Angelo State University
Department of Kinesiology
Summer I, 2020 Syllabus

COURSE: KIN 1304.010: Principles of Wellness (MWF) 12-1:45 p.m.

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


OFFICE: CHP 105
PHONE: (325) 942-2173 (W), (325) 949-9807 (H), and (325) 227-5649 (C)

OFFICE HOURS:

Any time via email

E-MAIL: cplott@angelo.edu

REQUIRED READINGS:

*Principles and Labs for Fitness and Wellness*, (15th ed.), Hoeger, W, & S. Hoeger (ebook). All you have to do is go to [www.shopangelo.com](http://www.shopangelo.com) and put in your CID to pull up their book list and order. The cost is about $43.00.

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.

**Student Learning Outcomes:** Upon completion of this course, the student will be able to:

- Discuss the wellness approach to healthy living.
- Students will be able to identify the benefits of living a wellness lifestyle.
- Students will be able to identify areas of their own lives that need improvement and put together a plan to make these improvements.
- Students will be able to identify the benefits of good nutrition, portion control and hidden ingredients in many beverages.
- Students will be able to identify ways to cope with stress.
- Students will be able to incorporate ways to slow down the aging process in their lives.
ABOUT THE COURSE: The syllabus, announcements, and grades for this class are located on your 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.

Introduction Video 10 points
Labs 10A, B,C,1B,C,2A,4,6C,D, 7A, 8B (11 @ 5 pt) 55 points
Nutrition Analysis (lab 3A) 30 points
Chapter exams (10 @ 25 pts.) 250 points
Special wellness presentation response papers (2 @ 10 pts. each) 20 points
Special wellness final response paper (@ 20 pts.) 20 points
Guest speaker response paper @ 10 pts. 10 points

TOTAL 395 points

Grading Scale:

356-395 (90-100 %) = A
316-355 (80-89%) = B
277-315 (70-79%) = C
237-276 (60-69%) = D
236 and below) = F

Testing Procedures:

Introduction video-completed and posted on the discussion board by June 1st (10 points)
Chapter exams – Written exams will consist of multiple-choice questions. Questions are from the daily lectures and the text (225 points).
Labs (TBA) – 9 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 (45 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 is expected

**Classroom Policies:**

**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. Beauregard, 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. If you are already an organ donor (red heart in the
right hand corner of your DL), send me a pic of your DL.

**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.

**Academic Integrity**

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

The College of Health and Human Services adheres to the university’s [Statement of Academic
Integrity](https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php).

**Accommodations for Students with Disabilities**

ASU 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 of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated
campus department charged with the responsibility of reviewing and authorizing requests for
reasonable accommodations based on a disability. It is the student’s responsibility to initiate
such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte
University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For
more information about the application process and requirements, visit the [Student Disability](https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php).
The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford  
Director of Student Disability Services  
Office of Student Affairs  
325-942-2047  
dallas.swafford@angelo.edu  
Houston Harte University Center, Room 112

**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**  
**Tentative Course Schedule-subject to change**

### Course Schedule Summer 1 2020

<table>
<thead>
<tr>
<th>Week/Date</th>
<th>Topic/Assignments/Assessments DUE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Welcome</strong></td>
<td>DUE June 1st by 11:59 PM*</td>
</tr>
</tbody>
</table>
|             | - Review Course Syllabus and ASU Honor Code.  
|             |     Select “Mark Reviewed” to agree to terms of the course and ASU’s policies and access course content.  
|             | - Complete the Welcome Orientation module under the Learning Modules tab.  
| **DUE June 1st** | **Complete** June 1st Welcome Orientation |
| **DUE June 2nd** | **Review** “National Health Test” video (non-graded) |
| **DUE June 3rd** | **Submit**: Chapter 10 with labs 10A,B & C (15 points) via the Submit Assignments tab |
| **DUE June 4th** | **Submit**: Chapter 10 (con’t) |

**Week 1: June 1-7**
<table>
<thead>
<tr>
<th>Date</th>
<th>Task Description</th>
</tr>
</thead>
</table>
| Week 2: June 8-14 | DUE June 5<sup>th</sup>  
- Submit: Chapter 10 exam (7 a.m. to 7 p.m.) (25 points)  
- Submit: Chapter 1 with labs 1B & C (10 points) |
|            | DUE June 8<sup>th</sup>  
- Submit: Chapter 1 exam (25 points)  
- Review Guest Speaker (“Driver Distractions”) presentation |
|            | DUE June 9<sup>th</sup>  
- Submit: Guest Speaker response paper (10 points) via the Submit Assignments tab  
- Submit: Chapter 2 with lab 2A (5 points) |
|            | DUE June 10<sup>th</sup>  
- Submit: Chapter 2 exam (25 points)  
- Submit: “Portion Distortion” wellness presentation & intro to Chapter 3 |
|            | DUE June 11<sup>th</sup>  
- Submit: “Portion Distortion” response paper (10 points) via the Submit Assignments tab  
- Submit: Chapter 3 with lab 3A nutritional analysis |
|            | DUE June 12<sup>th</sup>  
- Submit: Chapter 3 (con’t)  
- Submit: Chapter 3 exam (25 points)  
- Submit: lab 3A nutritional analysis (30 points) via the Submit Assignments tab |
| Week 3: June 15-21 | DUE June 15<sup>th</sup>  
- Submit: Chapter 4  
- Submit: Chapter 4 exam (25 points)  
- Review “Hungry for Change” video |
|            | DUE June 16<sup>th</sup>  
- Submit: “Hungry for Change” response paper (10 points) via the Submit Assignments tab  
- Submit: Chapter 5 |
<table>
<thead>
<tr>
<th>Week 4: June 22-28</th>
</tr>
</thead>
<tbody>
<tr>
<td>DUE June 18th</td>
</tr>
<tr>
<td>• Submit: Chapter 5 (con’t)</td>
</tr>
<tr>
<td>DUE June 19th</td>
</tr>
<tr>
<td>• Submit: Chapter 5 exam (25 points)</td>
</tr>
<tr>
<td>• Review “Obesity in a Bottle” wellness presentation</td>
</tr>
<tr>
<td>DUE June 21st</td>
</tr>
<tr>
<td>• Submit: “Obesity in a Bottle” response paper (10 points) via the Submit Assignments tab</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Week 5: June 29 – July 1</th>
</tr>
</thead>
<tbody>
<tr>
<td>DUE June 29th</td>
</tr>
<tr>
<td>• Submit: Chapter 8 with lab 8B (5 points)</td>
</tr>
<tr>
<td>DUE June 30th</td>
</tr>
<tr>
<td>• Submit: Chapter 8 exam (25 points)</td>
</tr>
<tr>
<td>• Submit: Chapter 9</td>
</tr>
<tr>
<td>DUE July 1st</td>
</tr>
<tr>
<td>• Submit: Chapter 9 exam (25 points)</td>
</tr>
</tbody>
</table>
all due times are 11:59 pm CST, unless otherwise specified

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 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 cumulative point total at that time is 100 pts; your total of 75 pts divided by 100 pts = 75% (C)