**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** KINE 1103 – 004

**Course Title:** Wellness (Online Course)

**Term:** Spring 2017

**Day/Time:** N/A

**Instructor:** Claire Bridges

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm #106

**Contact Information: ceb0085**@auburn.edu

**Office Hours: By Appointment**

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

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

**Prerequisites:** None

1. **Texts or Major Resources:**
* E-Text

This course will utilize an e-book version of Modified MasteringHealth that will be made available to you in the Canvas site associated with your course. Since you use MasteringHealth in your class, there are a few important things to know up-front:

* **DO NOT BUY A CODE OR ORDER A TEXTBOOK FOR THIS CLASS**. Course materials will be provided to you in Canvas.
* You will be charged $ 69.75 for MasteringHealth by the AU Bookstore. The charge will be made to your AU e-bill on February 2, 2017 and will appear as "Bookstore Charges" on the e-bill issued following that date.
* No charge will be made to your account if you drop the class before the 15th class

day February 1, 2017 .

* You will be able to view MasteringHealth with ebook in Canvas.
* For billing questions/concerns, contact Rusty Weldon, Assistant Director of the AU Bookstore, weldora@auburn.edu.

**Please Follow these Online Course Access Instructions:**

1. Log into Canvas for this course.
2. Select the “My Lab and Mastering” tab.
3. Select “MasteringHealth Course Home”.
4. Accept the End-User License Agreement and Privacy Policy.
5. To link your Canvas and Pearson accounts, do one of the following:
	1. If you already have a Pearson account, enter your username and password.

Tip: To look up your Pearson account, select Forgot your username or password?

* 1. If you do not have a Pearson account, select Create and follow the prompts to create a new account.
1. To get access to your Pearson course, do the following:
* Select Access Code, enter **VSMHGF-RANEE-CUTCH-DIVAN-ABBOT-WAXES** and select Finish.
1. When the registration is complete, the You’re Done page appears and you get a confirmation email. You can close the You’re Done page and return to your Canvas course. From now on, when you select any of the MyLab & Mastering links in your Canvas course, your MyLab & Mastering course immediately opens in a new tab.
2. Last, allow popups on the Mastering Health website to prevent error messages.
3. **Course Description:**

Basic concepts and principles of wellness with laboratory experiences for the self-appraisal of health-related physical fitness.

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: (assignments are in bold)**

|  |
| --- |
| It is your responsibility as a student enrolled in this online course to ensure you have computer hardware that is working properly and access to the internet. A hardware or internet access failure is not a legitimate excuse for missing a due date for an assignment. Assignments are available to complete well in advance of due dates and Auburn University offers numerous locations on campus with working hardware and internet access. Issues involving hardware or internet access will be investigated on an individual basis and must be reported immediately to your instructor.  |

**All assignments are due on Sunday at 11:59pm at the end of the week listed below unless otherwise noted.**

Week 1: 1/11/17-1/22/17

**Syllabus Quiz** 1/22/17

Students should confirm access to the course Canvas website and create a Pearson account using the instructions in section 3 of this syllabus (Texts or Major Resources). You already have access to the material you need and will be automatically billed. DO NOT PURCHASE ANYTHING! Go through your AU Canvas to set up your Pearson account using the access code provided as instructed above. DO NOT GOOGLE search or you will not have the correct materials. *All course materials are open for you to work ahead in the course.*

 Remember to allow popups on the Mastering Health website to prevent error messages.

Week 2:

**Introduction to MasteringHealth Quiz** 1/29/17

**Chapter 1 Changing Personal Behavior for Optimal Wellness Quiz** 1/29/17

**- *Last day to drop a course with no grade assignment* – 2/1/17**

Week 3:

**Chapter 2 Understanding Fitness Principles Quiz** 2/5/17

**Chapter 3 Conditioning Your Cardiorespiratory System Quiz** 2/5/17

Week 4:

**Chapter 4 Building Muscular Strength and Endurance Quiz** 2/12/17

**Chapter 5 Maintaining Flexibility and Back Health Quiz** 2/12/17

Week 5:

**Chapter 6 Understanding Body Composition Quiz** 2/19/17

**Chapter 7 Improving Your Nutrition Quiz** 2/19/17

Week 6:

