Principles of Wellness (KIN 1304)
Fall 2018
Tues/Thurs
8:00am – 9:15am
CHP 207

Instructor: Miss Jenna Sabin (jenna.sabin@angelo.edu)
Work Phone: (325) 942-2173   Cell Phone: (949) 606-5408
Office location and Hours: CHP upstairs 201c. By appointment only

Required Texts and Materials:
14th Ed. ISBN# 9781337099974. Available for purchase at the ASU Bookstore. 14th edition will cost about $165 and can be sold back to the bookstore, 13th edition can not.

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, 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.

Specific Objectives/Student Learning Outcomes
Upon completion of this course, students will be able to:

1. Discuss the wellness approach to healthy living.
2. Identify the benefits of living a wellness lifestyle.
3. Identify areas of their own lives that need to be improved upon and put together a plan to make these improvements.
4. Identify the benefits of good nutrition, portion control and hidden ingredients in many beverages.
5. Identify ways to cope with stress.
6. Incorporate ways to slow down the aging process in their lives.

GRADING SYSTEM
Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:
A = 90.00-100 percent
B = 80.00-89.99 percent
C = 70.00-79.99 percent
D = 60.00-69.99 percent
F = 0-59.99 percent
EVALUATION AND GRADES
Graded assignments, activities and percent of the overall course grade: (Tentative, may change)

<table>
<thead>
<tr>
<th>ASSESSMENT</th>
<th>POINT BREAKDOWN</th>
</tr>
</thead>
<tbody>
<tr>
<td>Podcast (Day 1 assignment)</td>
<td>10</td>
</tr>
<tr>
<td>Chapter Exams (9 multiple-choice)</td>
<td>195</td>
</tr>
<tr>
<td>(No Ch.6 or 10 exam)</td>
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</tr>
<tr>
<td>Textbook Chapter Quizzes</td>
<td>90 (9x10)</td>
</tr>
<tr>
<td>(No ch 13 quiz)</td>
<td></td>
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<tr>
<td>Attendance &amp; Participation</td>
<td>100 (40/60)</td>
</tr>
<tr>
<td>Labs (12 labs)</td>
<td>75</td>
</tr>
<tr>
<td>Nutrition Analysis (lab 3A)</td>
<td>30</td>
</tr>
<tr>
<td>Reflection Papers (3 papers)</td>
<td>45 (3x15)</td>
</tr>
<tr>
<td><em>IDEA Survey</em> 5 points</td>
<td></td>
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<tr>
<td>Final Reflection Paper</td>
<td>35</td>
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<tr>
<td>TOTAL POINTS</td>
<td>580</td>
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</table>

Reflection Papers
There will be three, 1-1/2 page reflections based on the following articles or lectures. "More than just a cue, Intrinsic reward helps make exercise a habit," “The 8 Health Habits Experts Say You Need in Your 20s,” and a pre-approved “Topic of choice” relating to health and wellness. The Final Reflection Paper (3 pages) will be a reflection on how the student has applied the content of the entire course to make “Positive Lifestyle Changes.” What Positive Lifestyle Changes I Am Going to Make to Increase the Quality of My Life.

**All papers must be typed, double spaced, standard font, and one-inch margins. Include cover page and do not print double-sided.**
- Reflection #1 link: https://www.sciencedaily.com/releases/2016/09/160913101129.htm#.V-BXW4th7Us.email
- Reflection #2 link: http://www.nytimes.com/interactive/2016/10/16/well/live/health-tips-for-your-20s.html

Attendance Policy
Students are expected to attend class and be on time. 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/lab/test. You are responsible for asking the instructor about your attendance record so that you do not go over the allowed 5 absences and tardies.

- 3 tardies = 1 absence.
- 5 absences = minus a letter grade.
- 6 absences = minus another letter grade.
- 7 absences = minus another letter grade.
- > 7 absences will result in failing the course outright

Student Responsibilities
Upon entering the class room, students will turn all cell phones and other handheld electronic devices to silent to prevent classroom distractions. Students will not use electronics in class unless directed to do so by the instructor. Students with extenuating circumstances need to inform the instructor prior to the beginning of class. If students need to take notes with a laptop, they will be expected to show the notes taken. If a student cannot produce class notes, they will be marked absent for that day.

All students, regardless of gender, will remove headgear when entering the classroom. This includes baseball hats and beanies. Religious head coverings are exempt from this requirement.

