**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** KINE 1100 – 001

**Course Title:** Wellness (On Campus Course)

**Term:** Spring 2015

**Day/Time:** T& TH 8:00-9:15 AM

**Instructor:** Bridget Peters

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm #122

**Contact Information:** [bap0019@auburn.edu](mailto:teh0010@auburn.edu)

**Office Hours:** T&TH 10:50-11:50 AM

**Secondary Contact:** Dr. Sheri Brock, brocksj@auburn.edu

1. **Credit Hours:** 2 credit hours – LECTURE 1 / LAB 2

**Prerequisites:** None

1. **Texts or Major Resources:**

Hopson, Janet L., Rebecca J. Donatelle, Tanya R. Littrell. Get Fit, Stay Well. San Francisco: Pearson Benjamin Cummings, 2009. Print.

1. **Course Description:**

Basic concepts and principles of wellness with laboratory experiences for the self-appraisal of health-related physical fitness. May count either [KINE 1100](http://bulletin.auburn.edu/search/?P=KINE%201100) or [KINE 1103](http://bulletin.auburn.edu/search/?P=KINE%201103).

1. **Course Objectives:**

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

1. **Course Content: (assignment due dates/exams are in bold)**

**Week Activity**

|  |  |
| --- | --- |
| 1 | Syllabus and Introduction  Chapter 1– Changing Personal Behaviors  **\* Complete Syllabus Acceptance Quiz (located on Canvas)** |
| 2 | Chapter 1– Changing Personal Behaviors  Chapter 2 – Understanding Fitness Principles  **January 19- MLK Jr. Day No Classes**  **Syllabus Acceptance- Due 1.21.2015**  **Weekly Reading Quiz 1 Due 1. 26. 2015**  **Weekly Reading Quiz 2 Due 8. 26. 2015** |
| 3 | Chapter 3 – Conditioning Your Cardiorespiratory System  **Weekly Reading Quiz 3 Due 2. 2. 2015** |
| 4 | Chapter 4 – Building Muscular Strength and Endurance  **Weekly Reading Quiz 4 Due 2. 9. 2015** |
| 5 | Chapter 5 – Maintaining Flexibility and Back Health  **Weekly Reading Quiz 5 Due 2. 16. 2015**  **\*Friday, February, 20, 2014 *Test 1*** |
| 6 | Chapter 6– Understanding Body Composition  **Weekly Reading Quiz 6 Due 2. 23. 2015** |
| 7 | Chapter 7 – Improving Your Nutrition  **Weekly Reading Quiz 7 Due 3.2. 2015** |
| 8 | Chapter 8 – Managing Your Weight  **Weekly Reading Quiz 8 Due 3. 9. 2015** |
| 9 | Chapter 9 – Managing Stress  **Weekly Reading Quiz 9 Due 3. 16. 2015**  **\*Friday, March 20, 2015: Test 2** |
| 10 | **Monday-Friday, March 23-27, 2015: Spring Break** |
| 11 | Chapter 10 – Reducing Your Risk of Cardiovascular Disease  **Weekly Reading Quiz 10 Due 4. 1. 2015**  Chapter 11 – Reducing Your Risk of Diabetes and Other Chronic Disease  **Weekly Reading Quiz 11 Due 4. 1. 2015** |
| 12 | Chapter 12 – Reducing Your Risk of Cancer  **Weekly Reading Quiz 12 Due 4. 6. 2015**  **\* Friday, April 10, 2015: Test 3** |
| 13 | Chapter 13– Avoiding Substance Use, Abuse, and Addiction  **Weekly Reading Quiz 13 Due 4. 13. 2015** |
| 14 | Chapter 14 – Reducing Your Risk of Sexually Transmitted Infections  **Weekly Reading Quiz 14 Due 4.20. 2015** |
| 15 | Chapter 15 – Maintaining Lifelong Fitness and Wellness  **Weekly Reading Quiz 15 Due 4. 27. 2015** |
| 16 | **Presentations**  **Final Exam Review** |
| 17 | **FINALS WEEK**  **\*Friday, May 8, 2015, 8:00 AM-10:30 AM** |

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: bap0019@auburn.edu) Please provide your full name and class in the subject of email or e-mail.

1. **Course Requirements / Evaluation:**

|  |  |
| --- | --- |
| **Assignment** | **Percentage** |
| Exams (4) | 60 |
| Weekly Reading Quizzes (15) | 15 |
| Project(1) | 15 |
| Activities (5) | 10 |
| **Total Percentage** | **100** |

**Syllabus Acceptance** - Week 1 posted on Canvas.

**Final Exam** – There will be a final test given during the allotted exam time. **Monday, December 8, 2014 8:00 AM-10:30 AM**

Grading Scale

A = 100 – 90%

B = 89 – 80%

C = 79 – 70%

D = 69 – 60%

F = Below 60%

1. **Course Policy Statements:**

\*Attendance is required for this course, see attendance grading policy below.

\*A. Attendance:

**Physical Activity and Wellness Program Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. Participation is defined as, but not limited to, “fully engaging in the course content and activities at a level that is deemed appropriate by the instructor.” Failure to appropriately participate in the course content and activities will result in a deduction of points from a student’s overall course grade. Students arriving tardy to class will lose 1 point from their final grade per offense. Unexcused absences cannot be made up and will result in a 3 point deduction from the student’s final grade per absence. **Once a student has accrued five unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences (excused, unexcused and/or combination of each type) will not be permitted to take the final examination and will receive a grade of FA.**

B. Excused Absences:

Students are granted excused absences from class for the following reasons: illness of the student or serious illness of a member of the student’s immediate family, the death of a member of the student’s immediate family, trips for student organizations sponsored by an academic unit, trips for university classes, trips for participation in intercollegiate athletic events, subpoena for a court appearance, and religious holidays. Students who wish to have an excused absence from class for any other reason must contact the instructor in advance of the absence to request permission. The instructor will weigh the merits of the request and render a decision. When feasible, the student must notify the instructor prior to the occurrence of any excused absences, but in no case shall such notification occur more than one week after the absence. Appropriate documentation for all excused absences is required. Please refer to the Auburn University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) for more information on excused absences.

C. Make-Up Policy:

Arrangement to make up missed examinations due to properly authorized excused absences must be initiated by the student within one week from the end of the period of the excused absences. The format of the make-up exam will be as specified by the instructor. If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence.

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 will be made to your syllabus and/or course assignments will replace the original material.

Inclement Weather: In case of inclement weather, check your Auburn email account for alternative class location and/or assignments.

**9. Academic Honesty Policy:**

All portions of the Auburn University student academic honesty code (Title XII) found in the Auburn University Student Policy eHandbook www.auburn.edu/studentpolicies will apply to this class. 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.

**10. 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).