 **Chapter 8 Managing Your Weight Quiz** 2/26/17

Week 7:

**Chapter 9 Managing Stress Quiz** 3/5/17

Week 8:

**Chapter 10 Reducing Your Risk of Cardiovascular Disease Quiz** 3/12/17

Week 9: 3/13/17-3/19/17

No assignments due this week – Spring Break

Week 10:

**Chapter 11 Reducing Your Risk of Diabetes and Other Chronic Diseases Quiz** 3/26/17

**- *Last day to withdraw from course with no grade penalty. "W" assigned* – 3/31/17**

Week 11:

**Chapter 12 Reducing Your Risk of Cancer Quiz** 4/2/17

Week 12:

**Chapter 13 Avoiding Substance Use, Abuse, and Addiction Quiz** 4/9/17

Week 13:

**Chapter 14 Reducing Your Risk of Sexually Transmitted Infections Quiz** 4/16/17

Week 14:

**Chapter 15 Maintaining Lifelong Fitness and Wellness Quiz** 4/23/17

Week 15:

**Final Examination/Course Survey** 4/10/17-4/28/17

1. **Course Requirements / Evaluation:**

Item Percentage Points

Syllabus Quiz 10

15 Chapter Quizzes 75

Final Exam 15

Total 100

\*\*Extra Credit – College of Education SONA

Final grades will be based on the following point system:

A = 90-100 pts

B = 80-89 pts

C = 70-79 pts

D = 60-69 pts

F = below 60 pts

**Syllabus Quiz**: Week 1 posted on Canvas.

**Chapter Quizzes:** Each chapter quiz must be completed by its assigned due date, which is listed above and can be seen online. Students are allotted one attempt, with no time limit, to complete each quiz. Students may complete quizzes ahead of scheduled due dates if desired. Access is available in libraries, learning centers, and/or laboratories in a manner that facilitates successful completion of the course. *Please allow popups.*

**Final Exam:** Survey of experience in the course and future physical activity goals.

No late quizzes will be accepted without a university approved excuse (University Student Policy eHandbook [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)). Please carefully adhere to established assignment deadlines.

E-mail: Tiger Mail is the official means of communication for Auburn University. The instructor will communicate with the class through Tiger Mail and Canvas. You are responsible for this information, so please check your account regularly. Please provide your full name and class in the subject of e-mails.

*Please note that grades for individual assignments should be viewed in Canvas for accurate distribution of points because chapter quizzes in Mastering Health have varying numbers of questions.*

**\*\*College of Education SONA EXTRA CREDIT OPPORTUNITY**

Your class has the opportunity to participate in the online research participation system, College of Education SONA. You will receive an email from SONA that enables you to sign up for research solicitations. If you do not receive this email by the third week of classes, please email **sona@auburn.edu**. If you are under 19 years of age you must get your parents’ consent to participate in each study. Forms are available online. It is your job to make sure that your earned extra credit goes to the correct course. You can modify this in your student SONA account. If you sign up for a study that has appointments, you are expected to attend. If you need to cancel, follow the directions for cancelling an appointment for that study. Please pay attention to cancellation deadlines for that study. If you fail to do so you will be marked as a “no-show” in SONA. Two “no-show” designations will result in you being locked out of SONA for the semester and you will not be able to receive extra credit through research participation for that semester.

Your instructor is not affiliated with SONA, so participation or non-participation will not influence your status in this course, other than the extra credit points you can earn. SONA will report the number of credits you have earned to the instructor of the course you select when registering for research solicitations.

There are several SONA systems on campus. To receive credit in this course you must participate in the College of Education SONA. ½ points will not be credited to final grade.

1 30-minute session = 1 credit

2 credits = 1 point added to final grade

4 credits = 2 points added to final grade

6 credits = 3 points added to final grade

8 credits = 4 points added to final grade

10 credits = 5 points added to final grade (maximum allowed)

1. **Course Policy Statements:**

\*No daily attendance policy will be in effect for this course, however please note all other policies in sections 8, 9, and 10 of this syllabus.

\*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 assignments 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 assignment 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).