Students with Special Needs
"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."
TEACHING STRATEGIES

- Lecture, laboratory exercises, peer discussions, reflective writing, reading with a purpose, active learning strategies.
- **STUDENTS ARE EXPECTED TO BE “ACTIVE LEARNERS.”** It is a basic assumption of the instructor that students will be involved discovering, processing, and applying the course information at a level that contributes to the learning environment.

ASSIGNMENT/ACTIVITY DESCRIPTIONS

**Chapter Exams**
After each chapter of the textbook a 25 question multiple-choice exam will be administered in class. Each exam will assess the student's knowledge of information in the textbook, information covered in class, and assigned vocabulary and concepts.

**Textbook Chapter Reading Quizzes**
A 10 point quiz will be administered at the start of every new chapter to ensure student reading. There will be a total of 10 chapter quizzes. Failing to read will result in a letter grade drop.

**Attendance**
Attendance is recorded every day. Attendance may be taken by roll call or by the submission of an in-class activity. If you are not in class when attendance is recorded then you will be recorded as absent. Excused absences require documentation prior to the absence and are only recognized for school sponsored activities, religious holy days, or military training. Your attendance grade will be calculated as the percentage of days you are present.

**Labs**
There will be 14 laboratories which are designed to supplement the lecture material. Laboratories include self-evaluation questionnaires and assessment of physical fitness which will be conducted in the gym.

**Nutritional Analysis (Lab 3A)**
The purpose of this assignment is to record all food consumed for three days and then conduct a nutritional analysis of the record (macronutrient and micronutrient) relative to the USDA ChooseMyPlate.gov guidelines.

LATE WORK OR MISSED ASSIGNMENTS POLICY

**Late Assignments**
Exam and major assignment due dates are shown on the syllabus uploaded within Blackboard and discussed daily in class.

- **Chapter Exams:** No make-ups will be given on section exams unless prior arrangements have been made and approved.
- **Labs:** Laboratories will be assigned weekly and typically due the following class period or TBA. An Excused Absence issued by myself must be discussed between student and teacher in order to make up a missed lab.
- **Nutrition Analysis and Reflection Papers:** Late submission of these assignments will result in a progressive deduction of points.

ACADEMIC HONESTY

Academic honesty is expected on all work. Students are expected to maintain complete honesty and integrity in their educational experiences. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The Kinesiology Department adheres to the academic honesty statement as set forth in the Angelo State
The University "faculty expects all students to engage in all academic pursuits in a manner that is above reproach and to maintain complete honesty and integrity in the academic experience both in and out of the classroom setting and may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials."

**PLAGIARISM**

Plagiarism at ASU is a serious topic. The Angelo State University's Honor Code gives specific details on plagiarism and what it encompasses. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word for word without quotation marks and the source of the quotation. We use the *APA Style Manual of the American Psychological Association* as a guide for all writing assignments. Quotes should be used sparingly. It is expected that you will summarize or paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list. Papers are subject to be evaluated for originality via Bb Safe Assignment or Turnitin. Resources to help you understand this policy better are available at the ASU Writing Center [http://www.angelo.edu/dept/writing_center/academic_honesty.php](http://www.angelo.edu/dept/writing_center/academic_honesty.php).

**STUDENTS WITH DISABILITIES**

1. "Angelo State University is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs, or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments Act of 2008 (ADAAA), and subsequent legislation."

2. The Office of Student Affairs is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability, and it is the student’s responsibility to initiate such a request by contacting the Office of Student Affairs, University Center, Room 112 at (325) 942-2047 or (325) 942-2211(TDD/FAX) or by e-mail at studentservices@angelo.edu to begin the process. The Office of Student Affairs will establish the particular documentation requirements necessary for the various types of disabilities. Reasonable accommodations will be made for students determined to be disabled or who have documented disabilities.

**INCOMPLETE GRADE POLICY** ([OP 10.11 Grading Procedures](http://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php))

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required.

**STUDENT ABSENCE FOR OBSERVANCE OF RELIGIOUS HOLY DAYS**

“A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence.” Please see ASU Operating Policy [10.19](http://www.angelo.edu/student-handbook/code-of-student-conduct/misconduct.php).

