**AUBURN UNIVERSITY**

**SYLLABUS**

1. **Course Number:** KINE 1103 – IL2

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

**Term:** Spring 2016

**Day/Time:** N/A

**Instructor:** Mariam Abu-Alim

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

**Contact Information: maa033**@auburn.edu

**Office Hours: Monday/Tuesday/Friday 12am -2pm, By appointment only**

**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:**

* E-book

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**. It 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 May 25, 2016 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 May 24, 2016.

* 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](mailto: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-TTBBO-FINCH-BOTAN-FAKIR-NJORD** 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. 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 unless otherwise noted.**

Week 1: 5/19/16-5/29/16

**Syllabus Quiz and Introduction to Mastering Assignment**

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

**Chapter 2 Understanding Fitness Principles Quiz**

Week 2: 5/30/16-6/5/16

**Chapter 3 Conditioning Your Cardiorespiratory System Quiz**

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

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

**Chapter 6 Understanding Body Composition Quiz**

**- *Last day to withdraw from course with no grade penalty. "W" assigned* – 6/6/16**

Week 3: 6/6/16-6/12/16

**Chapter 7 Improving Your Nutrition Quiz**

**Chapter 8 Managing Your Weight Quiz**

**Chapter 9 Managing Stress Quiz**

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

Week 4: 6/13/16-6/19/16

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

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

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

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

Week 5: 6/20/16-6/22/16 (WEDNESDAY)

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

**Final Examination/Course Survey**

1. **Course Requirements / Evaluation:**

Item Points

Syllabus Quiz 10

15 Chapter Quizzes 75

Final Exam 15

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

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, 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 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).