

Spring 2012

Angelo State University  
Department of Kinesiology  
Syllabi

**COURSE: KIN 2361:** Principles of Wellness



**INSTRUCTOR:** Mr. Jack Plott, BS, MAT, M.Ed

San Angelo ISD (1980-1990); Dept. of Defense Dependent Schools (overseas) (1990-2006); ASU Kinesiology Dept. since spring 2009.

**OFFICE:** CHP 105

**PHONE:** (325) 942-2173, (W) 949-9807 (H)

**OFFICE HOURS:**

MW 2:00-2:45 p.m.

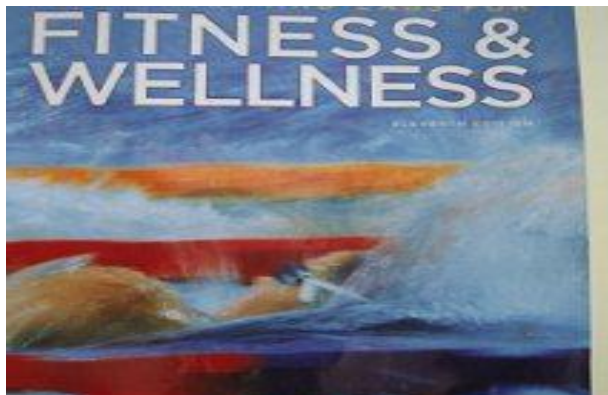
T TR 9:15-1:00 p.m.

F 11:00-12:00 p.m.

E-MAIL: [jack.plott@angelo.edu](mailto:jack.plott@angelo.edu)

## Required Textbook and Supplies:

*Principles and Labs for Fitness and Wellness*, (11th ed.), Hoeger, W, & S. Hoeger, 2010.



## 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, stress, 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, portion control and hidden ingredients in many beverages.

Identify ways to cope with stress.

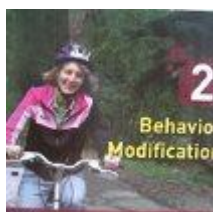
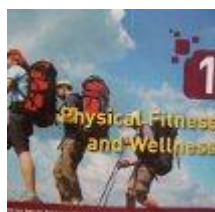
Incorporate ways to slow down the aging process in their lives.

**Course Requirements and Grading Procedures:** (these are cumulative points based on the amount of material we actually cover during the semester and are subject to change).

Labs (17 @ 5 pts. each)	85 points
Nutrition Analysis (lab 3A)	30 points
Chapter exams (10 @ 25 pts. each)	250 points
Wellness power point presentation papers (2 @ 10 pts. Each)	20 points
Wellness final paper (@ 20 pts.)	20 points
<b>TOTAL</b>	<b>405 points</b>

## Grading Scale:

364-405 (90-100 %)	= A
324-363 (80-89%)	= B
283-323 (70-79%)	= C
243-282 (60-69%)	= D
242 and below)	=F



**NOTE:** It is the student's responsibility for the information discussed in class. Assignments are posted to the "assignments" section of your course blackboard.

## Testing Procedures:

**Chapter exams** – Written exams will consist of multiple choice questions. Questions will be taken from the daily lectures and the text (225 points).

**Labs (TBA)** – Laboratories designed to supplement the lecture material will be announced and will include assessment of health-fitness and prescription of exercise and other components related and designed to enhance individual wellness (85 points).

**Nutritional Analysis (TBA)** – Nutritional analysis of daily diet (3 day) designed to identify macronutrient and micronutrient content for deficits relative to the USDA myfoodpyramid.gov guidelines (30 points).

**Wellness power point papers**-on "Portion Distortion" & "Obesity in a Bottle," (10 points each=20 points). These papers are doubled spaced typed using normal font and are due within one week after the presentations.

**Third wellness paper**-the final paper is on "How to Slow Down the Aging Process" & "Positive Lifestyle Changes" (20 points). This paper is like the previous papers except it is two pages in length.