**COPYRIGHT POLICY**

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

**SYLLABUS CHANGES**

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. *It is the student’s responsibility to look for such communications about the course on a daily basis.*
<table>
<thead>
<tr>
<th>DATE</th>
<th>LABS AND ASSIGNMENTS</th>
<th>CLASS TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tues Aug 28</td>
<td><strong>H.W. Podcast 10 pts</strong></td>
<td>Course Orientation, Introduction, and Routine</td>
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<td></td>
<td><em>The School of Greatness with Lewis Howes</em></td>
<td>- Icebreaker Games</td>
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<td></td>
<td><strong>Feb. 21, 2016 - “Dr. Mark Hyman: The Truth About Eating Fat to Get Healthy (1hr 3 minutes)</strong></td>
<td>- Roll/ Intros (myself and course)</td>
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<td></td>
<td>*1/2-1 page bullet point notes</td>
<td>- Goal Writing/Planning/Routines</td>
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<tr>
<td>Thur 30</td>
<td><strong>H.W. -TIME article</strong></td>
<td>Roll, syllabi, re-establish routine, check planner</td>
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<td></td>
<td>- Purchase Text</td>
<td>National Health Test Questionnaire</td>
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<td></td>
<td>- <em>Read Chapter 1</em></td>
<td><em>TIME Magazine article</em></td>
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<tr>
<td></td>
<td>Purchased Textbook?</td>
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<tr>
<td>Tues Sep 4</td>
<td><strong>DUE: Podcast notes &amp; TIME article</strong></td>
<td>Roll, discuss/collection podcast notes</td>
</tr>
<tr>
<td></td>
<td><strong>Quiz: Chapter 1</strong></td>
<td>Quiz - collect hw, textbooks?, check planners</td>
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<tr>
<td></td>
<td><strong>Collect info sheet</strong></td>
<td><strong>Chapter 1</strong>: Physical Fitness and Wellness</td>
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<tr>
<td>Thur 6</td>
<td><strong>H.W. Labs 1B, 1C</strong></td>
<td>Finish Ch 1 PPT</td>
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<td><strong>Study: Test Tuesday</strong></td>
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<td></td>
<td><strong>Shower in dark?</strong></td>
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<tr>
<td>Tues 11</td>
<td><strong>DUE: Labs 1B, 1C</strong></td>
<td>Collect Labs</td>
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<td></td>
<td><strong>Chapter 1 Test</strong></td>
<td>Administer Test</td>
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<td></td>
<td><strong>H.W. Read Chapter 2</strong></td>
<td>Start Chapter 2: Behavior Modification</td>
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<td></td>
<td><strong>Lab 2A</strong></td>
<td><strong>End with: Portion Distortion PPT</strong></td>
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<td><strong>Reflection Paper #1</strong> (due in 1 week)</td>
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<td>Thur 13</td>
<td><strong>DUE: Lab 2A</strong></td>
<td>Collect Labs</td>
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<tr>
<td></td>
<td><strong>Quiz: Chapter 2</strong></td>
<td>Administer Quiz</td>
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<td></td>
<td><strong>Test Tuesday</strong></td>
<td><strong>upload ppt</strong></td>
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<td></td>
<td><strong>H.W. Reflection Paper #1</strong></td>
<td>Finish Ch. 2 PPT</td>
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<tr>
<td></td>
<td><strong>Shower in dark?</strong></td>
<td>Break a habit goal sheet &amp; misc. handouts</td>
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<tr>
<td>Tues 18</td>
<td><strong>DUE: -Paper #1 &amp; -Goal Sheet</strong></td>
<td>Collect Papers</td>
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<td><strong>Chapter 2 Test</strong></td>
<td>Test</td>
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<td></td>
<td><strong>H.W. Read Chapter 3</strong></td>
<td>Begin Ch. 3 Nutrition PPT: The basics: 6 essential nutrients/#s</td>
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<tr>
<td>Thur 20</td>
<td><strong>H.W. Read Ch. 3</strong></td>
<td>- How to read food labels</td>
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<tr>
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<td><strong>Quiz Tues</strong></td>
<td>Food Inc. possibly</td>
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<tr>
<td>Tues 25</td>
<td><strong>Quiz: Ch 3</strong></td>
<td>Chapter 3: Nutrition</td>
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<tr>
<td></td>
<td><strong>H.W. Lab 3A</strong> (3 day food log)</td>
<td>- Ingredients and labeling</td>
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<td><strong>Must use recommended #s/values for assessment part</strong></td>
<td><em>upload ppt</em></td>
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<tr>
