

**Principles of Wellness
KIN 2361
Spring 2016**

General Information

Instructor: Dr. Jordan Daniel (Jordan.daniel@angelo.edu)
Class: KIN 1311-010
Time: MWF 10-10:50
Place: CHP 207
Off Ph: 325-942-2173 ext 5465
Office: CHP 110
Office Hours: MWF 10am-1pm and by appointment

Note:

My office hours are as posted but I may not be in my office when you come by as I serve of University committees or may be in a different building. I encourage students to make an appointment to meet so that I can make sure I am in my office.

Required Textbook and Supplies:

Principles and Labs for Fitness and Wellness, (13th ed.), Hoeger, W, & S. Hoeger.

Course Description:

The purpose of this course is to study the aspects that make up total wellness. Subject areas will include the health-related aspects of physical fitness, proper nutrition, weight management, heart disease, cancer, stress, sexually transmitted diseases, addictive behavior, and the influence of mental, emotional, and social factors on these aspects. This class is designed to help students define wellness and to identify the behaviors that constitute a fit and well lifestyle.

Course Objectives: Upon completion of this course, the student will be able to:

Discuss the wellness approach to healthy living.
Identify the benefits of living a wellness lifestyle.
Identify areas of their own lives that need to be improved upon and put together a plan to make these improvements.
Identify the benefits of good nutrition.
Identify ways to cope with stress.

Course Requirements and Grading Procedures:

Exams (3 @ 200 pts. each)	600 points
Wellness Fair Booth	100 points
Labs (10)	100 points
Option A: Wellness Profile or Option B: Accumulative Final Exam	200 points
Total	1000 points

Grading Scale:

(900-1000) = A
(800-899) = B
(700-799) = C
(600-699) = D
(0-599) = F

Exams – Exams will consist of multiple choice questions. Questions will be taken from the daily lectures and the text.

Wellness Fair Booth- Each student is responsible for obtaining a business/individual(s) to host a booth for Wellness Fair our class will be holding. This booth will address at least one area of wellness.

Labs (TBA) – 10 Laboratories designed to supplement the lecture material will be performed in class and as homework, and will include assessment of health-fitness and prescription of exercise and other components related and designed to enhance individual wellness.

Option A: Wellness Profile- You will purchase a fitbit fitness tracker or comparable fitness tracker (instructor discretion). Over the course of the semester you will track multiple items. Average steps per day, average BPM, miles walked per day, average calories burned per day, calories eaten per day, floors climber, active minutes, daily water intake, and track sleeping patterns.

I recommend the fitbit: flex; charge; charge hr; or surge.

You will turn in a binder that track these different items over the course of the semester.

Option B: Accumulative Final Exam- This option is an accumulative final (chapter 1-15). 200 questions. Multiple Choice, True/False, Short Answer, Essay.

Attendance & Participation

Students are expected to attend and participate in all scheduled class meetings. Chronic failure to attend and participate in class discussion will affect your final grade in this class.

You are expected to attend each class and to be on time for the beginning of class.

Students are responsible for anything that happens in class during their absence. *Notify the instructor at least one week in advance* if you have a scheduling conflict that will cause you to miss class. You are responsible for asking the instructor about your attendance record so that you do not go over the allowed absences and tardies (2 tardies = 1 absence).

4 absences= minus a letter grade.

5 absences= minus another letter grade.

6 absences= minus another letter grade.

7 absences will result in failing the course outright.

- ✓ **Officially sanctioned college activities (athletics and competing academic duties) may be considered permissible absences if the student shows official documentation to the instructor a *class period in advance of the absence.***
- ✓ **Observance of a religious holy day may be considered permissible absences pending verification.**

