KIN 1304-S10
Principles of Wellness
FALL 2021

Instructor: D. Rozena McCabe, PhD
Email: dmccabe@angelo.edu
Phone: 325-486-6199
Office: CHP 109
Office Hours:  
Monday & Wednesday  10:00 am – 12:30 pm
Monday  3:00 pm – 6:00 pm
Tuesday & -Thursday  10:00 am – 11:00 am
Also available by appointment

Course Information

Course Description
The study of the aspects that make up total wellness. Subject areas will include the health-related aspects of physical fitness, proper nutrition, heart disease, substance abuse, and the influence of mental, emotional, and psychological factors on these aspects.

Course Credits
Three hours

Prerequisite and Co-requisite Courses
None

Prerequisite Skills
Accessing internet web sites, use of ASU Library resources, and proficiency with Microsoft Word and/or PowerPoint are minimum requirements for this course. Computer access requirements are further delineated in the Undergraduate Handbook. Tutorials for ASU Library and for Blackboard are available through RamPort.

Course Delivery & Meeting Times
This is a face-to-face course with learning resources, supplemental materials, and assignments posted in Blackboard.
Class Meeting Times: MTWR 12:30 pm – 1:45 pm
Meeting Location: CHP 205
Student Learning Outcomes

<table>
<thead>
<tr>
<th>Student Learning Outcome</th>
<th>Assignments or activities validating outcome achievement:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Demonstrate an understanding of the wellness approach to healthy living.</td>
<td>Chapter exams, labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Identify the benefits of living a wellness lifestyle.</td>
<td>Chapter exams, labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Assess personal wellness and develop a plan for improvement.</td>
<td>Labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Identify the benefits of good nutrition, portion control and hidden ingredients in many beverages and foods.</td>
<td>Labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
<tr>
<td>Discuss the relationship between positive lifestyle changes and the healthy lifespan.</td>
<td>Labs, personal development projects, nutrition, analysis, reflection papers.</td>
</tr>
</tbody>
</table>

Required Texts and Materials

Top Hat
We will be using Top Hat Pro ([www.tophat.com](http://www.tophat.com)) for class participation. You will be able to submit answers to in-class questions using Apple or Android smartphones and tablets, laptops, or through text message. You can visit the Top Hat Overview ([https://success.tophat.com/s/article/Student-Getting-Started-with-Top-Hat](https://success.tophat.com/s/article/Student-Getting-Started-with-Top-Hat)) within the Top Hat Success Center which outlines how you will register for a Top Hat account, as well as providing a brief overview to get you up and running on the system.

An email invitation will be sent to you by email, but if don’t receive this email, you can register by simply visiting our course website: [https://app.tophat.com/e/057591](https://app.tophat.com/e/057591)

Note: our Course Join Code is: 057591

Top Hat Pro may require a paid subscription, and a full breakdown of all subscription options available can be found here: [www.tophat.com/pricing](http://www.tophat.com/pricing).

Should you require assistance with Top Hat Pro at any time please contact their Support Team directly by way of email ([support@tophat.com](mailto:support@tophat.com)), the in-app support button, or by calling 1-888-663-5491. Specific user information may be required by their technical support team when troubleshooting issues.
Technology Requirements
To successfully complete this course, students need to understand the use of Blackboard for reviewing course materials and submitting assignments.

Communication
Faculty will respond to email and/or telephone messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday.

Written communication via email: All private communication will be done exclusively through your ASU email address. Check frequently for announcements and policy changes. In your emails to faculty, include the course name and section number.

Grading

Evaluation and Grades
Course grades will be determined as indicated in the table below.

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Approximate Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chapter Exams (25 pts each, lowest grade dropped)</td>
<td>250</td>
</tr>
<tr>
<td>Labs (10 pts each)</td>
<td>80</td>
</tr>
<tr>
<td>Personal Development Project (25 pts each)</td>
<td>50</td>
</tr>
<tr>
<td>Nutritional Analysis</td>
<td>20</td>
</tr>
<tr>
<td>Top Hat Quizzes and Assignments</td>
<td>150</td>
</tr>
<tr>
<td>Reflection Papers</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>600</td>
</tr>
</tbody>
</table>

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 points
B = 80.00-89.99 points
C = 70.00-79.99 points
D = 60.00-69.99 points
F = 0-59.99 points (Grades are not rounded up)
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 and 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.

