

SHSU COLLEGE OF HEALTH SCIENCES
KINESIOLOGY 2115
LIFETIME HEALTH & WELLNESS
Spring 2018 – 2 day/week class

My Course Section Number: 2115.04

Instructor Information:

Name: Randall Walton

Office: HKC 221

Phone number: (936) 294- 2646

Email address: randall.walton@shsu.edu

Office hours: By appointment only

Textbook:

Hyman & Oden. (2014) Lifetime Health and Wellness, Kendall Hunt Publishing Company - **Packaged with WebCom Access Code.**

Print book ISBN: 9781465279392

Ebook ISBN: 9781465280060

The WebCom Access Code is required for successful completion of KIN 2115. Considerable course content is delivered through WebCom, and over forty percent of the final grade is derived from assignments completed through WebCom. Make certain that your book comes with the WebCom Access Code.

To purchase the textbook directly from Kendall Hunt, go to:

<https://he.kendallhunt.com/product/lifetime-health-and-wellness-0>

Course Description:

Lifetime Health & Wellness presents the information and skills needed to adopt a lifestyle of health and wellness. Emphasis is placed on the components of physical fitness and the benefits of a healthy lifestyle, which includes exercise and activity, proper nutrition, disease prevention behaviors, and safe choices.

Course Objectives:

At the completion of Lifetime Health & Wellness, the student will:

1. Describe the role of empirical research and the scientific method in the investigation of the human condition regarding personal and public health and wellness issues.
2. Explain the importance of individual and collective behaviors and the availability of health care services as they relate to the health status of individuals, diverse groups, and varied cultures.
3. Identify their major risk factors for morbidity and mortality, including behavior and environmental factors.
4. Explain the economic impact of poor health and lifestyle choices on society.
5. Describe the different dimensions of wellness and will engage in public discourse as to how those dimensions may be defined and contribute to the overall wellness of the individual.
6. Analyze the effects of various forces and influences on personal health and wellness – including cultural, social, and personal factors, as well as, gender, ethnicity, socioeconomic status, as well as global factors.

Course Evaluation:

Exams (3 @ 100 points each)	300
WebCom chapter quizzes (11 @ 10 points each)	110
WebCom health assessments (11 @ 10 points each)	110
WebCom video presentation quizzes (3 @ 10 points each)	30
Discussion board topics (3 @ 10 points each)	30
Total	580 points

Grading Scale:

522 - 580 points	90 – 100 percent	A
464 - 521 points	80 – 89 percent	B
406 - 463 points	70 – 79 percent	C
348 – 405 points	60 – 69 percent	D
Less than 348 points	less than 60 percent	F

Grade is calculated based on ending point total, **NOT AVERAGED OUT.**

Chapter quiz due dates: <http://www.grtep.com>

Each student must complete an on-line chapter quiz for chapters 1-10 on WebCom. There are no chapter quizzes for chapters 11 and 12. Each chapter quiz is worth up to ten points and may be retaken one time. The higher of the two grades will be recorded in your grade book. The chapter quizzes make excellent review and preparation for the three major exams, so it is recommended that students take the chapter quiz along with the corresponding chapter being studied in class.

Any chapter quiz not completed by the deadline will be recorded as a zero; NO EXCEPTIONS.

<u>Chapter</u>	<u>Topic</u>	<u>Value</u>	<u>Open/Close Dates</u>
1	The Importance of Fitness and Wellness	10	Jan 17 – Feb 21
1	Voice Over Power Point and Article	10	Jan 17 – Feb 21
2	Cardiorespiratory Endurance	10	Jan 17 – Feb 21
3	Body Composition	10	Jan 17 – Feb 21
4	Flexibility	10	Jan 17 – Feb 21
5	Muscular Strength and Endurance	10	Jan 17 – Mar 28
6	Nutrition	10	Jan 17 – Mar 28
7	Weight Control	10	Jan 17 – Mar 28
8	Cardiovascular Disease	10	Jan 17 – Mar 28
9	Cancer, Diabetes, and Osteoporosis	10	Jan 17 – May 4
10	Stress Management	10	Jan 17 – May 4
Total Chapter Quiz Points		110	

***All chapter quizzes are due by 11:59 p.m. on the close date.

Required On-line Health Assessments: <http://www.grtep.com>

On-line health assessments provide each student with individual feedback concerning lifestyle risks and protective factors in several areas of wellness. On-line assessments, like chapter quizzes, should be taken along with the corresponding chapter being studied in class. **Any assessment not completed by the deadline will be recorded as a zero; NO EXCEPTIONS.** Ten points will be recorded in your grade book upon completion and submission of each assessment.