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<td></td>
<td>- Explain Lab 3A and what nutrients to log/ how to use google to find caloric information</td>
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<td></td>
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<td>Websites: <a href="http://www.calorieking.com/foods/">www.calorieking.com/foods/</a></td>
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<td>DVD- FOOD INC.</td>
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<tr>
<td>Thur 27</td>
<td><strong>M: 32g F:24g</strong></td>
<td>- Sugar PPT (2 videos)</td>
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<td>- Sugar Group activity/ labels &amp; measuring tsp of sugar</td>
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<tr>
<td></td>
<td></td>
<td>- FOOD INC (about 15 mins)</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>3 Handouts: Sugar</strong></td>
</tr>
<tr>
<td>Tues Oct 2</td>
<td><strong>H.W. Read Chapter 4</strong></td>
<td>Healthy meal vs Unhealthy Meal photos</td>
</tr>
<tr>
<td></td>
<td><strong>DUE: Food Log</strong></td>
<td>Finish FOOD Inc</td>
</tr>
<tr>
<td>Thur 4</td>
<td><strong>Chapter 3 Test</strong></td>
<td>TEST</td>
</tr>
<tr>
<td></td>
<td><strong>Quiz: Chapter 4</strong></td>
<td>Begin Ch 4 PPT</td>
</tr>
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</tr>
<tr>
<td>Date</td>
<td>Assignment</td>
<td>Notes</td>
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<tr>
<td>Tues 9</td>
<td></td>
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<tr>
<td>Thur 11</td>
<td>H.W. Reflection Paper #2</td>
<td>TESTING in LAB w/GA InBody and Waist Mea.</td>
</tr>
</tbody>
</table>
| Tues 16   | DUE: R. Paper #2 OR Thursday  
HW: STUDY Test Thursday                              | Finish PPT  
Review for Test                                              |
| Thur 18   | DUE: Reflection Paper #2  
Chapter 4 test  
H.W. Read Chapter 5                       | Collect HW Test  
Start Chapter 5 PPT → @ 8:35 Group Activity outside walking w/ phones brainstorming ways to keep weight off during college years, holidays etc. |
| Tues 23   | Quiz Chapter 5                                                                                | Chapter 5: Weight Management  
Start PPT, Video(s), $$ Cost of Diseases google                     |
| Thur 25   | Chapter 5 Test  
HW Read chapter 6                                      | Finish Chapter 5: Weight Management  
Test end of period                                                  |
| Tues 30   | Brainstorm Paper #3 Topic                                                                  | Chapter 6: Cardiorespiratory Endurance  
*Quiz → RHR → Labs 6D RHR → PPT → Step-Test Gym                      |
| Nov 1     | 1.5 mile run at KOA  
(Lab 6A Vo2)                                                  | Chapter 6: Cardiorespiratory Endurance  
MEET at KOA for Cardio Test. Directions, attire, etc.                |
| Thur 6    | Reflection paper #3 topic selected  
DUE: LABS (3)  
HW: Read Ch 6                                      | Chapter 7: Muscular Strength & Endurance  
*QUIZ → Pass out Lab 7A: Fill in resistance for exercises → Start PPT; upload |
| Tues 8    | No Ch 6 Test  
Ch 7 QUIZ  
*Wear Workout Clothes Tuesday                         | Chapter 7: Muscular Strength & Endurance  
Lab: have cards/tape and floor pads                               |
| Thur 13   | Lab 7A: Testing in weight room.  
Grip Test, Machines, Endurance                           | Chapter 7: Muscular Strength & Endurance  
Lab: have cards/tape and floor pads                               |
| Thur 15   | DUE: LAB  
HW: STUDY                                              | Chapter 7: Muscular Strength & Endurance  
Finish PPT, Test Tues and paper due                               |
| Tues 20   | Chapter 7 Test  
Reflection paper #3 DUE  
HW Read Ch 8                                    | TEST → IDEA Survey → Begin Ch 8: Muscular Flexibility PPT              |
| Thanksgiving! | TBA  
Ch 8 Quiz                                               | Finish PPT                                                            |
| Tues 27   | Chapter 8 Test (15 qs)  
Lab 8A (6pts)  
HW: Read Ch 10 Stress                                 | Chapter 8 Test then raq. courts for muscle relaxation and stretching lab |
| Thur 29   | Ch 10 QUIZ  
Labs 10A, 10B, 10C  
Read Ch 13                                         | Chapter 10: Stress PPT                                               |
| Tues 4    | DUE: Labs  
*No Test*  
Paper                                                    | Chapter 10: Finish Stress PPT  
Begin Ch. 13 Addiction                                              |
| Thur 6    | Extra Credit Due  
HW: Final Reflection Paper  
“A” students exempt                                      | Cont’. Chapter 13: Addiction  
PPT: Alcohol and videos                                               |
| Tues 11   | DUE: Final Reflection  
Chapter 13 Test                                          | Quick Review  
Smile Activity  
Final Exam: Chapter 13                                              |

