

## WELLNESS (KINE 1103 IL5)

<b>Instructor:</b>	<b>Matthew Rogatzki</b>
<b>Meeting Times:</b>	<b>On-line course</b>
<b>Meeting Place:</b>	<b>N/A</b>
<b>Office:</b>	<b>2129 Beard Eaves Memorial Coliseum</b>
<b>E-mail Address:</b>	<b>mjr0014@auburn.edu</b>
<b>Office Hours:</b>	<b>Mon 1 – 2pm/ R 8 – 9am OR by appointment (contact via e-mail)</b>
<b>Credit Hours:</b>	<b>2 semester hours</b>
<b>Pre-requisites:</b>	<b>None</b>
<b>Co-requisites:</b>	<b>None</b>

**Website:**

[http://connect.mcgraw-hill.com/class/m\\_rogatzki\\_wellness\\_spring2013\\_kine1103-il5](http://connect.mcgraw-hill.com/class/m_rogatzki_wellness_spring2013_kine1103-il5)

**REQUIRED TEXTBOOK:**

Connect Plus Card: Sparling, P, & Redican, K. (2011). iHealth: An Interactive Framework, 1<sup>st</sup> 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.

**DISTANCE LEARNING STATEMENT:**

This class will be taught exclusively through an electronic distance learning format, utilizing the McGraw-Hill Connect Website and electronic textbook. This design was chosen because it allows for timely and appropriate interactions between instructors and students while increasing the flexibility of a student's schedule. All communication with the instructor should be performed through the Tigermail email service. Designated office hours are above with additional times available by appointment. Finally, despite the distance learning component of this class, students are expected to behave in a manner appropriate for all academic settings (e.g. Refer to the Honesty Code section below)

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

\*\*\* 9 labs/ homework's 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 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).

**E-mail:** TigerMail 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.

**AU eValue Dates:** Course evaluations semester evaluation dates are:

- A. Open: April 20<sup>th</sup>, 2013 (8am)
- B. Close: April 28<sup>th</sup>, 2013 (11:59pm)

**HONESTY CODE:**

The University Academic Honesty Code and the **Student Policy eHandbook** ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) pertaining to cheating and plagiarism will apply to this class.

**UNANNOUNCED QUIZZES:** There will be no unannounced quizzes.

**COURSE OUTLINE:**

**Week 1: Jan. 9 - 11**

Sign up for the class on Connect

**Week 2: Jan. 14 - 18**

Lab Assignments #1 - #3 are **due on Jan. 18<sup>th</sup>**

**Week 3: Jan. 21 - 25**

Lab Assignments #4-#6 are **due on Jan. 25<sup>th</sup>** along with #8 & #9 if necessary

**Week 4: Jan. 28 – Feb. 1**

Chapter 1 – Foundations of Personal Health (**Quiz due on Feb. 1<sup>st</sup>**)

**Week 5: Feb. 4 - 8**

Chapter 2 – Choose a Healthy Diet (**Quiz due on Feb. 8<sup>th</sup>**)

**Week 6: Feb. 11 - 15**

Chapter 3 – Develop a Fitness Program (**Quiz due on Feb. 15<sup>th</sup>**)

**Week 7: Feb. 18 - 22**

Chapter 4 – Avoid Drug Abuse (**Quiz due on Feb. 22<sup>nd</sup>**)

**Week 8: Feb. 25 – Mar. 1**

Chapter 5 – Respect Sexuality (**Quiz due on Mar. 1<sup>st</sup>**)

**Week 9: Mar. 4 - 8**

Chapter 6 – Manage Stress (**Quiz due on Mar. 8<sup>th</sup>**)

Chapter 7 – Mental Health and Disorders (**Quiz due on Mar. 8<sup>th</sup>**)

**Week 10: Mar. 11 – 15**

SPRING BREAK!

**Week 11: Mar. 18 - 22**

Chapter 8 – Heart Disease and Stroke (Quiz due on Mar. 22<sup>nd</sup>)

**Week 12: Mar. 25 - 29**

Chapter 9 – Cancers (Quiz due on Mar. 29<sup>th</sup>)

**Week 13: April 1 - 5**

Chapter 10 – Diabetes (Quiz due on April 5<sup>th</sup>)

**Week 14: April 8 - 12**

Chapter 11 – Infections (Quiz due on April 12<sup>th</sup>)

**Week 15: April 15 - 19**

Chapter 12 – Health care Fundamentals (Quiz due on April 19<sup>th</sup>)

**Week 16: April 22 - 26**

Chapter 13 – Health Care Decision Making (Quiz due on April 26<sup>th</sup>)