Labs
There will be 10 laboratories which are designed to supplement the lecture material. Laboratories include self-evaluation questionnaires and assessment of physical fitness.

Personal Development Projects
Regardless of your current wellness status, there is always room to improve. This project is designed to give you the flexibility to improve the dimensions of wellness most important to you. An assignment sheet will be provided with recommended wellness development activities. The student will write a reflection about the experience and share what they learned with their classmates.

Nutritional Analysis
The purpose of this assignment is to record all food consumed for three days and conduct a nutritional analysis of the record (macronutrient and micronutrient) and write a one-page reflection. A handout will be provided with the details of the assignment requirements.

Top Hat Quizzes and Assignments
A subscription to Top Hat is required for this course. This teaching platform will be used during class for quizzes, polls, and discussion. You must be present in class to receive credit for the quizzes and assignments.

Reflection Papers
One-page reflections are required for select special topic lecture presentations. For each topic the student will provide a summary of the important concepts of the topic and a reflection about how the topic is personally applicable to the student’s health.

Attendance
Attendance is recorded every day, except the final exam day. Attendance may be taken by Top Hat, roll call, or by the submission of an in-class activity. If you are not in class when attendance is recorded or when the in-class assignment is submitted then an absence for the day will be recorded. Excused absences require documentation prior to the absence and are only recognized for school sponsored activities, religious holy days, or military training.
Late Assignments
Exam and major assignment due dates are shown on the calendar/schedule or posted within Blackboard.

Chapter Exams: No make-ups will be given on section exams unless prior arrangements have been approved.
 Labs: Laboratories must be submitted on the due date to receive full credit.
 Top Hat: All Top Hat quizzes and assignments must be completed during class unless prior arrangements have been approved.
 Nutrition Analysis, Personal Development Project, and Reflection Papers: Late submission of these assignments will result in a progressive deduction of points.

General Policies Related to This Course
All students are required to follow the policies and procedures presented in these documents:
- Angelo State University Student Handbook
- Angelo State University Catalog

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.

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 Services website. The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford, Director of Student Disability Services
Office of Student Affairs, Houston Harte University Center, Room 112
325-942-2047
dallas.swafford@angelo.edu
Incomplete Grade Policy
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. See ASU Operating Policy 10.11 Grading Procedures for more information.

Plagiarism
Plagiarism is a serious topic covered in ASU’s Academic Integrity policy in the Student Handbook. 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. 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. Resources to help you understand this policy better are available at the ASU Writing Center.

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. See ASU Operating Policy 10.19 Student Absence for Observance of Religious Holy Day for more information.

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.

Title IX at Angelo State University
Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and
unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form
Face to face: Mayer Administration Building, Room 210
Phone: 325-942-2022
Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State’s policy please visit: www.angelo.edu/title-ix.

Course Schedule

TENTATIVE SCHEDULE OF READINGS AND MAJOR ASSIGNMENT DUE DATES

<table>
<thead>
<tr>
<th>DATE</th>
<th>LABS AND ASSIGNMENTS</th>
<th>CLASS TOPIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Oct 18</td>
<td></td>
<td>Course Orientation and Introduction</td>
</tr>
<tr>
<td>Tues Oct 19</td>
<td></td>
<td>Chapter 1: Physical Fitness &amp; Wellness</td>
</tr>
<tr>
<td>Wed Oct 20</td>
<td>Chapter 1 Test Chapter 1 Lab</td>
<td>Chapter 1: Physical Fitness &amp; Wellness</td>
</tr>
<tr>
<td>Mon Oct 25</td>
<td>Stress Video Assignment (10 pts)</td>
<td>Chapter 2: Behavior Modification</td>
</tr>
<tr>
<td></td>
<td>Chapter 10 Test Chapter 10 Lab</td>
<td></td>
</tr>
<tr>
<td>Tues Oct 26</td>
<td>Chapter 2 Test</td>
<td>Personal Development Assigned Special Topic: “Sleep &amp; Health”</td>
</tr>
<tr>
<td>Wed Oct 27</td>
<td></td>
<td>Chapter 3: Nutrition - Nutrients</td>
</tr>
<tr>
<td>Thur Oct 28</td>
<td>Reflection Paper – Sleep &amp; Health (20 pts) Chapter 3 Test</td>
<td>Chapter 3: Nutrition – Food Labels</td>
</tr>
</tbody>
</table>