**IMPORTANT DATE:** November 1st is the last day to drop a class or withdraw from the University for the Fall 2018 semester.
1304 Extra Credit Opportunities
Due by December 6th

Max points you can earn is 100
May earn all your points from one category OR all of them
Turn in at least ½ - 1 page reflection; bullet points
Each category is worth 10 points
  o ***Exception: Before the Flood and The One Thing That Will Make You Better At Everything (Barbell Shrugged Podcast) is worth 20 points.

Listen or watch a health related (7 dimensions of wellness) podcast or video from:

**Podcast**
1. TEDx/TED Talks/TEDTalks Health
2. Barbell Shrugged (nutrition, training, exercise, CrossFit, weightlifting)
3. The Art of Charm | Social Science | Cognitive Psychology
4. The School of Greatness with Lewis Howes

**Some Recommendations**
- The most important lesson from 83,000 brain scans | Daniel Amen | TEDxOrangeCoast TEDx Talks Published on Oct 16, 2013 [https://www.youtube.com/watch?v=esPRsT-lmw8](https://www.youtube.com/watch?v=esPRsT-lmw8)
- The psychology of self-motivation | Scott Geller | TEDxVirginiaTech
- How to know your life purpose in 5 minutes | Adam Leipzig | TEDxMalibu
- ***The Best-Barbell Shrugged:*** The one thing that will make you better at everything. (google it on youtube, **listen to it**, don’t watch 17 min clip)

**Documentaries**

Netflix:
1. **What the Health** - (Very extreme ideas, take with a grain of salt)
2. **To the Bone** - Eating Disorders: Anorexia, Bulimia, Binge Eating. Excellent movie

Google it (Currently free on youtube)

***3. **Before the Flood.*** Leonardo DiCaprio Documentary about Global Warming and how our decisions can affect the planet. EXCELLENT

**UREC Fitness Classes**
10 points for every fitness class you attend through UREC at ASU.
See schedule/handout I gave you.
Ask to receive stamp card when attending first class. Receive a stamp for every class you attend. Show me your stamp card at end of semester for points.
Principles of Wellness
Reflection Papers

Your written response will reflect your viewpoint of/response to the topics provided in class. All papers in this class will conform to the following format:

- **FONT**: Times New Roman - 12pt
- **SPACING**: Double-spaced
- **FORMAT**: Proper grammar, 1” margins, and spelling expected
- **STAPLED!**

Your papers will be arranged accordingly:

- **Pg. 1**: **Coversheet** with the following information centered and double-spaced on the page:

  KIN 1304 Principles of Wellness
  
  Title of Paper
  
  Your Name
  
  Ms. Jenna Sabin
  
  Date

- **Pg. 2-3**: Reaction/input of topic

These reaction papers are worth a total of **17%** of your grade.

All papers will be collected at the beginning of the class period on the day which they are due.

**No late work will be accepted**

**Points will be taken off for failure to follow this format**
KIN 1304 INFORMATION SHEET

Please print neatly.

Name: ____________________________________________________________
CID #: __________________________
Phone: __________________________
Birthdate: _______________  Age: _________  Hometown: _________
Do you have a job during the semester? ________________
If yes, where: ___________________________  How many hours/wk.: __________
Please list ASU extracurricular events that may affect your attendance this semester:

_______________________________________________________________

Please list courses you expect to consume most of your academic efforts this semester:

_______________________________________________________________

How do you feel this course will benefit you personally and/or professionally?

_______________________________________________________________

What subjects are you looking forward to learning about?

_______________________________________________________________


_______________________________________________________________

Tell me something about yourself so I can get to know you on a more personal level or an interesting fact about yourself:

_______________________________________________________________

“Academic dishonesty in this course will not be tolerated. If you are suspected of cheating in this course, you will be asked to meet with a committee of the Kinesiology department faculty to determine if you are guilty of cheating. If you are found to be guilty of academic dishonesty, you will be given a grade of “F” in the course. A letter regarding your academic dishonesty may also be placed in your permanent file in the Registrar’s Office. The Kinesiology faculty hopes that this penalty is severe enough to discourage cheating in any form. Please don’t force us to make an example out of you.”

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.

I have received and understand the requirements of this course and the academic honesty policy.

_______________________________________________________________  __________________________
Signature                      Date