

AUGUSTA STATE UNIVERSITY  
KINESIOLOGY AND HEALTH SCIENCE DEPARTMENT  
**COURSE SYLLABUS**  
WELL 1000: 3 SEMESTER HOURS

**Course Objectives**

- To understand the role of lifestyle choices in health and wellness.
- To examine one's personal attitude toward exercise and wellness.
- To demonstrate first aid and cardiopulmonary resuscitation knowledge and skills.
- To assess the student's health status, chronic disease risk factors, and health-related physical fitness.
- To demonstrate basic concepts for the development and maintenance of aerobic fitness, muscular strength, muscular endurance, and flexibility.
- To increase knowledge in a variety of areas of wellness including nutrition, weight management, drugs, alcohol, tobacco, chronic disease, sexually transmitted diseases, and sexuality.
- To encourage the development of behavioral skills and attitudes that enhance fitness, diet pattern, stress management, and injury prevention.
- To guide the student in designing a personal exercise program to promote better health, physical fitness, and an increased quality of life.
- To participate in a specially developed exercise program designed to meet individual needs and interests.
- To appreciate contemporary public health concerns and their potential influences on both society and the individual.

**Instructor**

**Dr. Chip Darracott**

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**Course Text and Readings**

Hoeger, W.K. & Hoeger, S.A. (2004). Lifetime Physical Fitness and Wellness: A Personalized Program (8th Edition). Wadsworth/Thompson Learning: Belmont, CA.

National Safety Council. (2001). *First Aid and CPR Essentials (4th Edition)*. Sudbury, MA: Jones and Bartlett.

Profile Plus (2005). Compact Disk, Wadsworth/Thompson Learning: Belmont, CA.

**Course Structure**

- **Module 1: Wellness Knowledge**

The primary tool used in this module is an online learning environment (WebCT) designed to provide students with assistance in acquiring the content knowledge for WELLNESS 1000. Students may work online at any time using either a personal or university computer with internet access.

The course has been structured around learning modules (chapter activities) which take you step by step through each chapter of the Lifetime Physical Fitness and Wellness Text. Each chapter has powerpoint slides, assignments, links to other websites, and a quiz to develop and test your knowledge.

Online work must be completed by the thirteenth week of the course. Regular classroom lecture/discussion/lab sessions will be used to guide and supplement online work.

- **Module 2: Physical Activity Adoption**

Students will participate in physical activities during the scheduled class time under the direction of the instructor. Activity days will consist of self-paced aerobic activity, fitness testing, cooperative/ team activities, sports, and weight training when possible. The physical activity module will take place during weeks two through thirteen of the semester.

- **Module 3: CPR and First Aid**

This training will take place in the classroom during the last two weeks of the semester- videos and practical application of key concepts. First Aid and CPR course completion cards will be provided to those students who meet National Safety Council standards.

### **Class Policies and Procedures**

- **Attendance/ Participation**

Regular attendance/ participation in class activities and completion of online assignments are important factors in your grade. Consistent, regular attendance is also important for you to derive the maximum physical and cognitive benefits from WELLNESS 1000 and to promote lifetime physical activity. **Poor attendance will negatively affect your grade.**

- **Clothing**

Appropriate athletic clothes and footwear are required for activity class days.

- **Absences and Tardiness**

Each student is required to attend 80% of the class meetings in order to have the opportunity to pass this course. This is interpreted to mean a maximum of 6 (M/W or T/T class) or 7 (M/W/F class) absences. Students missing more than the aforementioned classes will not pass the course.

Anyone coming in after roll has been taken has the responsibility to inform the instructor of his/her presence. A tardy will be given to those students coming in after roll has been taken. Three tardies will be equivalent to one absence. **Chronic tardiness will not be tolerated.**

- **Exam Policy**

All tests should be taken on the day they are specified on the syllabus.

Students are responsible for contacting the instructor prior to the exam if attendance is not possible.

All Wellness 1000 tests and assignments are governed by the policies for academic honesty in the ASU catalog. If you miss a test without a prior valid reason you will receive 0 (zero) points for the test.

- **Quizzes and Academic Honesty**

Students may use class materials while taking a quiz. However, you are reminded that quizzes should be individual work.

- **Exercise Log/ Folder**

Students will be responsible for keeping an accurate log of their physical activity and assessments throughout the semester.

### **Grade Breakdown**

<b>Criteria</b>	<b>Points Available</b>
Attendance/ Participation	30
Exam #1	20
Exam #2	20
CPR/ Fist Aid Exam	10
Quizzes	15
Exercise Folder	5

Students will receive class participation points according to the following scale:

**Tu/Th class or M/W class** - 30 points for two or less absences, 26 points for 3 absences, 22 points for 4 absences, 18 points for 5 absences, "F" grade for six or more absences.