**WELLNESS (KINE 1103 IL6)**

|  |  |
| --- | --- |
| **Instructor:** | **John W. Fox** |
| **Meeting Times:** | **On-line course** |
| **Meeting Place:** | **N/A** |
| **Office:** | **020 Kinesiology Building; 301 Wire Road** |
| **E-mail Address:** | **jwf0007@auburn.edu** |
| **Office Hours:** | Mon/ Wed/Fri. 8:00 – 9 am OR **by appointment (contact via e-mail)** |
| **Credit Hours:** | **2 semester hours** |
| **Pre-requisites:** | **None** |
| **Co-requisites:** | **None** |
| **Date Syllabus Prepared:** | **Fall 2013** |
| **Date Syllabus Reviewed and Updated:**  **PAWP Coordinator** | **Fall 2013**  **Jared Russell, PhD, russej3@auburn.edu** |

**Website:**

<http://connect.mcgraw-hill.com/class/j_fox_wellness_-_15695_-_kine_1103_-_il6_-_fall_2013>

**REQUIRED TEXTBOOK:**

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 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.

**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. All communication with the instructor should be performed through the Tigermail email service. Designated office hours are above with additional times available by appointment. 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)

**COURSE INSTRUCTIONAL OBJECTIVES:**

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.

**ATTENDANCE POLICY:**

No attendance policy will be in effect for this course.

**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**

**ASSIGNMENTS/GRADE DISTRIBUTION:**

**\*\*\***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/ homework’s 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.

**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.

**STUDENT 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).

**E-mail:** TigerMail 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.

**HONESTY CODE:**

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.

**UNANNOUNCED QUIZZES:** There will be no unannounced quizzes.

**COURSE OUTLINE (This is a general course outline be sure to refer to the expressed DUE DATES for assignments):**

**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:** Lab Assignments (#1 – #3)

**Week 15:** Lab Assignments (#4 - #6)

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

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