<u>Chapter</u>	<u>Assessment</u>	<u>Value</u>	<u>Open/Close Dates</u>
1	Family History Interview/powerpoint/discussion board	20	Jan 17 – Feb 21
1	Personal Health Profile	10	Jan 17 – Feb 21
1	Intercultural Health Issue Letter /Discussion board	10	Jan 17 – Feb 21
5	Strength Training Lesson	10	Jan 17 – Mar 28
6	ChooseMyPlate.gov Assessment	10	Jan 17 – Mar 28
8	Risk Factors for Cardiovascular Disease	10	Jan 17 – Mar 28
9	Skin Cancer Risk Assessment	10	Jan 17 – May 4
9	Diabetes Risk Assessment	10	Jan 17 – May 4
10	Stress Vulnerability Questionnaire	10	Jan 17 – May 4
12	Personal Behavior Change Reflective Summary/Dis. Board	10	Jan 17 – May 4

Total Health Assessment Points **110**

***All assessments are due by 11:59 p.m. on the close date.

Video Presentation Quizzes: <http://www.grtep>

Each student must complete an on-line video quiz for the three video presentations in chapter 11 on WebCom. Each video quiz due is worth up to ten points and may be retaken one time. The higher of the two grades will be recorded in your grade book. The video quizzes make excellent review and preparation for the final exam, so it is recommended that students take the video quiz along with the corresponding chapter being studied in class. **Any video quiz not completed by the deadline will be recorded as a zero; NO EXCEPTIONS.**

<u>Chapter</u>	<u>Video Presentation</u>	<u>Value</u>	<u>Open/Close Dates</u>
11	Counseling Center – Sexual Assault	10	Jan 17 – May 4
11	Health Center – Sexual Health & STI's	10	Jan 17 – May 4
11	ADAI – All About Alcohol	10	Jan 17 – May 4

Total Video Presentation Quizzes **30**

***All video quizzes are due by 11:59 p.m. on the close date.

Required Discussion Boards on SHSU Blackboard

Discussion Boards give students the opportunity discuss with the instructor and fellow students topics related to health and wellness lifestyle issues. The discussion board topics are accessed and completed on Blackboard. Students create a thread for the topic and respond to 2 student threads. **Any video quiz not completed by the deadline will be recorded as a zero; NO EXCEPTIONS.** Ten points will be recorded in your blackboard gradebook upon completion and submission.

<u>Location</u>	<u>Topic</u>	<u>Value</u>	<u>Open/Close Dates</u>
Blackboard unit 1	Family History	10	Jan 29 – Feb 21
Blackboard unit 1	Intercultural Health Issues	10	Jan 29 – Feb 21
Blackboard unit 3	Personal Behavior Change	10	Mar 28 – May 4

*****All Discussion Boards are due by 11:59 on the close date.**

Course Content:

See attached course schedule and exam dates for your appropriate section.

Exams will be administered only on the specified dates. No make-up exams are administered; however, the professor reserves the right to give a make-up exam because of unforeseen valid emergencies which can be officially documented in writing. Should a make-up exam be given, it will differ in style from the original exam.

On exam day, once the first student has finished and turned in his/her exam, no one will be allowed to begin exam at that point.

Turn off all cell phones, iPods, computers or other electronic devices that may disrupt the class. If you are caught texting in class, you will be asked to leave and receive an absence. You may use a computer in class as long as you have proper university documentation.

It is the student's responsibility to check their university student email account. This is an official form of communication. It is recommended that the account is checked daily.

Attendance:

Regular attendance is mandatory. If you should miss any class, it is your responsibility to make up any work that was missed and prepare for the next class period. Please see your Student Handbook to see what constitutes an excused absence. Official documentation is required for any absence to be excused. This documentation must be presented to the instructor within 7 days of the absence. At the beginning of each class a roll sheet will be handed out and **IT IS THE STUDENT'S RESPONSIBILITY TO SIGN FOR ATTENDANCE TO BE COUNTED FOR THAT CLASS** (the same signature must be used for each roll sheet). **Failure to sign the roll sheet during that class day will be counted as an absence. Be on time; being late to class might result in an absence.** Absences will affect the final grade in the following manner:

0 absences
Only 1 absence
Only 2 absences
7 absences

20 points added to the final grade
15 points added to the final grade
10 points added to the final grade
failure from the course

Student absences on religious holy days policy (AP 861001):

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor. A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

<http://www.shsu.edu/dotAsset/0953c7d0-7c04-4b29-a3fc-3bf0738e87d8.pdf>

Student Absence Notification Policy (Dean of Students)

Distinction between non-emergency and emergency absences; included in this link is the Absence Notification Request Form: <http://www.shsu.edu/dept/dean-of-students/absence.html>

Procedures in Cases of Academic Dishonesty (AP 810213)

Students are expected to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action. The University and its official representatives may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including but not limited to, cheating on an examination or other academic work which is to be submitted, plagiarism, collusion and the abuse of resource materials.

<http://www.shsu.edu/dotAsset/728eec25-f780-4dcf-932c-03d68cade002.pdf>

Allegations of student misconduct, as defined in paragraph 5.2, Chapter VI of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines*, published by the Dean of Students' Office, will be referred to the Dean of Students' Office for necessary action. Dean of Students: <http://www.shsu.edu/dept/dean-of-students/>.

