



SYLLABUS: Fall 24' KINE 2115 Face to Face

Course Information

Course: Lifetime Health and Wellness
Term: Fall 24
Class Type: Face to Face
Classroom: CHSS 120
Instructor: Simmie Oden
email: mindyo@shsu.edu
Office location: LDB 107Q
Office Phone: 936-294-1165
Office hours: By Appointment and Virtual Office Hours (TBA)

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.

Prerequisites

None

Textbook and/or Resource Material

Hyman and Oden. (2023) Lifetime Health & Wellness-3rd Edition, Kendall Hunt Publishing Company -
Packaged with KHP Content Access Code.
eBook PAK ISBN: 979835109104

The eBook with KHP Content Access Code is required for successful completion of KIN 2115. Considerable course content is delivered through KHP Content, and over forty percent of the final grade is derived from assignments completed through KHP Content. The eBook comes with a valid access code.

The eBook is available through Bearkat Bundle. Follow the instructions on the Bearkat Bundle link on the navigation menu for this course on Blackboard.

If you are not participating in the Bearkat Bundle, you can purchase the eBook directly from Kendall Hunt, go to:

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

You will be directed on how to purchase the eBook. After purchase you will receive an email from Kendall Hunt that has two access codes. The first access code is to download the eBook. The second access code is to create a KHP Content account

*Do not purchase a print book from another textbook source. It will be a used book and will not have a valid KHP access code.

Top Hat

As you know, Top Hat is included in the Sam Houston State Equitable Access program called the Bearkat Bundle. Students that are **OPTED-IN** to this program, Top Hat is available to you at no additional cost. **For any students that have OPTED-OUT of the Equitable Access program**, paid access for Top Hat will begin no earlier than **January 25, 2023**. It is **mandatory** to purchase Top Hat Pro **(and textbook if applicable)** to continue to have access to our Top Hat course content and receive your Top Hat grades.

I am Opted-In to the Bearkat Bundle - What do I need to do?

If you have opted for the **Bearkat Bundle**, you do not need to do anything. Your Top Hat subscription will automatically be added to your Top Hat account, and you will access the Top Hat link in Blackboard to get to the Top Hat material.

I am Opted-Out of the Bearkat Bundle program - What do I need to do?

- Purchase Top Hat Pro **(and textbook if applicable)** directly through Top Hat, with a credit card. You may click on the Top Hat link in Blackboard and after the opt out date passes a paywall will come up, allowing you to pay for Top Hat.
- If you plan to do this, you will simply enter credit card information when you encounter the paywall for your course.
- Or you may,
- Purchase Top Hat Pro **(and textbook if applicable)** from the SHSU bookstore.
- Upon payment at the bookstore, you will receive an access code for Top Hat Pro **(and an access code for textbook if applicable)**. You will enter this code when you encounter the paywall.
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If you have any questions about this or encounter any issues purchasing/redeeming your Top Hat subscription, please reach out to support@tophat.com for assistance.

Computer Required

A computer must be used for this class to complete Blackboard and KHP Content assignments. The internet is required for this course. It is your responsibility to ensure you have a good connection. If you have any technical problems, it is your responsibility to figure out any issues. Contact technical support (info is below in the course requirements section). Do not wait until the last minute to do assignments so that if you do have technical difficulties, you have time to correct them.

THERE ARE NO MAKEUP ASSIGNMENTS, QUIZZES OR EXAMS so please do not ask.

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.

Grading and Evaluation

Course Evaluation

Blackboard Syllabus Quiz	10
Exams (3 @ 100 points each)	300
KHP Content chapter quizzes (10 @ 10 points each)	100
KHP Content health assessments (9 @ 10 pts each)	90
Top Hat Unit Participation Points	53
Total	553 points

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

497- 553 points	90 – 100 percent	A
442 - 496 points	80 – 89 percent	B
387 - 441 points	70 – 79 percent	C
331 - 388 points	60 – 69 percent	D
Less than 331 points	less than 60 percent	F

*Note: More than 546 points can be achieved with extra credit points

UNITS: Course Topics, Readings, Assignments and Exams

Syllabus Quiz

Taken on Blackboard

Due: **Wednesday, September 11, @ 11:59 p.m.**

Units

The course is divided into 3 units. All assignments for each unit on KHP Content, Top Hat, and Blackboard have a designated open/close date. Any assignment not completed by the unit deadline will be recorded as a zero; **NO EXCEPTIONS**.

