

WELLNESS (KINE 1103 IL2)

Instructor:	Brian Ferguson
Meeting Times:	On-line course
Meeting Place:	N/A
Office:	Memorial-Coliseum RM 2129
E-mail Address:	bsf0003@tigermail.auburn.edu
Office Hours:	By appointment (contact via e-mail)
Credit Hours:	2 semester hours
Pre-requisites:	None
Co-requisites:	None
Date Syllabus Prepared:	Summer 2010
Date Syllabus Reviewed and Updated:	Spring 2012
PAWP Coordinator	Jared Russell, PhD, russej3@auburn.edu

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 URL:

http://connect.mcgraw-hill.com/class/b_ferguson_copyofcopyofwellness_bradenromer_fall2011_kine1103-il4

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.

Important Dates:

January 9	First day of class
January 31	MUST REGISTER TO CONNECT (by 11:59PM CST)
February 28	Mid-semester
March 12-16	Spring Break (NO CLASS)
April 25	Classes End
April 27	(All assignments are due by 11:59 PM)
April 30-May 4	Final Exam Period

GRADING SCALE:

The grading scale for this course is as follows:

A = 200 - 180

B = 179 - 160

C = 159 - 140

D = 139 - 120

F = 119 pts and lower

ASSIGNMENTS/GRADE DISTRIBUTION:

*Extra Credit

**Labs/assignments (7) 70 (10 points each)

***Chapter Quiz #1 - #13 (13) 130 (10 pts each)

200 of total possible final grade

*There is no extra credit for the quizzes only credit.

** 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. In other words there are 90 possible points for the lab assignments and your grade will be calculated out of 70 points.

***The final exam will be 20 questions and given during finals week. You have the **OPTION** to complete the final. If you elect to take the final you will substitute the percentage score of your final for your lowest chapter quiz score. This could potentially raise or lower your quiz score, choose wisely.

NOTE: You must register and purchase the Connect access and materials by Tuesday, January 31, 2012 at 11:59 PM CST. After this date there will be a 3% deduction of your grade.

Quizzes/Assessments: Quizzes and assessments will be available using the online website. All quizzes and assignments will be due at **11:59 PM CST** on the last day of classes.

Final Exam: A final exam will be given during finals week. It will be an online comprehensive course assessment that will be posted via blackboard. It will open at the start of the Final Exam week and close at **11:59 PM CST** on the last day of exams. See the Important Dates section for mentioned dates.

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.

COURSE OUTLINE:

The book is open to you for the entire semester once you have registered for the course. You will proceed chronologically through the course material. Once an assignment or quiz due date has passed you will receive a "0" for that assignment.

Important Dates/Due Dates:

Quizzes 1,2,3 and 4 will be open to complete 1/12/12 thru 2/10/12.

Homework 1,2 and 3 will be open to complete 1/12/12 thru 2/10/12.

Quizzes 5 and 6 will be open to complete 2/11/12 thru 2/24/12.

Homework 4, 5 and 6 will be open to complete 2/11/12 thru 3/9/12

Quizzes 7 and 8 will be open to complete 2/25/12 thru 3/9/12.

Homework 7, 8 and 9 will be open to complete 3/17/12 thru 4/13/12.

Quizzes 9 and 10 will be open to complete 3/17/12 thru 3/30/12.

Quizzes 11 and 12 will be open to complete 3/31/12 thru 4/13/12.

Quiz 13 will be open to complete 4/14/12 thru 4/27/12.

Final Exam option will be available on Blackboard 4/30/12 thru 5/4/12.

Tentative guideline to chapter readings. Be sure to pay close attention to due dates!

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: SPRING BREAK

Week 11: Chapter 10 - Diabetes

Week 12: Chapter 11 - Infections

Week 13: Chapter 12 – Health care Fundamentals

Week 14: Chapter 13 – Health Care Decision Making

Week 15: End Review

Week 16: Final

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