# \*\*Please make sure to check the following link frequently for changes in University policy regarding operation during the COVID-19 pandemic. \*\*

<https://ahealthieru.auburn.edu/>

**COVID-specific policies relevant to this course can be found later in this syllabus.**

**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Details:**

Course Number:KINE 1103 – 010

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

Term**: Spring 2021**

Day/Time: N/A

Credit Hours: 2 credit hours

Prerequisites**:** None

**2. Contact Information:**

 Instructor: Juliana O. Parma

 Office Address: 301 Wire Road, Kinesiology Research Facility

 Contact Information: jzo0034@auburn.edu

 Office Hours: Tuesday, 10a.m. / Thursday, 2p.m. (via Zoom – send me an email beforehand)

 Secondary Contact: Robin Thornburg-Brock, PHED Coordinator (thornr1@auburn.edu)

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 $ 78.75 for MasteringHealth by the AU Bookstore. The charge will be made to your AU e-bill on February 2nd, 2021 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 on or before February 2nd,

 2021.

 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 note if you “opt out” of eText charges, you will not have access to the materials you need to complete the course.

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

1. *Log into Canvas for this course.*
2. *Select the “My Lab and Mastering” tab.*
3. *Disable your popup blocker on the Mastering Health website to prevent error messages.*
4. *Select “MasteringHealth Course Home”.*
5. *Accept the End-User License Agreement and Privacy Policy.*
6. *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* **your personal code (provided through the RedShelf link on Canvas)**

* *enter your code, 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.*

**Extra information regarding All Access.**

**What is All Access?**

All Access is Auburn’s program of delivering course materials to you digitally. Sometimes this will be a textbook, sometimes an access code. Your instructor has coordinated with the Bookstore to deliver this content for the course and help make sure you have what you need. All Access makes sure you are ready the first day of class, and the material is so much cheaper with this delivery that it’s the best way we can help you succeed in your courses at Auburn….financially and academically.

**What content am I getting?**

For this course, KINE 1103, you’re getting access for the semester to Get Fit Stay Well by Hopson.  This comes with MasteringHealth access, and is required content for the course.

**How do I find it?**

First, you’ll retrieve your Pearson access code by using the RedShelf link on your Canvas course page.  Once you have that code, copy and paste it into the Pearson link on  Canvas, and you’re all set. See attached instructions for more info. **Please use your @auburn.edu email to register for any All Accesscontent.**

**What does it cost?**

For the first two weeks of class, everyone gets this content for free.  All students in this course start as opted in to pay for the content for the course. The discounted price you’ll be billed is $78.75. The print price used to be $91.

·         If you want to opt out and not be charged, all you have to do is follow the instructions (see <https://www.aubookstore.com/t-txt_allaccessoptout1.aspx> ). You’ll lose access at the end of the second week of class unless you’ve purchased it on your own.

**How do I pay?**

If you’re still opted in on February 1, then we’ll send the charge to your next ebill.  This will be labeled as the course on your ebill so you’ll know. You’ll get an email on January 29 to remind you about the deadline.

**What if I’m on scholarship?**

We can charge All Access content to any scholarship that we charge at the Bookstore.  Those will be done automatically when we bill.  If you are a scholarship student and would prefer print, please mail MNH0016@auburn.edu and we will order one for you.  These are done as requested, and take three to five business days to arrive. We will ship these out to you, or you can pick them up in store.  Most scholarships will not pay for All Access and a print copy of the book.

**What is the refund policy?**

After the opt out deadline, we can only offer refunds to students who have dropped the course or withdrawn from the university. That’s why the opt out deadline will be crucial for you to decide if you want to be charged or not.

**An extra perk…you can get a print copy, too.**

If you remain opted in to All Access, the publisher has made a low-cost print version available.  Request a copy by email to MNH0016@auburn.edu  with your course information included.  These are usually available for purchase the second week of class.

