

Parkland College

Kinesiology Courses

Natural Sciences Courses

2015

Kinesiology 181 Fall 2015 Online

Joe Bails

Parkland College, jbails@parkland.edu

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KIN 181 ONLINE SYLLABUS

COURSE TITLE: Health Education

DESCRIPTION: Students will focus on personal health, wellness, nutrition, exercise, and stress; alcohol, tobacco, and drugs; and intimate relationships. Instructors will place emphasis on strategies for modifying behaviors to achieve optimal personal wellness.

PREREQUISITES: None. However, a basic understanding of math and biology will aid in your understanding of the information.

INSTRUCTORS: Joe Bails

E-mail: jbails@parkland.edu

Phone: 217-351-2285 or 217-766-9008 (cell)

Office: L240 at Parkland College in Champaign

Office Hours: *I am online on Wednesday from 11 am-12 pm. If you e-mail me before 9 am on Thursdays (deadline days), I will get back to you before 2 pm.*

TEXT (required):

- *An Invitation to Health - Brief, Hales, 8th edition, ISBN 1-2858-7678-4 (Custom Book)*

USEFUL WEBSITES:

Parkland Information: www.parkland.edu

Parkland On-line: <https://my.parkland.edu>

Direct link to Cobra Learning (class platform): <https://d2l.parkland.edu/>

CAS – Center for Academic Success

If you find yourself needing assistance of any kind to complete assignments, stay on top of readings, study for tests, or just to stay in school, please contact the staff at CAS.

D120

Voice: (217) 353-2005

CenterForAcademicSuccess@parkland.edu

DISABILITIES

If you believe you have a disability for which you may need an academic accommodation (e.g. an alternate testing environment, use of assistive technology or other classroom assistance), please contact:

Cathy Robinson, Room U 260, 217-353-2082, crobinson@parkland.edu

Upon completion of this course, students will be expected to:

1. identify the six dimensions of wellness and explain the importance of personal decision making and behavior change in achieving a wellness lifestyle.
2. outline the factors that influence sexual behavior and the various ways human sexuality can be expressed.
3. define and discuss the concepts of addiction behavior, substance abuse, and substance dependence.
4. explain the wellness benefits of exercise, good nutrition and weight management.
5. discuss controllable and uncontrollable risk factors associated with cardiovascular disease and cancer as well as the process by which infectious diseases are transmitted.
6. list strategies for preventing unintentional injuries and strategies to preserve and restore the environment.
7. This is not all--you will learn a lot more!

COURSE POLICIES:

1. **Attendance.** Regular participation is required on the discussion boards. **You are expected to check your Parkland E-mail account and Cobra at a minimum every Monday, Wednesday and Friday during the semester.**

- **Please, notify me via phone if you can't get on-line for any reason.**

2. **Withdrawals.** After the first week of class, I am required to assess your attendance. If you have not attended regularly to that point, you will be dropped with a grade of W and no refund of tuition or fees. After this census day, you should not plan on an instructor withdrawal if you want to withdraw from the course. You are ultimately responsible for your own withdrawal by the withdrawal date.

3. **Discussion Board.** Each module you will be expected to complete a 10 point discussion board that pertains to the information covered in that module. *No late discussion board points will be awarded.*

Your response will be graded by the following criteria:

- Is your answer unique?
- Did you answer all parts to the question?
- Did you answer the question correctly?
- Did you explain yourself in full sentences with correct spelling?
- Did you double check to make sure that your answer posted???
- Did you reply to another student's discussion post?

4. **Assignments.** With each module, you will be completing a 20 point assignment. Assignments will be submitted with a submission link. You will have either an assignment each module. The lowest grade in this category will be dropped. *If an assignment is missed, unfortunately, there will not be an opportunity to make it up without documentation and instructor approval.*

