

Fitness and Wellness

KINE 1304.01 Fall 2023

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Office: KINE 105

Office Hours: 11am-12pm MW TTH 3-4pm ** (or by appointment) **

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Do not discard! You will need to refer to this occasionally

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

Course outcomes will result from study of the following topics:

- Factors that contribute to fitness & stress
- Personality types
- Wellness
- Substance Abuse
- Designing a personal fitness program
- Nutrition
- Depression
- Chronic diseases as it relates to lifestyle choices
- Consequences of unprotected sex

Required Material:

- Internet Access
- Pedometer
- Exercise Attire
- Athletic Shoes
- Digital Camera (camera phone works)

Grading Policies: A points system will be determined to calculate your grade.

280-300 points: A. Attendance and Participation

- Up to 10 points per day may be awarded for this category. You will lose points for not attending class or failing to comply with the following:
 1. Correct technique and execution of exercises
 2. Appropriate intensity/Following instruction
 3. Proper dress code
 4. Participation in class discussion
 5. Phones are NOT ALLOWED in class. You will lose 10 points per instance of use and may be asked to leave if it creates a distraction.
 6. You will be dropped from class after 6 absences until December 8th. After that date, the students will receive an F for 6 absences

241 points: B. Exams/Assignments

- Make-up exams: NOT allowed unless arrangements are made prior to the test
- Some assignments will be performed in class.

- You will receive a zero for an assignment if you are inappropriately dressed or absent.
- Late assignments are not accepted.

50 points: D. Journal/Discussion questions

200 points: E. Final Exam

- The final exam will be comprehensive
- The final exam will be on _____
- Those with perfect attendance are exempt

Tentative Grading Scale:

A= 1553-1725

B= 1380-1552

C= 1208-1379

D= 1035-1207

F= 1034 or less

Total Points available may change, however, grades will always be based on a percentage of available points.
EX: A= 90-100 % of total available points.

You can find the most current SPC statements regarding Intellectual Exchange, Disabilities, Nondiscrimination, Title IX Pregnancy Accommodations C.A.R.E., Campus Concealed Carry, etc. at this link:

<https://www.southplainscollege.edu/syllabusstatements/>

Outcomes	Evaluation Method Points available
	Syllabus Quiz (10) <div style="text-align: right;">10</div>
Introduction for Wellness Module: <ul style="list-style-type: none"> □ Examine and judge the impact of the current US obesity crisis. □ Identify the 6 components of wellness and apply those principles to personal health. □ Explore and identify the major risk factors for chronic disease. 	Obesity Project (25) Lifestyle Evaluation (10) Wellness Profile (25) Module 1 Test (100) <div style="text-align: right;">160</div>
Nutrition Module <ul style="list-style-type: none"> □ Explore and recall the essential nutrients □ Analyze and apply food label data □ Record and evaluate personal nutrition habits. □ Judge the impact of fast food on global health. □ Judge correct portion sizes □ Recall healthy nutrition practices 	Snack food analysis (25) Journal Entry (15) Fast Food Comparison (25) Comprehensive 5-day food journal (300) Super-Size Me Paper (50) Nutrition Exam (100) <div style="text-align: right;">515</div>
Cardiovascular Fitness Module <ul style="list-style-type: none"> □ Identify and apply the principles and safety guidelines of physical training. □ Calculate appropriate heart rate for optimum exercise intensity. □ Perform a variety of health assessments. □ Identify the link between physical activity and quality of life. □ Recognize the skill related components of physical fitness. 	Participant Safety Questionnaire (10) Overcoming Barriers to Being Active (10) Target Heart Rate Journal Activity (10) Pedometer Activity (100) Journal Discussion (5) Exam #1 (100) <div style="text-align: right;">235</div>
Strength Training Module <ul style="list-style-type: none"> □ Define basic terms relating to strength training. □ Identify Major Muscle Groups □ Assess Muscular strength and endurance. □ Apply the FITT principles to strength training and flexibility. □ Identify potential benefits of strength training and flexibility. □ Explain how back pain can be managed or prevented. □ Identify safe weight lifting and stretching techniques. 	Journal (5) Fitness Assessment activity (100) Exam (100) <div style="text-align: right;">205</div>

<p>Chronic Disease</p> <ul style="list-style-type: none"> Individually examine the controllable and uncontrollable risk factors for CVD and cancer. Examine personal risk of chronic disease <p>Recall preventative strategies for decreasing personal risk.</p>	<p>CVD Risk Assessment (10) Family tree lab (100) Journal Entry (5) Exam (100)</p>
<p>Sexually Transmitted Diseases/and Sexual Responsibility</p> <ul style="list-style-type: none"> Review long-term consequences of having an STD. Cultural differences regarding sexual activity and STDs. Identify the most common STDs and associated risk factors. 	<p>Life Events and Stress Worksheet (10) Journal (5)</p> <p>15</p>
<p>Substance Abuse (Time Permitting)</p> <ul style="list-style-type: none"> Identify personal behaviors risk for alcohol/ substance abuse Discuss short- and long-term effects of alcohol abuse. List substances commonly abused and prevention strategies. <p>Recall the definition of binge drinking.</p>	<p>Research Paper: Extra Credit (100)</p>
<p><input type="checkbox"/> Final Exam: Comprehensive</p>	<p>Addictive Behavior Assessment (10) Quiz #6 (50) Journal Entry (5)</p> <p>65</p>
<p><input type="checkbox"/> Attendance/ Participation</p>	<p>200</p>
<p><input type="checkbox"/> Total potential points</p>	<p>1725</p>