## Attendance Policy:

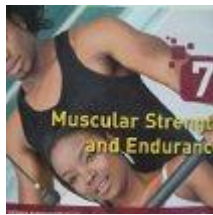
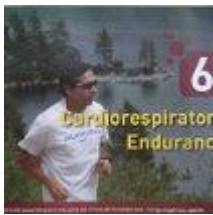
Attendance will be taken daily. If a student arrives to class late, it is the student's responsibility to inform the instructor otherwise the student will be counted absent. **Attendance is expected.** When I see that a student has a lot of unexcused absences and/or habitually comes in late to class, then I am less likely to work with or do any favors for that student during the semester.

## Classroom Policies:

Please be considerate to others while in class. The following rules will be observed:

**it is good manners not to wear hats, caps, or other head coverings inside (hair nets, stockings, etc.)(this applies to both genders); please dress appropriately as not to cause distractions;** there will be no smoking or use of smokeless tobacco; please do not bring food or beverages into the classroom (closed top water or other beverages are OK); **there will be no use of cell phones (including TEXT MESSAGING/EMAILING), pagers, or any other unauthorized electronic equipment;** classroom conversations will be limited to the lecture discussions only.

**Professional behavior is expected!** I will tend to be upset with you if you are talking, text messaging or emailing when I am talking. It is rude and unacceptable and if I ask you to leave, then you will understand why!



**FLEXIBILITY CLAUSE:**

The instructor will reserve the right to modify or change the course outline and/or grading procedures if deemed necessary in order to facilitate a more conducive learning environment.

**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.

**The Angelo State University Honor Code:**

**PERSON SEEKING ACCOMMODATIONS:** "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."

**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."

**KIN 2361 Principles of Fitness & Wellness**

**Tentative Course Schedule-subject to change**

**1-18 course introduction**

**1-20 "National Health Test" video**

**1-23 Chapter 1 (Physical fitness & Wellness) (labs 1B,1C)**

**1-25 Chapter 1 (con't)**

**1-27 Chapter 1 (con't)**

**1-30 Chapter 1 test**

**2-1 Chapter 2 (Behavior Modification) (labs 2A,2B,2C)**

**2-3 Chapter 2 (con't)**

**2-6 Chapter 2 test**

**2-8 “Portion Distortion” power point presentation**

**2-10 “Food, Inc.” video (part I)**

**2-13 “Food, Inc.” video (part II)**

**2-15 Chapter 3 (Nutrition) (lab 3A-nutrition analysis)**

**2-17 Chapter 3 (con't)**

**2-20 Chapter 3 (con't)**

**2-22 Chapter 3 test**

**2-24 Chapter 4 (Body Composition)**

**2-27 Chapter 4 (con't) (BC lab)**

**2-29 Chapter 4 (con't)**

**3-2 Chapter 4 test**

**3-5 “Obesity in a Bottle” power point presentation**

**3-7 Chapter 5 (Weight Management)(lab 5A)**

**3-9 Chapter 5 (con't)**

**3-12 through 3-16 spring break**

**3-19 Chapter 5 test**

**3-21 Chapter 6 (Cardiorespiratory Endurance)(labs 6A, 6C, 6D)**

**3-23 Chapter 6 (con't)**

**3-26 Chapter 6 test**

**3-28 Chapter 7 (Muscular Strength & Endurance)(lab 7A)**

**3-30 Chapter 7 (con't)**

**4-2 Chapter 7 (con't)**

**4-4 Chapter 7 (con't)**

**4-6 Chapter 7 (con't)**

**4-8 Chapter 7 (con't) & test**

**4-11 "How to Slow Down the Aging Process" power point presentation**

**4-13 Chapter 8 (Muscular Flexibility)(lab 8A)**

**4-16 Chapter 8 (con't)**

**4-18 Chapter 8 (con't)**

**4-20 Chapter 8 test**

**4-23 Chapter 9 (Skill Fitness)(lab 9A)**

**4-25 Chapter 9 (con't)**

**4-27 Chapter 9 test**

**4-30 Chapter 10 (Stress Assessment)(lab 10A, 10B, 10C)**

**5-2 Chapter 10 (con't)**

**5-4 Chapter 10 test**

**5-7 final (KIN 2361.010) Monday May 7<sup>th</sup>, 1-3 p.m.**

**5-9 final (KIN 2361.020) Wednesday May 9<sup>th</sup>, 1-3 p.m.**