

AUBURN UNIVERSITY
KINE 1103 Wellness
SYLLABUS

1. Course Number: KINE-1103-IL5

Course Title: Wellness

Credit Hours: 2 credit hours

2. Term: Fall 2013

Day/Time: Online

Location: N/A

Instructor: Ryan M. Carrick, MHS, OTR/L

Office Address: KINE 138

Contact Information: Kinesiology departmental phone: (334) 844-4483

USE THIS: Email: rzc0020@auburn.edu

Email is the preferred means of communication. I will usually respond to your email within 24 hours

Office Hours: Mondays 2:30 - 4:00 pm or by appointment.

3. Course Description:

- Students will learn about health behaviors (diet, exercise, ect.), medical conditions (mental health, heart disease, etc.) and health care choices (health care system, etc.) and be able to apply these concepts to their personal health.
- 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.

4. Required Textbook: ***this is an e-text*******

Connect Plus Card: Sparling, P, & Redican, K. (2011). iHealth: An Interactive Framework, 2nd edition. McGraw-Hill: New York, New York. (ISBN: 0077500539)

Connect Website for Course:

- If you buy a used textbook then you will need to purchase the Connect Card which only includes access to the course website. Connect Plus includes the Connect Card and the eTextbook for the course.
- I have posted a PDF on canvas with instructions for access to McGraw-Hill Connect.

5. Distance Learning Statement:

- This class will be taught exclusively through and electronic/ distance learning format, utilizing the McGraw-Hill Connect Website and electronic textbook. This design was chosen because it allows for timely and appropriate interactions between instructors and students while increasing the flexibility of a student's schedule. TigerMail is the official means of communication for Auburn University. The instructor will communicate with the class through TigerMail and announcements will also be posted on Canvas. You are

responsible for this information, so please check your accounts regularly. Finally, despite the distance learning component of this class, students are expected to behave in a manner appropriate for all academic settings (e.g. Refer to the Honesty Code section below).

6. Course Instructional 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.

7. Grading Scale:

The grading scale for this course is as follows:

A = 730 - 654

B = 653 - 581

C = 580 - 508

D = 507 - 435

F = 434 points and lower

***** quizzes on McGraw-Hill are worth 1 point per question*****

8. Assignments:

Discussions (4)	54 (16 points each)
Assignments (13)	130 (10 points each)
Chapter Quizzes (1 – 13)	<u>536 (varying points each)</u>
	730 points of total possible final grade

- I will post discussions on canvas throughout the semester. Your participation is required on the discussions to earn credit. It is your responsibility to check canvas and respond to the discussion thread by the end of the course (12/8/13).
- Assignments and Quizzes are available through McGraw-Hill Connect.

9. Late/Remedial Work:

- You are responsible for completing all online course work on time. Late assignments will not be accepted. Excuses about lack of internet connection, not being able to access connect, not being able to complete an assessment, or other technical problems will not be accepted. Be sure to complete all assignments early. This is to teach you time management and remember the early bird gets the worm.

10. Student Accommodations:

- Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in eHandbook 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 University Academic Honesty Code and the *Student Policy eHandbook* (http://www.auburn.edu/student_info/student_policies/) Rules and Regulations pertaining to Student Conduct, Honesty, and Cheating will apply to this class.
- Disability Accommodations: Students who need special accommodations in class are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of class, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternative time can be arranged. To set up this meeting, please contact me by email. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1288 Haley Center, 884-2096 (V/TT).

11. Unannounced Quizzes: There will be no unannounced quizzes. There is NO final exam for this class.

12. Course Outline:

This is the suggested timeline to pace yourself through the course. You are allowed to finish the assignments early if you wish, however it is recommended to finish early. I also gave you a two week buffer, so no excuses. All assignments will close on 12/8/13.

Week 1 (8/25/13): Chapter 1 – Foundations of Personal Health

Week 2 (9/1/13): Chapter 2 – Choose a Healthy Diet

Week 3 (9/8/13): Chapter 3 – Develop a Fitness Program

Week 4 (9/15/13): Chapter 4 – Avoid Drug Abuse

Week 5 (9/22/13): Chapter 5 – Respect Sexuality

Week 6 (9/29/13): Chapter 6 – Manage Stress

Week 7 (10/6/13): Chapter 7 – Mental Health and Disorders

Week 8 (10/13/13): Chapter 8 – Heart Disease and Stroke

Week 9 (10/20/13): Chapter 9 – Cancers

Week 10 (10/27/13): Chapter 10 – Diabetes

Week 11 (11/3/13): Chapter 11 – Infections

Week 12 (11/10/13): Chapter 12 – Health Care Fundamentals

Week 13 (11/17/13): Chapter 13 – Health Care Decision Making

Week 14 (11/24/13): finish up remaining coursework

Week 15 (12/1/13): finish up remaining coursework (due no later than 12/8/13)