

AUBURN UNIVERSITY
KINE 1103 IL6 SYLLABUS

1. Course Number: KINE 1103 IL6

CRN: 15468

Course Title: Wellness – Spring 2014

Section: Katherine S. Wainright Wellness (Spring 2014) KINE 1103 IL6

Credit Hours: 2 credit hours – LECTURE/LAB

Prerequisites: None

2. Term: Spring 2013 (01/08/14 through 05/02/2014)

Day/Time: N/A

Instructor: Katherine Wainright

Office Address: Kinesiology Building

Contact Information: email (ksw0015@auburn.edu)

Secondary Contact (Dr. Jared Russell, 334-844-1429; russej3@auburn.edu)

Office Hours: By appointment.

3. Texts or Major Resources: Online with McGraw-Hill

MUST REGISTER ONLINE BY 01/18/2013

Connect Plus Card: Sparling, P, & Redican, K. (2011). iHealth: An Interactive Framework, 2nd edition. McGraw-Hill: New York, New York. (ISBN 0-07-729261-8)

Online registration URL: Be sure to purchase the ebook

http://connect.mcgraw-hill.com/class/k_wainwright_kine_1103-il6_spring_2014_wainright

4. 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.

5. Student Learning Outcomes:

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.

6. Course Content Outline:

No attendance policy will be in effect for this course, you are responsible for homework and quiz completion by the due dates.

Important Dates:

January 8 First day of class

January 17 **MUST REGISTER TO CONNECT (by 11:59PM CST)**

February 27 Mid-semester

March 10-14 Spring Break **(NO CLASS)**

April 25 Classes End

April 25 **(Final assignments are due by 11:59 PM)**

April 28 – May 2 Final Exam Period

A. Course Content and Schedule:

- Week 1: 1/08/2014 through 1/10/2014 – Chapter 1 – Foundations of Personal Health
- Week 2: 1/13/2014 through 1/17/2014 – Chapter 2 – Choose a Healthy Diet
- Week 3: 1/20/2014 through 1/24/2014 - Chapter 3 – Develop a Fitness Program
- Week 4: 1/27/2014 through 1/31/2014 – Chapter 4 – Avoid Drug Abuse
- Week 5: 2/03/2014 through 2/07/2014 – Chapter 5 – Respect Sexuality
- Week 6: 2/10/2014 through 2/14/2014 – Chapter 6 – Manage Stress

- Week 7: 2/17/2014 through 2/21/2014 – Chapter 7 – Mental Health and Disorders
- Week 8: 2/24/2014 through 2/28/2014 – Chapter 8 – Heart Disease and Stroke
- Week 9: 3/03/2014 through 3/07/2014 – Chapter 9 - Cancers
- Week 10: 3/10/2014 through 3/14/2014 –**Spring Break**
- Week 11: 3/17/2014 through 3/21/2014 – Chapter 10 - Diabetes
- Week 12: 3/24/2014 through 3/28/2014 – Chapter 11 - Infections
- Week 13: 3/31/2014 through 4/04/2014 – Chapter 12 – Health Care Fundamentals
- Week 14: 4/07/2014 through 4/11/2014 – Chapter 13 – Health Care Decision Making
- Week 15: 4/14/2014 through 4/18/2014 – Review
- Week 16: 4/21/2014 through 4/25/2014 – Classes End
- Week 17: 4/28/2013 through 5/02/2013 – Final Exams

E-mail: Tiger Mail 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. **(Instructor e-mail: ksw0015@auburn.edu) Provide your full name and class in the subject of email or e-mail might not receive a response.**

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. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 Haley Center, 844-2096 (V/TT).

Honesty Code: All portions of the Auburn University student academic honesty code (Title XII) found in the *Tiger Cub* 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.

The above content is subject to minor amendments at the discretion of the instructor.

B. 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.

7. Assignments/Projects:

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.**

ALL ASSIGNMENTS WILL BE OPEN JANUARY 8TH, 2014 SO YOU CAN COMPLETE ANY ASSIGNMENTS BEFORE THE DUE DATES ONCE THE COURSE BEGINS.

Important Dates/Due Dates: NOTE THE ASSIGNMENTS ARE DUE BEFORE 11:59PM

(LATE WORK=0 POINTS)

Quizzes 1,2, and 3 will be **Due 1/31/14.**

Homework 1,2 and 3 will be **Due 1/31/14.**

Quizzes 4,5, and 6 will be **Due 2/21/14.**

Homework 4, 5 and 6 will be **Due 2/21/14.**

Quizzes 7 and 8 will be open to complete **Due 3/14/14.**

Homework 7 and 8 will be **Due 3/14/14.**

Quizzes 9 & 10 will be **Due 3/28/14.**

Homework 9 will be **Due 3/28/14**

Quizzes 11 & 12 will be **Due 4/11/14.**

Quiz 13 will be **Due 4/25/14.**

Final Exam will be available **thru 5/02/14.**

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

8. Rubric and Grading Scale:

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

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

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

****One Final Exam (Survey of the course)

200 of total possible final grade

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

** 9 assignments are provided, students are only responsible for 7 of the assignments. The additional two homework assignments can be considered EXTRA CREDIT to be completed at the discretion of the student. In other words there are 90 possible points for the homework assignments and your grade will be calculated out of 70 points. The “extra” points available to earn in the homework section will be carried over to your overall grade.

***The final exam will be a survey of 5 questions given during finals week. You must complete the final. The final exam will replace your lowest grade (quiz or assignment).

NOTE: You must register and purchase the Connect access and materials by Friday, January 17, 2014 at 11:59 PM CST. After this date there will be a 3% deduction of your grade per day.

9. Class Policy Statements:

Following are AU recommended class policy statements. Any modifications are to be approved by the department head who will consult as needed with the associate dean for academic affairs to ensure consistency with university policies.

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Consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

- a. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University's policy concerning class attendance and excused/unexcused absences): and
- b. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor's timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor's discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University's policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn University Student Policy eHandbook. The URL is www.auburn.edu/studentpolicies

E. 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)."

F. 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.

G. 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:

- o Engage in responsible and ethical professional practices

- o Contribute to collaborative learning communities

- o Demonstrate a commitment to diversity

- o Model and nurture intellectual vitality

I. Distance Learning Statement

This course uses a combination of in class teaching, active participation as well as supplemental online course content. All course assignments and expectations are included in the

syllabus as well as online. If clarification is needed for any assignment students can discuss with the instructor in class, by email, or schedule office hour meetings for further instruction.

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