learning Statement

This course uses a combination of in class teaching, active participation as well as supplemental online course content. All course assignments and expectations are included in the

syllabus as well as online. If clarification is needed for any assignment students can discuss with the instructor in class, by email, or schedule office hour meetings for further instruction.

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