<u>Unit</u>	<u>Content Covered</u> <small>[OBJ]</small>	<u>Availability</u>
Unit 1	Chapters 1-4	Aug 26 – Dec 5
Unit 2	Chapters 5-8	Aug 26 – Dec 5
Unit 3	Chapters 9-10	Aug 26 – Dec 5

KHP Chapter quiz due dates

Accessible through www.khpcontent.com or the link in appropriate unit on Blackboard. Each student must complete an on-line chapter quiz for chapters 1-10 on KHP Content. There are no chapter quizzes for chapters 11. 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>
1	The Importance of Fitness and Wellness	10
2	Cardiorespiratory Endurance	10
3	Body Composition	10
4	Flexibility	10
5	Muscular Strength and Endurance	10
6	Nutrition	10
7	Weight Control	10
8	Cardiovascular Disease	10
9	Cancer and Other Diseases	10
10	Stress Management	10
Total Chapter Quiz Points		100

*****Refer to the Assignment Check List located in the syllabus and on Blackboard for availability and due dates.**

KHP Required On-line Health Assessments

Accessible through the link in each unit on Blackboard (Intro link in the 'Start Here' section). Health assessments on KHP Content provide each student with individual feedback concerning lifestyle risks and protective factors in several areas of wellness. Online 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>
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1	Family History Interview	10
1	Personal Health Profile	10
2	Par Q Questionnaire	10
5	Strength Training Lesson	10
6	ChooseMyPlate.gov Assessment	10
8	Risk Factors for Cardiovascular Disease	10
9	Skin Cancer Risk Assessment	10
9	Diabetes Risk Assessment	10
10	Stress Vulnerability Questionnaire	10
Total Health Assessment Points		90

*****Refer to the Assignment Check List located in the syllabus and on Blackboard for availability and due dates.**

Top Hat Participation Points

Accessible through the link in each unit on Blackboard (Intro link in the ‘Start Here’ section).

Using Top Hat, you will have participation points during each lecture. This will be a combination of discussion, multiple choice, true/false, poll, etc. Except for the Course Introduction the answers are completion grades; not content grades. The Course Introduction does contain content grades. You will be able to participate as you watch the chapter lecture video.

		<u>Availability</u>
Intro:	3 points	Aug 26 – Dec 5
Unit 1:	20 points	Aug 26 – Dec 5
Unit 2:	20 points	Aug 26 – Dec 5
Unit 3:	10 points	Aug 26 – Dec 5
Total:	53 points	

*****Refer to the Assignment Check List located in the syllabus and on Blackboard for availability and due dates.**

Exams:

There are 3 unit exams. Each will require an 882e scantron and pencil. Exams **will be administered in class**. Exam grades **WILL NOT** be posted on KHP Content. Each exam will be given 2 extra points to account for an arbitrary or vague question, for a total of 6 possible points. These points will be recorded in the ‘Extra Points’ column on your Blackboard gradebook. 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. **Any exam not completed by the deadline will be recorded as a zero; NO EXCEPTIONS.**

Gradebooks

This course will utilize 2 gradebooks. The KHP Content gradebook will house the grades for all KHP Content chapter quizzes, and chapter assessments. The Blackboard gradebook will house the grades for the syllabus quiz, unit exams Top Hat Participation, and any extra credit points (added at the end of the semester). At the end of the semester, I will add the KHP Content point total to Blackboard gradebook.

Extra Credit Opportunities

Extra credit opportunities will be available to earn points that will be added to the ending point total. The dates/times are listed on the class schedule, and details will be provided in class prior to each event. The

Extra Credit points will appear in the Blackboard gradebook, BUT only add to your point total.
Remember this class is a point total, not an average.

