

Spring 2012

WELLNESS (KINE 1103 IL3)

Instructor:	Yi Sun
Meeting Times:	On-line course
Meeting Place:	N/A
Office:	2129 Beard Eaves Memorial Coliseum
E-mail Address:	yzs0007@tigermail.auburn.edu
Office Hours:	MWF 3:00 – 4:00 pm OR by appointment (contact via e-mail)
Credit Hours:	2 semester hours
Pre-requisites:	None
Co-requisites:	None
Date Syllabus Prepared:	Spring 2012
PAWP Coordinator	Jared Russell, PhD, russej3@auburn.edu
Website:	

http://connect.mcgraw-hill.com/class/y_sun_copyofwellness_bradenromer_fall2011_kine1103-il4

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.

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:

Spring 2012

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)	<u>130 (10 points each)</u>
	200 of total possible final grade

*** 9 labs 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 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).

HONESTY CODE:

The University Academic Honesty Code and the Tiger Cub Rules and Regulations pertaining to Cheating will apply to this class.

UNANNOUNCED QUIZZES: There will be no unannounced quizzes.

Spring 2012

COURSE OUTLINE:

Week 1 (-Jan 15): Chapter 1 – Foundations of Personal Health

Week 2 (-Jan 22): Chapter 2 – Choose a Healthy Diet

Week 3 (-Jan 29): Chapter 3 – Develop a Fitness Program

Week 4 (-Feb 5): Chapter 4 – Avoid Drug Abuse

Week 5 (-Feb 12): Chapter 5 – Respect Sexuality

Week 6 (-Feb 19): Chapter 6 – Manage Stress

Week 7 (-Feb 26): Chapter 7 – Mental Health and Disorders

Week 8 (-Mar 4): Chapter 8 – Heart Disease and Stroke

Week 9 (-Mar 11): Chapter 9 - Cancers

Week 10 (-Mar 18): Chapter 10 - Diabetes

Week 11 (-Mar 25): Chapter 11 - Infections

Week 12 (-Apr 1): Chapter 12 – Health care Fundamentals

Week 13 (-Apr 8): Chapter 13 – Health Care Decision Making

Week 14 (Apr 15): Lab Assignments (#1 – #3)

Week 15 (Apr 22): Lab Assignments (#4 - #6)

Week 16 (Apr 25) : 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.