**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** KINE 1103 – IL3

**Course Title:** Wellness (Online Course)

**Term:** Fall 2014

**Day/Time:** N/A

**Instructor:** Lorraine Smallwood

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm #020

**Contact Information:** lls0017@auburn.edu

**Office Hours:** Tuesday and Thursday 1:00-2:00pm

**Secondary Contact:** Dr. Sheri Brock, brocksj@auburn.edu

1. **Credit Hours:** 2 credit hours – LECTURE 1 / LAB 2

**Prerequisites:** None

1. **Texts or Major Resources:**

Connect Plus Card: Sparling, P, & Redican, K. (2011). iHealth: An Interactive Framework, 2nd edition. McGraw-Hill: New York, New York. (ISBN 0-07-729261-8)

The course and everything associated with it will be in online format. Therefore, students are responsible for the timely and appropriate submission of all course work.

Online Course Access Directions:

1. The website we will be using is called McGraw-Hill Connect. The link to the

website for THIS SECTION is: https://connect.mheducation.com/class/l-smallwood-kinesiology-1103-wellness-il3

1. Once at the site, click the “Register Now” button and fill out all necessary information to register for the course.
2. All class information (text, materials, assignments, quizzes, etc.) is available on

the site.

1. **Course Description:**

Basic concepts and principles of wellness with laboratory experiences for the self-appraisal of health-related physical fitness. May count either [KINE 1100](http://bulletin.auburn.edu/search/?P=KINE%201100) or [KINE 1103](http://bulletin.auburn.edu/search/?P=KINE%201103).

1. **Course Objectives:**

Upon completion of this course, students will be able to demonstrate an understanding of:

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

1. **Course Content: (assignment due dates/exams are in bold)**

Week 1: **Syllabus Quiz**

 Students should make sure to have access to the course website

 (McGraw-Hill Connect)

Week 2: **Chapter 1 Foundations of Personal Health Quiz Due**

Week 3: **Chapter 2 Choose a Healthy Diet Quiz Due**

Week 4: **Chapter 3 Develop a Fitness Program Quiz Due**

Week 5: **Chapter 4 Avoid Drug Abuse Quiz Due**

Week 6: **Chapter 5 Respect Sexuality Quiz Due**

Week 7: **Chapter 6 Manage Stress Quiz Due**

Week 8: **Chapter 7 Mental Health and Disorders Quiz Due**

Week 9: **Chapter 8 Heart Disease and Stroke Quiz Due**

Week 10: **Chapter 9 Cancers Quiz Due**

Week 11: **Chapter 10 Diabetes Quiz Due**

Week 12: **Chapter 11 Infections Quiz Due**

Week 13: **Chapter 12 Health Care Fundamentals Quiz Due**

Week 14: **Chapter 13 Health Care Decision Making Quiz Due**

Week 15: Review

Week 16: **Final Examination x/xx/20xx**

1. **Course Requirements / Evaluation:**

Item Points

Syllabus Quiz 10

13 Chapter Assignments (5 points each) 65

13 Chapter Quizzes (10 points each) 130

Final Exam 20

Total 225

Final grades will be based on the following point system:

A = 201-225 pts

B = 179-200 pts

C = 156-178 pts

D = 133-155 pts

F = below 133 pts

**Syllabus Quiz**: Week 1 posted on Canvas.

**Chapter Assignments & Quizzes:** One assignment from each chapter will be provided for a total of 13 assignments. Each chapter quiz must be completed by its assigned due date, which can be seen online. Students are allotted one attempt, with a 60-min. time period to complete each quiz. Students may complete quizzes ahead of scheduled due dates if desired. Access is available to libraries, learning centers, and/or laboratories in a manner that facilitates successful completion of the course.

**Final Exam:** A comprehensive written assessment of concepts and techniques used in the course.

No late assignments or quizzes will be accepted outside of extreme circumstances noted by the instructor. Please carefully adhere to established assignment deadlines. In such a case the instructor will have the discretion of lowering the assignment **Five (5)** points for each day that it is late.

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. Please provide your full name and class in the subject of email or e-mail.

1. **Course Policy Statements:**

\*No daily attendance policy will be in effect for this course.

\*A. Attendance:

**Physical Activity and Wellness Program 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. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. **Once a student has accrued five 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 and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.**

B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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, an addendum will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

**9. Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. 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.

**10. 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).