

COMMON COURSE SYLLABUS

Department: Kinesiology

Course No.: KINE 1304

Course Title: Fitness and Wellness

Course Credit Hours: 3 Lecture Hours: 3 Lab Hours: 0

Prerequisites: None

Available Formats: Conventional, Internet

Campuses: Levelland, Reese, Online

Supplies: spiral notebook and clothing appropriate for a variety of exercises—may include t-shirts, shorts, and/or sweats. No blue jeans or khakis. Improper attire may result in the student not being permitted to participate as movement may be hindered.

Course Specific Instructions: Be prepared for lecture and activity daily.

Course Description: This course will incorporate physical assessments and activities, as well as lectures to provide students with the necessary tools to take responsibility for their long term personal health.

Course Purpose: To encourage students to incorporate all areas of wellness into their lives to improve overall well-being.

Course Requirements: To maximize the potential to complete this course, a student should attend all class meetings, complete all outside assignments and examinations.

Course Evaluation: Please see the instructor's course information sheet for specific items used in evaluating student performance.

Attendance Policy: Whenever absences become excessive, and, in the instructor's opinion, minimum course outcomes cannot be met due to absences, the student will be withdrawn from the course. Please see the instructor's course information sheet for specific attendance policies.

Additional information

- A. Lockers available
- B. Do not eat a heavy meal prior to class.
- C. No food or drinks in the classroom except water w/ a lid.
- D. *No cell phones allowed!*

Student Learning Outcomes:

By the end of the course, the student will be able to:

- Identify the 6 components of wellness and apply those principles to personal health.
- Explore and identify the major risk factors for chronic disease.

- Perform a variety of physical assessments.
- Demonstrate proper technique on various types of strength training and cardiovascular equipment.
- Calculate appropriate heart rate for optimum exercise intensity.
- Analyze food labels.
- Record and evaluate personal nutrition habits.
- Identify the link between physical activity and quality of life.
- Judge the impact of fast food on global health.

Diversity Statement

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disabilities Statement

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Special Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Special Services Coordinator. For more information, call or visit the Special Services Office in the Student Services building, 894-9611 ext. 2529.

Use of Language:

South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang, regional idioms, and informal kinds of self-expression are appropriate in some contexts, they are out of place in academic writing. Writing instructors and professors in courses across the campus expect all students to demonstrate proficiency in using the conventions of academic English in all written work.



SYLLABUS – KINE 1304 – FITNESS & WELLNESS



Instructor's Information:

Name: Vanessa Moffett

Office: PE 109

Contact Information: Blackboard Email (use the link to your left in the course) or 806-716-2235

Required Text: *Fit & Well*, 13th edition, Fahey, Insel, and Roth. McGraw Hill, 2019.
(You do NOT need to purchase an access code for CONNECT.)

Course Description: This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, power point presentations, along with the textbook chapters will provide students with the necessary tools to take responsibility and make drastic improvements to their long term personal health.

Student Expectations:

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative learning, and collaborative learning. In order to take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and expectations.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Read discussion board postings, and contribute postings that add to and advance the quality of the discussion.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussions and personal interactions.

Blackboard is the computer software used to deliver this course. It is essential that you have reliable access to the Internet, Microsoft Word, Power Point, Excel, etc. It is the student's responsibility to verify that assignments and assessments are accessible. You may move ahead at your own pace, but you will have deadlines for turning in assignments. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses. It is also the student's responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, etc. Should you encounter technical difficulties contact the SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you!

The *main tool* you will need to use in this course is the **MODULES Tool**. There are many ways to get to information you will need, but this is probably the easiest way to navigate in the course. There are 4 Units listed under this tool. These modules will list everything you need to do for each unit and chapter, including due dates. Pay very close attention to these modules!!!

All assignments are due by midnight on the due dates listed in these modules!

Course Evaluation:

