



Angelo State University
Department of Kinesiology
Fall 2019 Syllabus

COURSE: KIN 1304.010: Principles of Wellness (MWF) 12-12:50 p.m.

COURSE: KIN 1304.020: Principles of Wellness (MWF) 1-1:50 p.m.



INSTRUCTOR: Mr. Jack Plott, BS, MAT, M.ED.

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

OFFICE: CHP 105



PHONE: (325) 942-2173 (W), (325) 949-9807 (H), and (325) 227-5649 (C)

OFFICE HOURS:

MW 8:00-8:45 a.m. & 11:00-11:45 a.m..

T TR 9:15-10:45 a.m..

F 10-12 pm.

E-MAIL: cplott@angelo.edu

REQUIRED READINGS:

Principles and Labs for Fitness and Wellness, (14th ed.), Hoeger, W, & S. Hoeger.
NOTE: the 13th edition will be acceptable for this class.

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.

ABOUT THE COURSE: The syllabus, announcements, and grades for this class are found on Blackboard. Student must access this site regularly for important information pertaining to the course as well as updates about individual progress and standing in the course.

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 10A,B,C,1B,C,2A,4BC,6A,C,D,7A,8A,B & 9A (14 @ 5 pts. each)	=70 points
Nutrition Analysis (lab 3A)	30 points
Chapter exams (10 @ 25 pts. each)	250 points
Special wellness presentation response papers (2 @ 10 pts. each)	20 points
Special wellness final response paper (@ 20 pts.)	20 points

TOTAL 390 points

Grading Scale:	351-390 (90-100 %) = A
	311-350 (80-89%) = B
	271-310 (70-79%) = C
	231-270 (60-69%) = D
	230 and below) =F

NOTE: It is the student’s responsibility for the information discussed in class. Assignments are listed on your syllabus class schedule.

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)– 14 laboratories (@ 5 pts. each) 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 (70 points).

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

Wellness power point papers-on “Portion Distortion” & “Obesity in a Bottle,” (10 points each=20 points). These one-page papers are doubled spaced typed using normal font and are due within one week after the presentations. You can cover the highpoints of the presentation and any personal comments you may want to add.

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 with the second page dealing with positive lifestyle changes you have made, are making or will make to increase the quality of your lifestyle.

ATTENDANCE POLICY:

Attendance will be taken daily. If a student arrives to class late, it is the student's responsibility to come to me after class to have your absence changed to late. **Attendance is expected.** Excused absences include: university-related activities such as athletics/conferences, religious holy day (s) and military training. When I see that a student has a lot of unexcused absences, habitually comes in late to class or turns work in late, 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 & professional not to wear hats, caps, hoodies, stockings or other head coverings inside (this applies to both genders); please dress appropriately as not to cause distractions.**

Please refrain from the use of tobacco products and please do not bring food or beverages into the classroom (closed top water is encouraged) **There will be no use of cell phones (including TEXT MESSAGING/EMAILING) or any other unauthorized electronic equipment. When class starts, put your cell phone away as I do NOT even want to see them. If you are expecting an important phone call, please let me know in advance, have your phone on silent mode, leave the room quietly and take the call out in the hall.** 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 text messaging or emailing when I am talking. It is rude and unacceptable and **I will ask you to leave class and mark you absent.**

Extra Credit: You can make up to 20 extra points by donating blood during the semester and/or becoming an organ donor. Bring me the proof of blood donation paper or take a picture of it and send it to me. You may donate at United Blood Services, 2020 W. Beaugard, San Angelo. You can register to be an organ donor by going to info@donatelifetexas.org (organ donor on-line application with Texas Dept. of Public Safety). You will receive a confirmation email after you apply which you can forward to me.

Exempt from taking final: If you have no more than 2 unexcused absences during the semester, you are exempt from taking the final (chapter 9). . **Please note, you ARE required to attend class the day of the final as we will have other activities planned beside the final exam. Failure to attend will result in a zero test score for chapter 9, not the 25 max score you had already received.**

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.

