

KIN 2115 Course Schedule & Exam Dates/ Spring 18 (TENATIVE)
M & W

January 17	Course Introduction
January 22	Fitness and Wellness (Chapter 1)
January 24	Cardiovascular endurance (Chapter 2)
January 29	Cardiovascular endurance application/SHSU Recreational Sports Information
January 31	Body Composition (Chapter 3)
February 5	Online Day: chapters 1-4 quizzes & assessments
February 7	Flexibility (Chapter 4)
February 12	Online Day: work on discussion board topics #1, #2 (on blackboard), exam review
February 14***	Exam Review
February 19	EXAM #1
February 21	Counseling Center Sexual Assault Prevention presentation
February 21	Discussion Board Topics #1 & #2 and WebCom Close Date for chapter 1-4. Both close at 11:59 p.m.
February 26	Muscular Strength & Endurance (Chapter 5)
February 28	Principles of Nutrition (Chapter 6)
March 5	Dietary Guidelines (Chapter 6)
March 7	Online Day: chapters 5-8 quizzes & assessments
March 12-16	Spring Break
March 19	Weight Control (Chapter 7)
March 21	Cardiovascular Disease (Chapter 8)
March 26	Online Day: chapters 5-8 quizzes & assessments WORK ON EXAM 2 REVIEW
March 28	EXAM #2
March 28	WebCom Close Date for chapters 5-8. WebCom closes at 11:59 p.m.
April 2	Cancer, Diabetes, Osteoporosis (Chapter 9)
April 4	Online Day: chapters 9-12 quizzes & assessments, chapter 11 video quizzes, discussion board topic # 3 (on blackboard)
April 9	Cancer, Diabetes, Osteoporosis (Chapter 9), cont.
April 11	Sexual Health and STI's (Chapter 11)
April 16	Online Day: chapters 9-12 quizzes & assessments, chapter 11 video quizzes, discussion board topic #3
April 18	ADAI All About Alcohol presentation
April 23	Stress and Stress Management (Chapter 10)
April 25	Online Day: chapters 9-12 quizzes & assessments, chapter 11 video quizzes, discussion board topic #3, WORK ON EXAM REVIEW
April 30	Lifetime Wellness and Aging (Chapter 12)/Exam Review
May 2	Final Exam (Exam #3)
May 4	Discussion Board Topic #3 and WebCom Close Date for chapter 9-12. Both close at 11:59 p.m.

EXAM DAYS: Bring an 882E scantron & pencil. You will need 3 scantrons in this class for the semester.

DATES IN RED: These dates are reminders for the WebCom Close Dates and Discussion Board topics. All assignments are due to be submitted by 11:59 p.m. on the close date.

DATES IN GREEN: These dates are either university holidays or online days and you do not come to on those days. The online days are given in order to give students time to complete and submit any WebCom assignments, discussion boards, work on exam reviews.

February 14: This will be the only designated exam review day. This is an optional attendance day but attendance is highly recommended as the review is VERY helpful in preparation for the exam. Students will need to complete the review before this date and the instructor let you know if your answers are correct.