**AUBURN UNIVERSITY**

**KINE 1103 IL3 SYLLABUS**

**1. Course Number: KINE 1103-003**

**Course Title: Wellness – Summer 2014**

**Section: Korey Boyd and Katherine S. Wainright Wellness (Summer 2014)**

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

**Prerequisites:** None

**2. Term: Summer 2014**

**Day/Time:** N/A

**Instructors:** Katherine Wainright and Korey Boyd

**Office Address:** Kinesiology Building

**Contact Information:** **ksw0015@auburn.edu** **and** **kzb0032@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: Monday May 19th**

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 **McGraw Hill Connect Plus**

<http://connect.mcgraw-hill.com/class/k_wainwright_kine_1103-_il3_summer_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:**

•– Chapter 1 – Foundations of Personal Health

•– Chapter 2 – Choose a Healthy Diet

• - Chapter 3 – Develop a Fitness Program

•– Chapter 4 – Avoid Drug Abuse

•– Chapter 5 – Respect Sexuality

•– Chapter 6 – Manage Stress

•– Chapter 7 – Mental Health and Disorders

•– Chapter 8 – Heart Disease and Stroke

•– Chapter 9 - Cancers

•– Chapter 10 - Diabetes

•– Chapter 11 - Infections

•– Chapter 12 – Health Care Fundamentals

• Chapter 13 – Health Care Decision Making

B. **No late assignments or quizzes will be accepted** outside of extreme circumstances noted by the professor. Please carefully adhere to established assignment deadlines.

**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 May 16thTH, 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 FRIDAY @ 11:59PM**

**(LATE WORK=0 POINTS)**

|  |  |
| --- | --- |
| **Due Date** | **Assignment(s)** |
| Friday May 23rd 11:59pm CST | Register for McGraw Hill Connect Online Homework 1 & Quiz 1 |
| Friday May 30th 11:59pm CST | Homework 2, 3 & Quiz 2, 3 |
| Friday June 6th 11:59pm CST | Homework 4 & Quiz 4 |
| Friday June 13th 11:59pm CST | Homework 5 & Quiz 5 |
| Friday June 20th 11:59pm CST | Homework 6 & Quiz 6 |
| Friday June 27th 11:59pm CST | Homework 7 & Quiz 7 |
| Friday July 11th 11:59 pm CST | Homework 8 & 9 , Quiz 8 & 9 |
| Friday July 18th 11:59 pm CST | Quiz 10 & 11 |
| Friday July 25th 11:59pm CST | Quiz 12 & 13 |
| July 27th-30th  | FINAL EXAM SURVEY ON CANVAS |

**8. Rubric and Grading Scale:**

The grading scale for this course is as follows

**A=225-250 Points**

**B=200-224 Points**

**C=175-199 Points**

**D=150-174 Points**

**F=0-150 points**

**ASSIGNMENTS/GRADE DISTRIBUTION:**

Register McGraw Hill Connect Plus 5 Points

Syllabus Quiz 10 Points

Homework (1-9)(10 Points each) 90 Points

Quizzes (1-13) (10 points each) 130 Points

Final Exam Survey 20 Points

**Total Grade: 255 Points**

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

**\*\*\***The final exam will be a survey of opinionated questions given during finals week. You must complete the final. The final exam is worth 20 points\*\*

**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, and 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.**