Course Assignments and Dates – Face to Face Sections Fall 24

August 26 Blackboard	Syllabus Quiz	<input type="checkbox"/> Due 9/11 @ 11:59 pm
	UNIT 1	
KHP Content	Chapter 1 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 1 Family Health History Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 1 Personal Health Profile Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 2 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 2 Par Q Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 3 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 4 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
In Class	UNIT 1 EXAM Requires 882e scantron & pencil	Taken in class
	UNIT 2	
KHP Content	Chapter 5 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 5 Strength Training Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 6 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 6 Choose My Plate Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 7 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 8 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 8 Risk Factors for CVD Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
In Class	UNIT 2 EXAM Requires 882e scantron & pencil	Taken in class
	UNIT 3	
KHP Content	Chapter 9 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 9 Skin Cancer Risk Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 9 Diabetes Risk Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 10 Quiz	<input type="checkbox"/> Due 12/05 @ 11:59 pm
KHP Content	Chapter 10 Stress Vulnerability Assessment	<input type="checkbox"/> Due 12/05 @ 11:59 pm
In Class	UNIT 3 EXAM Requires 882e scantron & pencil	Taken in class on last class day

****DATES:** If there are any discrepancies of dates between the syllabus and Blackboard, the syllabus will be the correct dates. ALWAYS follow the syllabus.

****EXTRA CREDIT OPPORTUNITIES:** There will be extra credit opportunities throughout the semester. Participation is worth 5 points to the ending point total. The events are TBA; you will be notified.

Course Requirements

NOTE: 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.

- a. Attendance: This is a face-to-face class. Participation will be noted by signing in via Top Hat every class day.
- b. Professionalism/Participation: It is YOUR responsibility to keep up with reading, Power Points, assignments material and exam dates. Due dates are published in the syllabus and **no reminders will be given**. If there are date discrepancies of any kind in the syllabus or on Blackboard, please contact the instructor immediately and go by the dates on the syllabus. No late work will be accepted for any reason unless you contact Mrs. Oden at least one week ahead of the due date and get her permission with proper documentation. It is expected that students be active, enthusiastic, and collegial participants. Disruptive behavior will result in the student being asked to refrain from interacting with classmates for a specified period. A second violation and the student will be asked to drop the class.
- **If you desire academic accommodation for a documented disability, contact the instructor ASAP** (at the beginning of the semester – do not wait until the end).
- e. Class Materials: The textbook is a requirement of the course. Additional materials may be assigned. You are responsible for reading the materials assigned. Any and all materials assigned are “fair game” for exams.
- f. Sexual Harassment: In accordance with administrative policy, sexual harassment is reprehensible and will not be tolerated by the university. Behavior in the course must conform to the university policy.
- g. Drop/add/withdraw: It is your responsibility to make sure that you are officially enrolled in this course. If, at any point, you decide to attend this course no longer, it is your responsibility to officially drop or withdraw from enrollment. Failure to do so may result in a failing grade.
- g. Syllabus subject to change: While information and assurances are provided in this course syllabus, it should be understood that content may change in keeping with new research and literature and that events beyond the control of the instructor could occur. Students will be informed of any substantive occurrences that will produce syllabus changes.
- h. Email Etiquette: Most communication about the course (general questions, questions about assignments, etc.) should be communicated through email. When communicating with me via email, you must follow the etiquette below; otherwise I reserve the right of not replying to your email.
 - i. Include your course number in the subject line. If there is not a subject, the email will be deleted as spam.
 - ii. Be sure to include a meaningful subject line; this helps clarify what your message is about and may also help me prioritize reading your email. This determines where your email will be filed. If you have a question, indicate that in the subject line.
 - iii. Just like a written letter, be sure to open your email with a greeting like Dear Mrs. Oden:
 - iv. Use standard spelling, punctuation, and capitalization. THERE'S NOTHING WORSE THAN AN EMAIL SCREAMING A MESSAGE IN ALL CAPS. Stay away from abbreviations and do not use emoticons (those little smiley faces).
 - v. Write clear, short paragraphs and be direct and to the point; I consider your email communication as business and sign your email at the bottom so I know who I am speaking with. If you do not sign your email, I may not be able to answer your questions and will consider it spam.

- vi. Be friendly and cordial, but do not try to joke around (jokes and witty remarks may be inappropriate and, more commonly, may not come off appropriately in email)
- vii. I answer emails Monday- Friday. However, on Saturdays and Sundays I may not be available to answer your emails but will try and get back to you as soon as possible.
- i. Electronic submission of assignments: Assignments must be submitted to Blackboard. Assignments will not be accepted via email for any reason. All assignments need to be submitted using a computer and not a tablet (some tablets are not compatible with programs used in blackboard. Assignments must conform to the guidelines below:
 - Do not wait until the last minute to submit your assignment. If you are unable to upload the If you are having technical issues, it is your responsibility to get it taken care of. You need to contact SHSU Online Support Desk at

Email: blackboard@shsu.edu

Phone: 936-294-2780

Toll free: 877-759-2232

Keep track of whom you speak with and what time(s) you communicate so there are records if there are any issues.

