**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** KINE 1103 – IL3

**Course Title:** Wellness (Online Course – 10 weeks)

**Term:** Summer 2015

**Day/Time:** N/A

**Instructor:** Lorraine Smallwood

**Office Address:** 301 Wire Road, Kinesiology Research Facility, Rm 020

**Contact Information:** lls0017@auburn.edu

**Office Hours:** Tuesday 10:00 – 11:00 am or by appointment

**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:**

ONLINE TEXTBOOK: PLEASE SEE INSTRUCTIONS BELOW BEFORE PURCHASE.

Hopson, Janet L., Rebecca J. Donatelle, Tanya R. Littrell. Get Fit, Stay Well. San Francisco: Pearson Benjamin Cummings, 2015.

The course and everything associated with it will be in online format. Therefore, students are responsible for the timely and appropriate submission of all course work. If you attempt to purchase your online textbook from a site other than the bookstore or directly through the MasteringHealth website, you will likely purchase the wrong copy or a fraudulent copy.

Please Follow the Online Course Access Directions for Purchase:

Log into Canvas for this course and click on the “My Lab and Mastering” tab. Next, click on My Lab and Mastering course home. You will have two options:

• Redeem the access code (purchased in the bookstore)

• Purchase access with debit/credit card directly through MasteringHealth

Follow the online instructions to access the course. Temporary 14 day access is available but you will be prompted to enter an access code or make payment at the end of the 14 days, or your completed course material ***will be lost and you will not receive credit.***

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: (assignments are in bold)**

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

Week 1: 5/18/15-5/24/15

Students should make sure to have access to the course website

Week 2: 5/25/15-5/31/15

**Syllabus Quiz and Introduction to Mastering Assignment**

**Chapter 1 Changing Personal Behavior for Optimal Wellness Quiz**

Week 3: 6/1/15-6/7/15

**Chapter 2 Understanding Fitness Principles Quiz**

**Chapter 3 Conditioning Your Cardiorespiratory System Quiz**

Week 4: 6/8/15-6/14/15

**Chapter 4 Building Muscular Strength and Endurance Quiz**

**Chapter 5 Maintaining Flexibility and Back Health Quiz**

Week 5: 6/15/15-6/21/15

**Chapter 6 Understanding Body Composition Quiz**

**Chapter 7 Improving Your Nutrition Quiz**

Week 6: 6/22/15-6/28/15

**Chapter 8 Managing Your Weight Quiz**

**Chapter 9 Managing Stress Quiz**

Week 7: 6/29/15-7/5/15

**Chapter 10 Reducing Your Risk of Cardiovascular Disease Quiz**

Week 8: 7/6/15-7/12/15

**Chapter 11 Reducing Your Risk of Diabetes and Other Chronic Diseases Quiz**

**Chapter 12 Reducing Your Risk of Cancer Quiz**

Week 9: 7/13/15-7/19/15

**Chapter 13 Avoiding Substance Use, Abuse, and Addiction Quiz**

**Chapter 14 Reducing Your Risk of Sexually Transmitted Infections Quiz**

Week 10: 7/20/15-7/26/15

**Chapter 15 Maintaining Lifelong Fitness and Wellness Quiz**

Week 16: 7/27/15

**Final Examination**

1. **Course Requirements / Evaluation:**

Item Points

Syllabus Quiz 5

15 Chapter Quizzes 75

Final Exam 20

Total 100

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 to libraries, learning centers, and/or laboratories in a manner that facilitates successful completion of the course. *Please allow popups.*

**Final Exam:** A comprehensive online assessment of concepts and techniques used in the course.

No late quizzes will be accepted outside of extreme circumstances noted by the instructor. Please carefully adhere to established assignment deadlines. There will be a Five (5) point deduction for each day an assignment is late.

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 email or e-mail.

1. **Course Policy Statements:**

\*No daily attendance policy will be in effect for this course.

\*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).