Academic Honesty:

Academic honesty is expected in all work. Ignorance is not an excuse. Penalties will include 0 points for the assignment or exam and loss of any extra credit opportunities. First instance will result in a 0 on the assignment and the incident being noted. Second instance will result in failing the class, and both incidents will be reported. Remember that self-plagiarism (using something you did) is also considered academic dishonesty.

The subject of academic honesty is addressed in paragraph 5.3, Chapter VI, of the *Rules and Regulations*, Board of Regents, The Texas State University System, and Sam Houston State University *Student Guidelines* published by the Office of Student Life to wit:

5.3 Academic Honesty. The University expects all students to engage in all academic pursuits in a manner that is above reproach. Students are expected to maintain complete honesty and integrity in the academic experiences both in and out of the classroom. Any student found guilty of dishonesty in any phase of academic work will be subject to disciplinary action.

5.31 The University and its official representatives, acting in accordance with Subsection 5.32, may initiate disciplinary proceedings against a student accused of any form of academic dishonesty including, but not limited to, cheating, plagiarism, collusion, and the abuse of resource materials.

"Cheating" includes the following and similar actions:

- (1) Copying from another student's test paper, laboratory report, other report, or computer files, data listings, and/or programs.
- (2) Using, during a test, materials not authorized by the person giving the test.

(3) Collaborating, without authorization, with another student during an examination or in preparing academic work.

(4) Knowingly, and without authorization, using, buying, selling, stealing, transporting, soliciting, copying, or possessing, in whole or in part, the contents of an unadministered test.

(5) Substituting for another student, permitting any other person, or otherwise assisting any other person to substitute for oneself or for another student in the taking of an examination or test or the preparation of academic work to be submitted for academic credit.

(6) Bribing another person to obtain an unadministered test or information about an unadministered test.

(7) Purchasing, or otherwise acquiring and submitting as one's own work any research paper or other writing assignment prepared by an individual or firm. This section does not apply to the typing of the rough and/or final versions of an assignment by a professional typist.

5.32 "Plagiarism" means the appropriation and the unacknowledged incorporation of another's work or idea into one's own work offered for credit.

5.33 "Collusion" means the unauthorized collaboration with another person in preparing work offered for credit.

5.34 "Abuse of resource materials" means the mutilation, destruction, concealment, theft or alteration of materials provided to assist students in the mastery of course materials.

5.35 "Academic work" means the preparation of an essay, dissertation, thesis, report, problem, assignment, or other project that the student submits as a course requirement or for a grade.

"Self-plagiarism represents a significant problem in academia as it serves to undermine the learning process and outcomes that are a key feature of each course that is offered as a part of a student's curriculum. As a result, the Department of Health and Kinesiology has a strict policy in place to prevent self-plagiarism in the classroom. Self-plagiarism is defined as the submission of any type of assignment that contains content that is recycled from other assignments or a prior publication that one submits for course credit in another course."

Academic Grievance Procedures for Students (AP 900823)

Academic grievances include disputes over course grades, unauthorized class absences/tardiness, suspension for academic deficiency, instructor's alleged unprofessional conduct related to academic matters, graduate comprehensive and oral exams, theses and dissertations, and withdrawal or suspension of privileges related to degree-required clinical rotation, internships, or other clinical service delivery in professional degree programs.

If the dispute is determined to be based upon professional judgment, the aggrieved student is entitled to have, as appropriate and in turn, the department/school chair, College Academic Review Panel, academic dean, Dean of Graduate Studies (for graduate student issues), and Provost and Vice President for Academic Affairs form an opinion about the dispute and so advise the individual(s) involved.

<http://www.shsu.edu/dotAsset/0bb1346f-b8d6-4486-9290-dba24123d0d8.pdf>

Students with disabilities policy (AP 811006):

It is the policy of Sam Houston State University that individuals otherwise qualified shall not be excluded, solely by reason of their disability, from participation in any academic program of the university. Further, they shall not be denied the benefits of these programs nor shall they be subjected to discrimination. Any student with a disability that affects his/her academic performance should contact the Office of Services for Students with Disabilities in the SHSU Lee Drain Annex (telephone 936-294-3512, TDD 936-294-3786) to request accommodations. They should then make arrangements with their individual instructors so that appropriate strategies can be considered and helpful procedures can be developed to ensure that participation and achievement opportunities are not impaired.

SHSU adheres to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations for students with disabilities. NOTE: No accommodation can be made until a student registers with the Services for Students with Disabilities

<http://www.shsu.edu/dotAsset/187f9029-a4c6-4fb4-aea9-2d501f2a60f3.pdf>

Visitors in the Classroom

Only registered students may attend class. Exceptions can be made on a case-by-case basis by the professor. In all cases, visitors must not present a disruption to the class by their attendance. Students wishing to audit a class must apply to do so through the Registrar's Office.

Additional Resources:

All SHSU Policies: <http://www.shsu.edu/intranet/policies/>

Student Guidelines <http://www.shsu.edu/students/guide/>

Webcom website:

<http://www.grtep.com>

NOTE: It is the student's responsibility to know the content of this syllabus as this is the contract for the class.