So, it is important to not wait until the last minute to complete assignments.

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. Failure of the course may also be used as a penalty at the instructor's discretion. All assignments should be done by yourself.

Attendance and Make-up Policies

STUDENT ABSENCES ON RELIGIOUS HOLY DAYS POLICY

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.

Plagiarism

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.

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

If you have a grade you want to appeal. You can find the Academic Policy 900823 Here.

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

Americans with Disabilities Act (ADA)

STUDENTS WITH DISABILITIES POLICY

It is the policy of Sam Houston State University that no otherwise qualified individual with disabilities shall, solely by reason of his/her handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any academic or Student Life program or activity. Students with disabilities may request help with academically related problems stemming from individual disabilities from their instructors, school/department chair, or by contacting the Chair of the Committee for Continuing Assistance for Disabled Students and Director of the Counseling Center, Lee Drain Annex, or by calling (936) 294-1720

FERPA

The Federal Education Rights & Privacy Act requires that we advise students that by registering for this course, their SHSU assigned e-mail address will be revealed to classmates and the instructor. By continuing your enrollment in the course you acknowledge your understanding of this policy.

By enrolling in this course you agree to the following statement: "I understand that as a result of registering for this course, my SHSU/Blackboard assigned e-mail address will be revealed to classmates and the instructor."

Equal Opportunity Statement

Sam Houston State University is an Equal Opportunity / Affirmative Action Institution.

DISCLAIMER

This syllabus is representative of materials that will be covered in this class; it is not a contract between the student and the institution. It is subject to change. These changes will be communicated via email or posted as announcements. If you have any problems related to this course, please feel free to discuss them with the instructor.

Title IX

"No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

Title IX of the Education Amendments of 1972 is a federal law that prohibits sex discrimination in education.

NOTICE OF NON-DISCRIMINATION

Sam Houston State University complies with Title IX of the Higher Education Amendments of 1972 (Title IX), which prohibits discrimination on the basis of sex in educational programs or activities; Title VII of the Civil Rights Act of 1964 (Title VII), which prohibits sex discrimination in employment; and the Campus Sexual Violence Elimination Act. Sexual misconduct, as defined in the University's Sexual Misconduct Policy, constitutes a form of sex discrimination prohibited by Title IX and Title VII.

TITLE IX CONTACTS

Sex discrimination includes sexual harassment and sexual assault. While it is often thought of as a law that applies to athletics programs, Title IX is much broader than Athletics and applies to many programs at Sam Houston State University. While compliance with the law is everyone's responsibility at SHSU, below is a list of staff members that have primary responsibility for Title IX Compliance.

Title IX Coordinator--Jeanine Bias
Associate Dean of Students --Lowman Student Center, Suite 215
936-294-3026 or jbias@shsu.edu

Academic Policy Links & Additional Resources

- a. [SHSU Class Attendance policy AP 800401\)](#)

- b. [Procedures in cases of Academic Dishonesty AP 810213](#)
- c. [Academic Grievance Procedures for Students AP 900823](#)
- d. [Students with Disabilities AP 811006](#)
- e. [Student Absences on Religious Holy Days AP 861001](#)

OR FOLLOW THE LINK TO THE ADDITIONAL INFORMATION

<http://www.shsu.edu/syllabus/>

Additional Services on Campus to help your success:

- ☐ SHSU Counseling Center: <http://www.shsu.edu/dept/counseling/>
- ☐ MATH C.A.M.P.: <http://www.shsu.edu/dept/counseling/>
- ☐ Math tutoring: <http://www.shsu.edu/centers/academic-success-center/math/services.html>
- ☐ Writing Center: <http://www.shsu.edu/centers/academic-success-center/writing/>
- ☐ Food Pantry: <http://www.shsu.edu/dept/fye/food-pantry/>
 - **Food Pantry Distribution Dates**
Will be given at a later date
 - **Contact:** Kathleen Gilbert (4-2309; kgilbert@shsu.edu)
Link: [Website](#)
- ☐ SHSU Elevate Healthy Campus Initiative: <http://www.shsu.edu/elevate>
- ☐ Our Green SHSU/Sustainability: <https://www.shsu.edu/dept/facilities-management/sustainability/>