Student Responsibilities

- A. All assignments are due at the beginning of the class on the due date. Students not turning in an assignment will be recorded as a grade of zero (0).**
- B. Prior arrangements must be made with the instructor if an absence from an exam is unavoidable and is university excused.**
- C. The student is responsible for all work and is encouraged to have a contact within the class. Students are encouraged to set up an appointment to meet with the instructor for additional information as needed. **IF YOU WISH TO CONTEST A GRADE ON A TEST OR ASSIGNMENT: THERE IS A 24 HOUR WAITING PERIOD BEFORE I WILL DISCUSS THE ISSUE. THE PROTOCOL IS: YOU WILL SEND A PROFESSIONAL EMAIL THAT REQUESTS A MEETING TO DISCUSS THE ISSUE; WE WILL SET UP A MEETING; THE ISSUE WILL BE DISCUSSED; A RESOLUTION WILL BE MADE.****
- D. Upon entering class room turn all cell phones and other handheld electronic devices off to prevent distractions affecting other student's learning opportunities. If you need to take notes with a laptop, be expected to show the notes you have taken. If you cannot produce the notes you will be marked as absent.**
- E. Students with Disabilities:**

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request such accommodations prior to any accommodations being implemented. You are encouraged to make this request early in the semester so that appropriate arrangements can be made.

Students with disabilities who request reasonable accommodations must meet with the Course Coordinator within the first week of classes. Reasonable accommodations will be provided as authorized by the Office of Student Life as long as course requirements are not compromised. Faculty will provide no accommodations without authorization from the Office of Student Life. It is the student's responsibility to be a self-advocate when requesting accommodations.

F. The Angelo State University Honor Code:

“Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.”

Rules that Guide Class Discussion:

To create an environment that fosters open examination of ideas, we must be well-prepared for class, express ourselves effectively, respect and listen to everyone's ideas, challenge each other to think critically, and correct mistakes or misunderstandings in a positive and encouraging manner. With that in mind, here are some guidelines for class discussion:

1. *No question or opinion is “stupid.”* We must start where we are at, and undoubtedly each person in this room is at a different point in their understandings and experience.
2. *We will listen to each other with respect.* The proper response to comments you do not understand or agree with is to ask the speaker to explain and to probe for deeper understanding.
3. *We not only accept, we encourage diverse viewpoints and opinions.* Critical thinking comes from examining many different dimensions of any topic. Students are encouraged to raise points and examine positions that they do not agree with, in attempt to foster a tradition of critical thinking.
4. *There is no room for anger when discussing academic ideas and issues.* When you feel an emotional response to an issue, step back and examine the values or beliefs inside you that were validated or threatened by someone else's comment. Use those points of emotion as a window to better understand the cultural factors that are embedded deep within yourself.

****This syllabus is not intended to be all inclusive and may be changed as circumstances dictate.**

Schedule

1/20 Introduction
1/22 Reintroductions

1/25 Chapter 1 (Physical Fitness & Wellness)
1/27 Chapter 1 cont.
1/29 Chapter 2 (Behavior Modification)

2/1 Chapter 2 cont.
2/3 Chapter 3 (Nutrition)
2/5 Chapter 3 cont.

2/8 Lab Day
2/10 Chapter 4
2/12 Chapter 4

2/15 Chapter 5
2/17 Chapter 5
2/19 Chapter 6

2/22 Lab Day
2/24 Chapter 6
2/26 Chapter 6 cont.

2/29 Review for Exam 1
3/2 Exam 1 (Chapter 1-6)
3/4 Work Day

3/7 Chapter 7
3/9 Chapter 7
3/11 Lab day

3/14-3/18 Spring Break

3/21 Chapter 8
3/23 Chapter 8/9 (Speed, Agility, and Power lab)
3/25 no class

3/28 Chapter 9
3/30 Chapter 10
4/1 Chapter 10

4/4 Chapter 11 (Preventing Cardiovascular Disease)
4/6 Review for Exam 2 (Chapter 7-11)
4/8 Exam 2

4/11 Chapter 12
4/13 Chapter 12/13 (Addictive Behavior)
4/15 Chapter 13

4/18 Chapter 14
4/20 Chapter 15
4/22 Review for Exam 3 (Chapter 12-15)

4/25 Wellness Fair
4/27 Exam 3
4/29 Library Day

5/2 Make up day
5/4 Turn in Wellness Profile/Review for Final Exam (Chapters 12-15)
5/6 Dead Day

5/9 - Final Exam – 10:30 am -12:30 pm