



Angelo State University
Department of Kinesiology
Spring 2022 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, (15th ed.), Hoeger, W, & S. Hoeger (**ebook**). All you have to do is go to 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.

Identify the benefits of living a wellness lifestyle.

Identify areas of their own lives that need improvement 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 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.

Labs 10A, B,C,1B,C,2A,4,6A,C,D,7A,8A,B & 9A (14 @ 5 pts.)	70 points
Nutrition Analysis (lab 3A)	30 points
Chapter exams (10 @ 25 pts.)	250 points
Special wellness paper (@ 20 pts.)	20 points
Guest Speaker response paper	10 points
“Hungry for Change” response paper	10 points
TOTAL 390 points	

Grading Scale:

351-390 (90-100 %) = A

312-350 (80-89%) = B

273-311 (70-79%) = C

234-278 (60-69%) = D

233 and below) =F

Testing Procedures:

Chapter exams – Written exams will consist of multiple-choice questions. Questions are 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).

Special wellness paper-the response paper is on “How to Slow Down the Aging Process” & “Positive Lifestyle Changes” (20 points). This paper 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 many 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: **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 or any other unauthorized electronic equipment unless you are taking notes. When class starts, put your cell phone away. 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 Vitalant Blood Donation, 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). If you cannot donate for any reason, you can have a friend donate for you. 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.

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](#).ⁱ

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](#).ⁱⁱ 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."

Course Syllabus Statement on Required Use of Masks/Facial Coverings by Students in Class At Angelo State University

Wearing a mask is optional in this class.

Physical Health and Well Being Expectations:

Students are responsible to monitor and self-screen their physical health everyday they attend campus. To assist you with this endeavor, the following information is for you to comprehend and apply to the daily wellness screen:

COVID-19 symptoms:

- Fever of 100 degrees Fahrenheit or greater
- A new cough that is not attributable to another medical condition
- New muscle aches not attributable to another medical condition or another specific activity (e.g., due to physical activity and/or exercise)
- New or worsening headache
- New loss of taste or smell
- Throat pain not attributable to another medical condition
- Congestion and/or runny nose not attributable to another medical condition
- New shortness of breath not attributable to another condition
- Nausea or vomiting
- Diarrhea

Expectations for class:

1. Complete the "Daily COVID-19 Wellness Screening" tool found on the ASU website before coming on to campus. Go to: <https://www.angelo.edu/wellness-screening>.
2. Be prepared to show "wellness badge" before and/or upon entering the building and/or classrooms.
3. Face coverings and physically distancing while in class
4. If you are experiencing symptoms, email the instructor after you have sought medical attention.

If you are exhibiting COVID-19 symptoms and/or have a temperature of 100 degrees Fahrenheit or greater, it is recommended that the student stay home and seek medical attention.

Seek medical attention:

First option:

- Download and use the Shannon on Demand app.
- Create an account
- Use payment code SHANNONCOVID19 which will cover your cost if it is COVID related.
- Talk to one of the physicians available
- Carefully follow the physician's instructions

Second option:

- Call and make an appointment with ASU Shannon Clinic – Jackson by calling 325-942-2171
- Attend appointment
- Carefully follow the physician's and/or healthcare provider's instructions.

Addition to your physical health, your mental and emotional health should be monitored and screened as well. If you are experiencing signs and symptoms related to anxiety and /or depression revolving around this current pandemic situation, please contact the ASU Counseling Services at 325-942-2371 or visiting [Counseling Services](#).

KIN 1304 Principles of Fitness & Wellness

Tentative Course Schedule-subject to change

1-19 course introduction

2-21 “National Health Test” video

1-24 Chapter 10 (Stress Assessment) (labs 10A, B & C)

1-26 Chapter 10 (con't)

1-28 Chapter 10 (complete) (test) **(25 pts)** & (labs 10A, B & C due Feb. 7th or sooner) **(40 pts)**

1-31 guest speaker (Officer Baker)-driver distractions

2-2 Chapter 1 (Physical Fitness & Wellness) (labs 1B & C)

2-4 Chapter 1 (con't)

2-7 Chapter 1 (test) **(65 pts)** 1 B & C due Feb. 16th or sooner) **(75 pts)**

2-7 “Driver Distraction” response paper due **(85 pts)**

2-9 Chapter 2 (Behavior Modification) (lab 2A)

2-11 Chapter 2 (con't)

2-14 Chapter 2 (test) **(110 pts)** & (lab 2A due Feb. 23rd or sooner) **(115 pts)**

2-16 Chapter 3 (Nutrition) (lab 3A nutritional analysis)

2-19 Chapter 3 (con't)

2-21 Chapter 3 (con't)

2-23 Chapter 3 (test) **(140 pts)** & (lab 3A nutritional analysis due Mar 9th or sooner) **170 pts)**

2-25 Chapter 4 (Body Composition) (lab 4A)

2-28 Chapter 4 (con't) & DXA machine/InBody machine-KIN lab)

3-2 Chapter 4 (lab testing in classroom)

3-4 Chapter 4 (test) **(195 pts)** & (lab 4 due Mar 7th or sooner) **(200 pts),**

3-7 "Hungry For Change" video part I

3-9 "Hungry For Change" video part II

3-11 Chapter 5 (Weight Management)

3-14 through 3-18 spring break

3-16 Chapter 5 (Weight Management)

3-16 "Hungry For Change" response paper due Mar 23rd or sooner) **(210 pts)**

3-18 Chapter 5 (con't)

3-21 Chapter 5 (con't)

3-23 Chapter 5 (con't)

3-25 Chapter 5 (test) **(235 pts)**

3-28 Chapter 6 (Cardiorespiratory Endurance) & (labs 6A, C & D)

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

4-4 Chapter 6 (1 ½ mile run)

4-6 Chapter 6 (con't) & (test) **(260 pts)** labs 6A, C & D due Apr 18th or sooner) **(275 pts)**

4-8 Chapter 7 (Muscular Strength & Endurance) (lab 7A)

4-11 Chapter 7 (con't)

4-13 Chapter 7 (con't)

4-15 Chapter 7 (testing in weight room & gym)

4-18 Chapter 7 (testing in weight room & gym)

4-20 Chapter 7 (con't) (test) **(300 pts)** & (lab 7A due May 11th or sooner) **(305 pts)**

4-22 "How to Slow Down the Aging Process" wellness presentation

4-25 Chapter 8 (Muscular Flexibility) & (lab 8A & B)

4-27 Chapter 8 (con't);

4-29 Chapter 8 (testing in KIN lab) "How to Slow Down the Aging Process" due **(325 pts.)**

5-2 Chapter 8 (test) **(350 pts)** & (labs 8A & B due May 4th or sooner) **(360 pts)**

5-4 Chapter 9 (Personal Fitness)

5-6 Chapter 9 (testing in gym) lab 9A due May 6th) **(365 pts)**

5-9 FINAL (Monday) 1-3 p.m., section .010 (Chapter 9 test (390 pts) & special activity)

5-11 FINAL (Wednesday) 1-3 p.m., section .020 (Chapter 9 test (390 pts) & special activity)

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)

ⁱ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

ⁱⁱ <https://www.angelo.edu/services/disability-services/>