

KIN 1304-S10

Principles of Wellness

FALL 2021



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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

Student Learning Outcome By completing all course requirements, students will be able to:	Assignments or activities validating outcome achievement:
Demonstrate an understanding of the wellness approach to healthy living.	Chapter exams, labs, personal development projects, nutrition, analysis, reflection papers.
Identify the benefits of living a wellness lifestyle.	Chapter exams, labs, personal development projects, nutrition, analysis, reflection papers.
Assess personal wellness and develop a plan for improvement.	Labs, personal development projects, nutrition, analysis, reflection papers.
Identify the benefits of good nutrition, portion control and hidden ingredients in many beverages and foods.	Labs, personal development projects, nutrition, analysis, reflection papers.
Discuss the relationship between positive lifestyle changes and the healthy lifespan.	Labs, personal development projects, nutrition, analysis, reflection papers.

Required Texts and Materials

Hoeger, W., Hoeger, S., Fawson, A., & Hoeger, C., (2018). *Principles and Labs for Fitness and Wellness*. (15th ed.). Boston, MA: Cengage.

Top Hat

We will be using **Top Hat Pro** (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>) 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>

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.

Should you require assistance with Top Hat Pro at any time please contact their Support Team directly by way of email (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.

Assessment	Approximate Points
Chapter Exams (25 pts each, lowest grade dropped)	250
Labs (10 pts each)	80
Personal Development Project (25 pts each)	50
Nutritional Analysis	20
Top Hat Quizzes and Assignments	150
Reflection Papers	50
Total	600

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](#)¹
- [Angelo State University Catalog](#)²

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](#).³

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](#).⁴ 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](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ 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](#).⁷

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](#)⁸ 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

DATE	LABS AND ASSIGNMENTS	CLASS TOPIC
Mon Oct 18		Course Orientation and Introduction
Tues Oct 19		Chapter 1: Physical Fitness & Wellness
Wed Oct 20	Chapter 1 Test Chapter 1 Lab	Chapter 1: Physical Fitness & Wellness
Thur Oct 21	Weekend Homework: "Stress: Portrait of a Killer" video	Chapter 10: Stress Assessment & Management
Mon Oct 25	Stress Video Assignment (10 pts) Chapter 10 Test Chapter 10 Lab	Chapter 2: Behavior Modification
Tues Oct 26	Chapter 2 Test	Personal Development Assigned Special Topic: "Sleep & Health"
Wed Oct 27		Chapter 3: Nutrition - Nutrients
Thur Oct 28	Reflection Paper – Sleep & Health (20 pts) Chapter 3 Test	Chapter 3: Nutrition – Food Labels

Mon Nov 1	Chapter 3 – Food Diary & Reflection (20 pts)	Chapter 4: Body Composition
Tues Nov 2	Chapter 4 Lab Chapter 4 Test	Body Composition testing
Wed Nov 3		Special Topic: Financial Fitness
Thur Nov 4		Special Topic: Relationship Health
Mon Nov 8	Optional Reflection Paper as Alternative to Sexual Health Lecture	Special Topic: Sexual Health
Tues Nov 9	Personal Development Reflection and In-Class Report	Personal Development Project
Wed Nov 10		Chapter 5: Weight Management
Thur Nov 11	Chapter 5 Lab Chapter 5 Test	Chapter 5: Weight Management
Mon Nov 15		Special topic: “Distracted Driving”
Tues Nov 16	3-min step test (in class)	Cardiovascular Disease: Terms and Concepts
Wed Nov 17	1.5 mile run (in class)	Chapter 6: Cardiorespiratory Endurance
Thur Nov 18	Chapter 6 Lab Chapter 6 Test	Chapter 6: Cardiorespiratory Endurance
Mon Nov 22	Reflection Paper – Distracted Driving (20 pts)	Chapter 7: Muscular Strength & Endurance
Tues Nov 23		Chapter 7: Muscular Strength & Endurance
Wed Nov 24	Testing in weight room & gym Chapter 7 Lab Chapter 7 Test	NO CLASS – Thanksgiving Break
Thur Nov 25	Thanksgiving	NO CLASS – Thanksgiving Break
Mon Nov 29	Chapter 8 Lab Chapter 8 Test	Chapter 8: Muscular Flexibility
Tues Nov 30	Chapter 15 Lab Chapter 15 Test	Chapter 15: Lifetime Fitness and Wellness
Wed Dec 1	Health Misinformation and Disinformation In-Class Report Due	Health Misinformation and Disinformation
Thur Dec 2		Special Topic: “Ears, Eyes, Mouth, and Skin”
Mon Dec 6	Chapter 13: Test – Final Exam 8:00 pm	Chapter 13: Addictive Behaviors

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>