



SYLLABUS – KINE 1304 – FITNESS & WELLNESS



Instructor's Information:

Name: Vanessa Reales

Office: KINE 109 (Levelland Campus)

Contact Information: **Blackboard Messages** (use the tab in the course)

Recommended Text: Fit & Well, 16th edition, Fahey, Insel, and Roth. McGraw Hill.

ISBN: 9781266356605

(I strongly recommend this book for a thorough understanding of the course, but an older edition should also work.)

Course Description: This course is designed to enhance personal health and wellness. Personal health assessments, power point presentations, and 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 clarification about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Read discussion board postings and contribute postings that 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. and know how to save a file in PDF format. *(Points will be deducted from assignments required to be in PDF format but are submitted incorrectly.)* Use a computer or other large device instead of a phone, 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 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 SPC students on all campuses. It is 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 have technical difficulties contact the SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number when contacting support. *If you are not self-motivated, 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 Modules, and each module lists everything you need to do for each 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) **4 Exams** (posted under the **Module ASSESSMENTS** Tool in each module) are each worth 50 points (200 points total; 50% of overall grade). Each exam will consist of 55 questions (multiple choice and T/F). (The extra 5 questions count as bonus.) The dates of the exams and the material covered in each exam are listed in the Module Instructions. Exams will be available for 3 days 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) **3 Homework Assignments** (100 points total; 25% of overall grade). These assignments and due dates are found in the Module Instructions. You will lose 5 points each day your assignment is turned in past the due date.
- 3) **Discussion Board (DB) Activities/Quizzes** are each worth 5-10 points (100 points total; 25% of overall grade). Most of these will be Discussion Board posts. Please see Module Instructions for assignment details and due dates. I will not grade these if 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 paying attention to grammar and sentence structure to earn the maximum points.** Do not copy answers from the text, another student, etc. The primary goal for the discussion portion of the course is to "talk" about what you are learning. 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 the instructions. Your grades on these assignments will not be based on giving correct answers, but will be based on your content. 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) **Extra Credit** (A maximum of 25 points to be added to your overall point total) can be earned over the course of the semester for various assignments. Go to the **EXTRA CREDIT** tab in the course. You may complete labs under the **ADDITIONAL HANDOUTS** link and submit your results with a summary (in PDF format) via Bb "Messages", or you may do the Kickboxing and/or Yoga videos provided under the **EXERCISE OPTIONS** link. Other opportunities will be posted when available. All extra-credit assignments pertaining to the current module must be turned in ***before*** you take your exam for that module. Extra credit points will be added in the Bb grade book at the end of the semester.

Final grades will be determined as follows:

- 4 Exams @ 50 points each: 200 points
 - 3 Homework assignments: 100 points
 - DB activities/mailed 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! If you do post early, be sure you return to that assignment to 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: A student who fails to turn in 5 or more assignments during the semester may be dropped from the course with a grade of "X" or "F" (at the instructor's 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.* See Common Course Syllabus for more details.

****** 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

(This is a brief overview. 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 - module 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) & Ch. 8 (Nutrition)

Week 8 – **HW #2 due** & **Exam #2** (Chapters 5-8) **(Extra credit due - module 2)**

Week 9 – Ch. 9 (Weight Management)

Week 10 – Ch. 10 (Stress Management & Sleep) & Ch. 11 (Cardiovascular Health & Diabetes)

Week 11 – Ch. 12 (Cancer) & **Exam #3** (Chapters 9-12) **(Extra credit due - module 3)**

Week 12 – Ch. 13 (Substance Use & Abuse)

Week 13 – Ch. 14 (Sexual Wellness)

Week 14 – Ch. 15 (Environmental Health) & **HW #3 due**

Week 15/16 – Exam #4 (Final) (Comprehensive) **(Extra credit due - module 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 the instructor's discretion at any point during the semester.

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, Lubbock, Online

Supplies: Textbook, 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.

Student Learning Outcomes:

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

- Identify the 9 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.

Academic Integrity:

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Course/Instructor Evaluation: You will be given the opportunity to evaluate this course and its instructor on a frequent basis. I will actively solicit your written feedback, be it positive or negative, throughout this semester, and I will use it to make needed changes regarding the course content, delivery, and evaluative procedures. You will also complete a more comprehensive evaluation at the time of the final examination.

For all SPC statements regarding disabilities, non-discrimination, etc. please click here:

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