**WELLNESS (KINE 1103 IL4)**

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| **Instructor:** | **Rich Laird, M.Ed., CSCS** |
| **Meeting Times:** | **On-line course** |
| **Meeting Place:** | **N/A** |
| **Office:** | **2118 Beard Eaves Memorial Coliseum** |
| **E-mail Address:** | **rhl0003@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:**  **PAWP Coordinator** | **Fall 2011**  **Jared Russell, PhD, russej3@auburn.edu** |

**Website:**

**http://connect.mcgraw-hill.com/class/r\_laird\_wellness\_rich\_laird\_spring2012\_kine1103-il6\_1**

**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:**

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 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.

**COURSE OUTLINE:**

**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.**