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 1304 Principles of Fitness & Wellness
change

Tentative Course Schedule-subject to

8-26 course introduction

8-28 "National Health Test" video

8-30 Chapter 10 (Stress Assessment)(labs 10A,B,C) **(15 pts)**

9-2 Labor Day

9-4 Chapter 10 (con't)

9-6 Chapter 10 (test) **(40 pts)**

9-9 guest speaker-driver distractions

9-11 Chapter 1 (Physical Fitness & Wellness)(labs 1B,C) **(50 pts)**

9-13 Chapter 1 (con't) & (test) **(75 pts)**

9-16 "Portion Distortion" wellness presentation **(85 pts)**

9-18 Chapter 2 (Behavior Modification)(lab 2A) **(90 pts)**

9-20 Chapter 2 (con't) & (test) **(115 pts) DEADLINE FOR ALL OVERDUE LABS -MISSED CHAPTER TESTS (CHAPTERS 10, 1 & 2). PD RESPONSE PAPER DUE.**

9-23 Chapter 3 (Nutrition)(lab 3A nutritional analysis) **(145 pts)**

9-25 Chapter 3 (con't)

9-27 Chapter 3 (con't)

9-30 Chapter 3 (test) **(170 pts)**

10-2 Chapter 4 (Body Composition)(lab 4) **(175 pts)**

10-4 Chapter 4 (BC lab testing in classroom)

10-7 Chapter 4 (DXA machine/InBody machine-KIN lab)

10-9 Chapter 4 (test) **(200 pts)**

10-11 Obesity in a Bottle” wellness presentation **(210 pts)**

10-14 “Hungry For Change” video part I

10-16 “Hungry For Change” video part II

10-18 Chapter 5 (Weight Management) **OIB RESPONSE PAPER DUE; & DEADLINE FOR OVERDUE LABS- MISSED CHAPTER TESTS (CHAPTER 3 & 4)**

10-21 Chapter 5 (con't)

10-23 Chapter 5 (con't)

10-25 Chapter 5 (con't) & (test) **(235 pts)**

10-28 Chapter 6 (Cardiorespiratory Endurance)(labs 6A,C,D) **(250 pts)**

10-30 Chapter 6 (con't) & (3 min. step test)

11-1 Chapter 6 (1 ½ mile run)

11-4 Chapter 6 (con't) & (test) **(275 pts)**

11-6 Chapter 7 (Muscular Strength & Endurance)(lab 7A) **(280 pts)**

11-8 Chapter 7 (con't)

11-11 Chapter 7 (con't)

11-13 Chapter 7 (testing in weight room & gym)

11-15 Chapter 7 (testing in weight room & gym) **DEADLINE FOR OVERDUE LABS-MISSED CHAPTER TESTS (CHAPTERS 5 & 6)**

11-18 Chapter 7 (con't) & (test) **(305 pts)**

11-20 Chapter 7 (special activities)

11-22 "How to Slow Down the Aging Process" wellness presentation **(325 pts)**

11-25 Chapter 8 (Muscular Flexibility)(lab 8A & B) **(335 pts)**

11-27 through 29 Thanksgiving holidays

12-2 Chapter 8 (con't)

12-4 Chapter 8 (testing in KIN lab)

12-4 Chapter 8 (con't) & (test) **(360 pts) SLOW DOWN THE AGING RESPONSE PAPER DUE**

12-6 Chapter 9 (testing in gym) **DEADLINE FOR ALL OVERDUE LABS-MISSED CHAPTER TESTS (CHAPTERS 7 & 8) (365 pts)**

final Monday 9th, 1-3 p.m., section .010 (Chapter 9 test) **(390 pts)** & special activities)

final Wednesday 11th, 1-3 p.m., section .020 (Chapter 9 test) **(390 pts)** & special activities)

cumulative possible grade totals during the semester-subject to change)(To figure your grade during the semester, do the following: divide your grade total in grade book by the **bold type** cumulative points to the right of date & assignment and you will come out with a grade %. For example, if your grade book total is 75 pts and the **bold type (cumulative point total)** at that time is 100 pts; your total of 75 pts divided by 100 pts = 75% (C)