**What if I need help?**

* Pearson customer service for Mastering is always an option at <http://support.pearson.com>

·         RedShelf code support is available at <http://solve.redshelf.com>

* For most digital content in All Access, Google Chrome works best as a browser and you’ll want to make sure it’s up to date.
* I’m always happy to help as well, especially if you have a question about All Access or something doesn’t look right.

**Russell Weldon****books@auburn.edu****or 844-1352**

* Also, <http://aub.ie/allaccess> has more info as well.
1. **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:**

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.

All assignments are due on Sunday at 11:59pm unless otherwise noted.

It is your responsibility as a student enrolled in this online course to ensure you have successfully linked your Canvas course with your My Lab and Mastering Pearson account. This should be priority upon enrolling in the course and a lack of adherence to link websites will not be allowed for make-up.

Assignments:

**Classes begin-1/11/2021**

**Create Pearson Account (see 3. Texts or Major Resources in syllabus)**

Students should confirm access to the course Canvas website and create a Pearson account by 1/11/2021 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.

**Syllabus Quiz** 1/17/2021

**Chapter 1 Changing Personal Behavior for Optimal Wellness Quiz** 1/24/2021

**Chapter 2 Understanding Fitness Principles** 1/31/2021

**Chapter 3 Conditioning Your Cardiorespiratory System Quiz** 1/31/2021

***- Last day to drop a course with no grade assignment* – 2/1/2021**

**Chapter 4 Building Muscular Strength and Endurance Quiz** 2/7/2021

**Chapter 5 Maintaining Flexibility and Back Health** 2/7/2021

**Chapter 6 Understanding Body Composition Quiz** 2/14/2021

**Chapter 7 Improving Your Nutrition Quiz** 2/14/2021

**Chapter 8 Managing Your Weight Quiz** 2/21/2021

**Chapter 9 Managing Stress Quiz** 2/28/2021

**- *Mid-semester – 3/2/2021***

**Chapter 10 Reducing Your Risk of Cardiovascular Disease Quiz** 3/7/2021

**Chapter 11 Reducing Your Risk of Diabetes and Other Chronic Diseases Quiz** 3/14/2021

**Chapter 12 Reducing Your Risk of Cancer Quiz** 3/21/2021

**Chapter 13 Avoiding Substance Use, Abuse, and Addiction Quiz** 3/28/2021

**Chapter 14 Reducing Your Risk of Sexually Transmitted Infections Quiz** 4/4/2021

***\*Final Exam/Course Survey (NOT AU-EVALUATE) opens 4/5/2021***

**Chapter 15 Maintaining Lifelong Fitness and Wellness Quiz** 4/11/2021

***- Last day to drop with “W” assigned* – 4/22/2021**

**Final Examination/Course Survey (NOT AU Evaluate)** 4/5/2021-**4/30/2021**

1. **Course Requirements / Evaluation:**

Item Percentage of Grade

Syllabus Quiz in Canvas 10

15 Chapter Quizzes (MyLab and Mastering via Canvas) 80

Final Exam in Canvas (NOT AU-Evaluate) 10

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 enable popups.*

**Final Exam:** Survey of experience in Canvas. NOT AU-EVALUATE COURSE EVALUATION.

No late quizzes will be accepted without a university approved excuse. Please refer to the Auburn University Student Policy eHandbook at the following link [www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies)) for more on information on excused absences. Please carefully adhere to established assignment deadlines.

E-mail: Auburn E-Mail (@auburn.edu) 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 MAY 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 contact SONA at the following 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.

The School of Kinesiology or your instructor is not responsible for the availability or lack of availability of SONA extra credit.

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.” 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. 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).

**\*COVID-19 Policy Statements\***

**Attendance Policy**

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes. My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others.

Please do the following in the event of an illness or COVID-related absence:

* Notify me in advance of your absence if possible (or within 48 hours of missed class)
* Keep up with coursework as much as possible
* Participate in class activities and submit assignments electronically as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam

Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.

**Face Covering Policy**

In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Instructional Contingency Plan**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), 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. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

***This syllabus is a working document. The instructor reserves the right to modify or alter this syllabus throughout the course of the semester.***