5. **Module Quizzes.** A 40-point quiz will be given upon the completion of module. A total of seven quizzes will be given. The lowest quiz grade be dropped. You will only have one take for each quiz. You will receive a point total for each quiz, but no letter grade. *If a quiz is missed, unfortunately, there will not be an opportunity to make up a module quiz without documentation and instructor approval.*
6. **Special Assignments.** You will be expected to complete two special assignments that will cause you to stop and think about how this material applies to your life. Special assignments cover several modules and are similar to a student project. Unfortunately, there are no make-ups for special assignments.
7. **Final Exam.** Parkland College requires that a final exam be given during final exam week. **The Final Exam is available from Friday, May 8th through noon (CT) on Wednesday, May 13th.** An early final and/or a make-up final cannot be given, except in cases of medical emergencies or a death in the family. Once documentation has been provided and is filed at Parkland, an alternate final time can be arranged. Please plan vacation travel, job interviews, and work schedules to avoid conflict with the final exam.
8. **Slow Computers/Bad Connections.** If you have more than one problem associated with a slow connection and/or a bad computer connection, please, contact me as soon as possible so I can help with anything that may hinder your success in the course. ***If there are problems with your computer, discussion board, assignment, or quiz submission, you need to e-mail me or call my office a maximum of an hour after the proposed problem and no less than an hour prior to the deadline.*
You can contact me at 217-351-2285 if you cannot reach me online.

Methods of Assessment	Points per Assessment	Total Points
Discussion Board	10pts each x 7	70pts
Module Assignment	20pts each x 6*	120pts
Module Quiz	40pts each x 6*	240pts
Special Assignments	35pts each x 2	70pts
Comprehensive Final	50pt x 1	50pts
TOTAL	22 graded assessments	550pts

*The lowest grade out of the 7 modules will be dropped and the top 6 scores will be used to compute your overall grade for this category.

GRADE SCALE:

Points	Grade
495-550	A
440-494	B
385-439	C
330-384	D
Less than 330	F

MODULES AND DUE DATES

Be sure to purchase either the recommended book or another book approved by your instructor.

Keep in mind, each module (1-7) contains the following:

- Discussion board (10 points)
- Assignment (20 points)
- Module quiz (40 points)

Although the discussion board, assignment/video quiz and module quiz are all due on the same day, it is expected that you work on it throughout the week starting with reading the book chapter and contributing to the discussion. Follow the links for that module from top to bottom finishing with the module quiz. Once you complete the module quiz, the next module will open for you to work on. If you work on material prior to the deadline, be aware that the module quiz will be available to complete 1 week prior to the due date. Thus, you can work a week ahead if you wish!

MODULE	BOOK CHAPT.	January 12 – May 7 DUE DATE – NOON CT FOR ALL DUE DATES!	
GETTING STARTED	Purchase book	Complete as soon possible	
1 – Invitation to Health, Stress	Chapters 1 & 3	Thursday January 22	12:00pm (noon) CT
2 – Nutrition, Weight, Fitness	Chapters 5, 6 & 7	Thursday February 19	12:00pm (noon) CT
3 – Psychology, Spiritual, Social	Chapters 2 & 4	Thursday March 5	12:00pm (noon) CT
4 – Human Sexuality	Chapters 8 & 9	Thursday March 19	12:00pm (noon) CT
5 – Preventing Disease	Chapter 10	Thursday April 9	12:00pm (noon) CT
6 – Drug Use and Abuse	Chapters 11 & 12	Thursday April 23	12:00pm (noon) CT
7 – Achieving Health	Chapters 13, 14 & 15	Thursday May 7	12:00pm (noon) CT
SPECIAL ASSIGNMENT #1	Chapters 1-7	Tuesday March 10	12:00pm (noon) CT
SPECIAL ASSIGNMENT #2	Chapters 8-12	Tuesday April 28	12:00pm (noon) CT
COMPREHENSIVE FINAL EXAM	Entire book	Wednesday May 13	12:00 pm (noon) CT

NOTE: You are always encouraged to work ahead a week or more. Special assignments will be open several weeks prior to the deadline. With respect to module assignments, some students have time on the weekends to fully dedicate to the class. Other students need access to a library computer and have time during the week when their children are in camp or school. The Tuesday and Thursday deadlines allow both sets of students a little more flexibility over their schedule while having the deadline occur during a time we are easily accessible and Parkland Distance and Virtual Learning is there to help you additionally. If you only have time on the weekends, you can complete all material prior to midnight the Sunday before the due date. If you only have time during the week, you can complete half of the module on Thursday and Friday, then finish the remainder of your work on Monday and Tuesday prior to the deadline. Hopefully, the above schedule will help all students enrolled in the class.

I look forward to an amazing semester with all of you. Please, let me know how I can be of any assistance. I am here to help.