

**AUBURN UNIVERSITY
SYLLABUS**

Yi Sun

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Office Hour: Tues & Thurs 08:00-09:00am

1. Course Number: KINE 1100 002

Course Title: Wellness

Credit Hours: 2

Class Time: MWF 12:00pm – 12:50pm

PAWP Coordinator: Jared Russell, PhD, [@auburn.edu](mailto:jared.russell@auburn.edu)

2. Prerequisites: None

3. Texts

Get Fit, Stay Well, Hopson, Donatelle & Littrell, Pearson 2007, ISBN 0-558-35086-0

4. Course Description:

To learn the basic concepts and principles of wellness through lecture and laboratory experiences.

5. Course Objectives:

To help the students adopt wellness habits.

6. Course Content and Schedule

Date	Topic (Assigned Labs)
Week 1	Introduction; Get to know your classmates Chapter 1: Making Personal Wellness Choices
Week 2	Chapter 2: Understanding Fitness Principles Chapter 3: Committing to Fitness
Week 3	Chapter 4: Cardiorespiratory Endurance Quiz 1
Week 4	Topics for Presentation and details on assignment Chapter 5: Muscular Strength and Endurance
Week 5	Chapter 6: Flexibility and Low-Back Health
Week 6	Chapter 7: Body Composition Quiz 2 Presentation 1
Week 7	Chapter 8: Nutrition Presentation 2

Week 8	Chapter 9: Weight Management Presentation 3 Midterm Exam
Week 9	Chapter 10: Stress Presentation 4
Week 10	Spring Break
Week 11	Chapter 11: Reducing risk of cardiovascular disease Presentation 5
Week 12	Chapter 12: Reducing risk of diabetes Presentation 6
Week 13	Chapter 13: Reducing risk of cancer Presentation 7
Week 14	Quiz 3 Chapter 14: Substance Use and Abuse Presentation 8
Week 15	Chapter 15: Sexually Transmitted Diseases Presentation 9
Week 16	Chapter 16: Maintaining Lifelong Fitness & Wellness Presentation 10
Week 17& 18	Review Final Exam (TBD)

7. Course Requirements/Evaluations

Physical Activity and Wellness Program Attendance Policy: Attendance is required and roll will be taken every class period. It is your responsibility to sign the roll; if you do not sign in, you are not counted as present. 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 F (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 F. 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 Bulletin.

Participation/Discussion: In addition to attending, students are expected to actively participate in lectures and/or assigned lab activities. If you interrupt or are disrespectful to other students or the instructor you will be asked to leave the class and will be counted as absent for that day. Repeated incidents may result in expulsion from the class. Additionally, it is recommended that you read all material preceding the course lectures. It is your responsibility to come to class prepared. This preparedness includes something to write with and on your textbook.

Electronic devices: Please turn off your cell phone and laptop before class. If you are expecting an important call, please let me know before class. If you are working on an electronic device during class, you will be counted as absent.

Test Taking and Assignment Requirements: All assignments and exams should be completed in pencil or blue or black ink only. I highly encourage you to use pencil for exams and quizzes. You are responsible for printing out and bringing any necessary forms or assignments off Blackboard with you to class; I encourage you to check every day before class. Assignments turned in on multiple pages should have your name on each page or be stapled together, not paper clipped or the corner turned down. When applicable, assignments should be typed. Handwriting (including your name) should be LEGIBLE; I should not have to guess what it says. Remember, you are taking the test, quiz, or completing the assignment, not me. You want the grade; I get to give the grade. Assignments or exams that do not meet these standards will not be graded.

Missed Exams/Activities: If you miss an announced exam or quiz you will be given a 0. Students with extreme extenuating circumstances may be allowed to make up a missed exam or quiz within **one week** of their return to class. *This will be dealt with on a case-by-case basis.* If you miss an unannounced quiz you will be allowed to make it up within **one week** of return to class. Please contact me via email as soon as reasonably possible if you are going to be out. If you miss more than one exam or quiz, it is very unlikely you will be given a chance to make up the second one even with an excused absence.

Late Work: All late turned in after the due date will result in a 5-point deduction per day.

Grade Revisions: Students may respectfully question scores on exams or quizzes within one week after they are turned back in class. Please set up an individual meeting with the instructor to do this. Following the one-week period, all grades are non-negotiable.

Grading

Criterion	Point Value		Grading Scale
Midterm	20	A	≥ 90.00
Final	20	B	80.00 – 89.99
Announced Quizzes (3)	10*3	C	70.00 – 79.99
Laboratory Activities	10	D	60.00 – 69.99
Presentation	20	F	≤ 59.99
Total	100		

Exams (40 points): There will be two exams throughout the semester. Exam dates will be determined and announced at least a week in advance of the test. The final exam will be comprehensive.

Quizzes (30 points): There will be 3 quizzes in total. The quizzes will count towards the grade for the course.

Laboratory Activities (10 points): You will be required to complete lab activities as review of the material covered in each chapter. The labs will be turned in on the class period following their assignment. Some laboratory activities will be done together as a class.

Required attire and equipment includes:

Athletic shoes

Full shirt – no spaghetti straps, racer backs, or tank tops

Gym shorts or yoga pants

Water bottle and towel are recommended

Presentations (20 points): Topics will be discussed in class and student selections will be due on the fourth week. Details of the presentation will be discussed in class.

8. Class Policy Statements

The University is conducted on a basis of common honesty. Dishonesty, cheating, plagiarism, or knowingly furnishing false information to the University is regarded as particularly serious offenses. Any form of this type of conduct will not be tolerated.

If you are a student with a documented disability and need accommodations please arrange a meeting during my office hours or send an e-mail to schedule a meeting. Please bring a copy of your 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.

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

I have read and I understand the above syllabus.

Signature_____

Date_____