Course Schedule
<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Additional Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon Nov 1</td>
<td><strong>Chapter 3 – Food Diary &amp; Reflection (20 pts)</strong></td>
<td>Chapter 4: Body Composition</td>
</tr>
<tr>
<td>Tues Nov 2</td>
<td><strong>Chapter 4 Lab</strong></td>
<td>Body Composition testing</td>
</tr>
<tr>
<td></td>
<td><strong>Chapter 4 Test</strong></td>
<td></td>
</tr>
<tr>
<td>Wed Nov 3</td>
<td></td>
<td>Special Topic: Financial Fitness</td>
</tr>
<tr>
<td>Thur Nov 4</td>
<td></td>
<td>Special Topic: Relationship Health</td>
</tr>
<tr>
<td>Mon Nov 8</td>
<td><strong>Optional Reflection Paper as Alternative to Sexual Health Lecture</strong></td>
<td>Special Topic: Sexual Health</td>
</tr>
<tr>
<td>Tues Nov 9</td>
<td><strong>Personal Development Reflection and In-Class Report</strong></td>
<td>Personal Development Project</td>
</tr>
<tr>
<td>Wed Nov 10</td>
<td></td>
<td>Chapter 5: Weight Management</td>
</tr>
<tr>
<td>Thur Nov 11</td>
<td><strong>Chapter 5 Lab</strong></td>
<td>Chapter 5: Weight Management</td>
</tr>
<tr>
<td>Mon Nov 15</td>
<td></td>
<td>Special topic: “Distracted Driving”</td>
</tr>
<tr>
<td>Tues Nov 16</td>
<td>3-min step test (in class)</td>
<td>Cardiovascular Disease: Terms and Concepts</td>
</tr>
<tr>
<td>Wed Nov 17</td>
<td>1.5 mile run (in class)</td>
<td>Chapter 6: Cardiorespiratory Endurance</td>
</tr>
<tr>
<td>Thur Nov 18</td>
<td><strong>Chapter 6 Lab</strong></td>
<td>Chapter 6: Cardiorespiratory Endurance</td>
</tr>
<tr>
<td>Mon Nov 22</td>
<td><strong>Reflection Paper – Distracted Driving (20 pts)</strong></td>
<td>Chapter 7: Muscular Strength &amp; Endurance</td>
</tr>
<tr>
<td>Tues Nov 23</td>
<td></td>
<td>Chapter 7: Muscular Strength &amp; Endurance</td>
</tr>
<tr>
<td>Wed Nov 24</td>
<td><strong>Testing in weight room &amp; gym Chapter 7 Lab</strong></td>
<td>NO CLASS – Thanksgiving Break</td>
</tr>
<tr>
<td></td>
<td><strong>Chapter 7 Test</strong></td>
<td></td>
</tr>
<tr>
<td>Thur Nov 25</td>
<td><strong>Thanksgiving</strong></td>
<td>NO CLASS – Thanksgiving Break</td>
</tr>
<tr>
<td>Mon Nov 29</td>
<td><strong>Chapter 8 Lab</strong></td>
<td>Chapter 8: Muscular Flexibility</td>
</tr>
<tr>
<td>Tues Nov 30</td>
<td><strong>Chapter 15 Lab</strong></td>
<td>Chapter 15: Lifetime Fitness and Wellness</td>
</tr>
<tr>
<td>Wed Dec 1</td>
<td><strong>Health Misinformation and Disinformation In-Class Report Due</strong></td>
<td>Health Misinformation and Disinformation</td>
</tr>
<tr>
<td>Thur Dec 2</td>
<td></td>
<td>Special Topic: “Ears, Eyes, Mouth, and Skin”</td>
</tr>
<tr>
<td>Mon Dec 6</td>
<td><strong>Chapter 13: Test – Final Exam 8:00 pm</strong></td>
<td>Chapter 13: Addictive Behaviors</td>
</tr>
</tbody>
</table>
Basic Needs
Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect his or her performance in the course, is urged to contact the Multicultural and Student Activities Programs Center (multicultural@angelo.edu; 325-942-2729) or notify your professor.

Student Evaluation of Faculty and Course
Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.
Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

End of Syllabus

1 https://www.angelo.edu/student-handbook/
2 https://www.angelo.edu/catalogs/
3 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
4 https://www.angelo.edu/services/disability-services/
5 https://www.angelo.edu/content/files/14197-op-1011-grading-procedures
6 https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php
7 https://www.angelo.edu/dept/writing_center/academic_honesty.php
8 https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of