- 1) There will be **Four Exams** (posted under the **ASSESSMENTS** Tool), each worth 50 points (200 points total; 50% of overall grade). Each exam will consist of 50 questions (multiple choice and short answer). The dates of the exams and the material covered on each exam are listed on the Course Calendar. Exams will be available for a 3 day time period to allow you time to take them, but you will only be able to take each test 1 time. Once you log on to the test you will have 60 minutes to complete the exam. Do not leave the exam screen once you begin. You will not be able to leave the exam and return to it later. *Once you enter the exam you must finish!* You may use your notes and/or text, but *be aware of the time limit.* Also, your exams will not be memorization of terms and theories, but will be more concept-oriented. Study examples and situations mentioned in the text and power point presentations.
- 2) **Three Homework Assignments** will be completed over the course of the semester (100 points total; 25% of overall grade). These assignments can be found under the **HOMEWORK ASSIGNMENTS** Link, and the due date for each is listed in each Module. You will lose 5 points each day your assignment is turned in past the due date. It is to your advantage to turn in these assignments on time!
- 3) **Discussion Board (DB) Activities/Emailed Assignments/Quizzes** will be completed over the course of the semester, each worth 5-10 points (100 points total; 25% of overall grade). Most of these will be Discussion Board posts, but others that are more private will be emailed. Please see each Module for instructions for each assignment and due dates. I will not grade these if they are posted after the due date listed in the Module, and you will receive a 0 for that activity. Do not ignore these assignments as they are a large portion of your grade. **Completely answer each DB question in full detail with thoughtful content using critical thinking to earn the maximum points.** Do not copy answers straight from the text. The primary goal for the discussion portion of the course is to "talk" about what you are learning, so it is fine to be somewhat informal and conversational, however check your grammar and spelling and do not use text message lingo. Much of what you can learn from this class can be done through discussion so please read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether or not you give correct answers, but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and pertaining to the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)*
- 4) A **maximum of 25 Extra Credit points** (to be added to your raw point total) can be earned during the course of the semester. You may earn extra-credit for various assignments during the semester. You may complete labs under the **ADDITIONAL HANDOUTS** Link, and email me the results and a summary. Other opportunities will be posted when they are available. All extra-credit assignments pertaining to that module must be turned in *before* you take your exam for each unit.

Final grades will be determined as follows:

- 4 examinations @ 50 points each: 200 points
 - 3 Homework assignments: 100 points
 - DB activities/emailed assignments/quizzes: 100 points
- Total: 400 points**

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
A	90-100%	358 – 400+
B	80-89%	318 – 357
C	70-79%	278 – 317
D	60-69%	238 – 277
F	Below 60%	Below 238

** I expect you to read the chapters assigned. This exposes you to the material, promotes discussion, and makes it easier for you to understand the power point slides and take good notes. You are expected to participate in class discussions using the **Discussion Board (DB)** Link, and it will be very obvious if you have not read the material! Plan ahead, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down," or "I could not figure out how to post or send the assignment" are not acceptable. It is always okay to turn in assignments early although DB postings should be done within the calendar schedule. If you do post early, make sure you return to that assignment to read and respond to others.

*** All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang, regional idioms, and informal kinds of self-expression are appropriate in some contexts, they are out of place in academic writing. Writing instructors and professors in courses across the campus expect all students to demonstrate proficiency in using the conventions of academic English in their written work, whether it is in-class exams or take-home essays. ***

Administrative Drop Policy: Due to Financial Aid and South Plains College requirements for participation/attendance a student who fails to turn in 5 assignments during the semester may be dropped from the course with a grade of "X" or "F" (at my discretion). If missed assignments occur after the final drop date the grade will be "F." **NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments and/or discussions totaling 5 or more.**

Academic Integrity: Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found in the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *he or she will receive an F and administrative withdrawal.*

ADA Statement: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Campus Concealed Carry: Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: (http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php) Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

*** **Remember: You will get out of this class what you put into it!*****
Have Fun & Happy Learning! I hope you enjoy this course!

KINE 1304 – Fitness & Wellness
General Course Calendar
(Actual due dates are located in Modules.)

Week 1 – Introduction/Course Overview & Ch. 1 (Introduction to Wellness, Fitness, & Lifestyle Management)

Week 2 – Ch. 2 (Principles of Physical Fitness)

Week 3 – Ch. 3 (Cardiorespiratory Endurance) *HW #1 due*

Week 4 – Ch. 4 (Muscular Strength & Endurance) & **Exam #1** (Chapters 1-4)
(Extra credit due - unit 1)

Week 5 – Ch. 5 (Flexibility & Low-Back Health)

Week 6 – Ch. 6 (Body Composition)

Week 7 – Ch. 7 (Putting Together a Complete Fitness Program) *HW #2 due*

Week 8 – Ch. 8 (Nutrition) & **Exam #2** (Chapters 5-8) *(Extra credit due - unit 2)*

Week 9 – Ch. 9 (Weight Management)

Week 10 – Ch. 10 (Stress)

Week 11 – Ch. 11 (Cardiovascular Health)

Week 12 – Ch. 12 (Cancer) & **Exam #3** (Chapters 9-12) *(Extra credit due - unit 3)*

Week 13 – Ch. 13 (Substance Use & Abuse)

Week 14 – Ch. 14 (Sexually Transmitted Diseases)

Week 15 – Ch. 15 (Wellness for Life) *HW #3 due*

Week 16 – Exam #4 (Final) (Comprehensive) *(Extra credit due - unit 4)*

This calendar is just a guideline to keep you on track. See **Module Instructions for specific due dates.**

Please note: This syllabus and course calendar are subject to change at my discretion.