**AUBURN UNIVERSITY**

**SYLLABUS**

**1. Course Number:** KINE 1103

**Course Title:** Wellness (Online)

**Credit Hours:** 2

**Prerequisites:** No prerequisites or co-requisites are required for this course.

**2. Term:** Spring 2014

**Meeting Days/Time:** N/A

**Meeting Location:** N/A

**Instructor:** Taylor Holt, M.Ed

**Office Address:** KINE 122

**Email:** teh0010@auburn.edu

**Office Hours:** Monday & Wednesday 10:00am-11:00am. Please email for appointment

**3. Required Text and Resources:**

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)

**4. Course Description:**

This course examines basic concepts and principles of wellness with laboratory experiences for the self-appraisal of health-related physical fitness.

**5. Student Learning Outcomes:**

Upon completion of this course, students will be able to demonstrate an understanding of:

1. Foundations of personal wellness
2. Evaluation process for personal health/fitness
3. Skills necessary to design a health/fitness program
4. Benefits associated with a lifetime wellness program

**6. Course Content Outline:**

*The course and everything associated with it will be in online format. Therefore, students are responsible for the timely and appropriate submission of all course work.*

*Online Course Access Directions:*

1. *The website we will be using is called McGraw-Hill Connect. The link to the website for THIS SECTION is:* <http://connect.mcgraw-hill.com/class/t_holt_au_kine_1103_holt_sp14>
2. *When you purchase the textbook, you should get an access code with the book. If you purchase a used book, you will need to purchase a new code from McGraw-Hill. You should be able to purchase it at the website.*
3. *Once at the site, click the “Register Now” button and fill out all necessary info to register for the course.*
4. *All class info (text, materials, assignments, quizzes, etc.) is available on the site.*

*One assignment from each chapter will be provided for a total of 13 assignments. Students have the entire semester to complete all chapter assignments. Each chapter quiz must be completed by its assigned due date, which can be seen online. Students are allotted one attempt, with a 60-min. time period to complete each quiz. Students may complete quizzes ahead of scheduled due dates if desired.*

Week 1: Students should make sure to have access to the course website (McGraw-Hill Connect)

Week 2: **1/19/2014** – Chapter 1 Quiz Due

Week 3: **1/26/2014** – Chapter 2 Quiz Due

Week 4: **2/2/2014** – Chapter 3 Quiz Due

Week 5: **2/9/2014** – Chapter 4 Quiz Due

Week 6: **2/16/2014** – Chapter 5 Quiz Due

Week 7: **2/23/2014** – Chapter 6 Quiz Due

Week 8: **3/2/2014** – Chapter 7 Quiz Due

Week 9: **3/9/2014** – Chapter 8 Quiz Due

Week 10: **Spring Break**

Week 11: **3/23/2014** – Chapter 9 Quiz Due

Week 12: **3/30/2014** – Chapter 10 Quiz Due

Week 13: **4/6/2014** – Chapter 11 Quiz Due

Week 14: **4/13/2014** – Chapter 12 Quiz Due

Week 15: **4/20/2014** – Chapter 13 Quiz Due *and* All Homework Assignments Due

Week 16: Final Exam

**7. Assignments:**

*One assignment from each chapter will be provided for a total of 13 assignments. Students have the entire semester to complete all chapter assignments. Each chapter quiz must be completed by its assigned due date, which can be seen online. Students are allotted one attempt, with a 60-min. time period to complete each quiz. Students may complete quizzes ahead of scheduled due dates if desired. Access is available to libraries, learning centers, and/or laboratories in a manner that facilitates successful completion of the course.*

**8. Rubric and Grading Scale:**

13 Assignments (10 pts): 130 points

13 Chapter Quizzes (25 pts): 325 points

Total possible: 455 points

Final grades will be based on the following point system:

A = 90-100 408 pts

B = 80-89 362 pts

C = 70-79 317 pts

D = 60-69 271 pts

F = below 60 < 271 pts

**9. Class Policy Statements:**

A. Make-Up Policy: Arrangement to make up a missed major examination (e.g., hour exams, mid-term exams) due to properly authorized excused absences must be initiated by the student within one week of the end of the period of the excused absences(s). Except in unusual circumstances, such as the continued absence of the student or the advent of university holidays, a make-up exam will take place within two weeks of the date that the student initiates arrangements for it. Except in extraordinary circumstance, no make-up exams will be arranged during the last three days before the final exam period begins.

B. Academic Honesty Policy: All portions of the Auburn University student academic honesty code (Title XII) found in the *AU Student Policy eHandbook* will apply to university courses. All academic honesty violations or alleged violations of the SGA Code of Laws will be reported to the Office of the Provost, which will then refer the case to the Academic Honesty Committee.

C. Disability 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).

D. Course contingency: If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation, the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials.

E. Professionalism: As faculty, staff, and students interact in professional settings, they are expected to demonstrate professional behaviors as defined in the College’s conceptual framework. These professional commitments or dispositions are listed below:

* Engage in responsible and ethical professional practices
* Contribute to collaborative learning communities
* Demonstrate a commitment to diversity
* Model and nurture intellectual vitality