



COURSE SYLLABUS

KINE 1304 – THE HEALTHY AMERICAN

Instructor/Department Contact Information:

Instructor: **KRIS GILMORE**

Office Location: **HHS A235**

Office Hours: **M – F (EXCEPT WEDNESDAY) 1:15 – 2:01 PM**

Contact: **281-324-1845**

Email: **KGILMORE@HUFFMANISD.NET**

Division Chair: **GRAEME COX**

Contact: **GCOX@LEE.EDU**

Division Secretary: **MOLLIE SANTANA**

Contact: **MSANTANA@LEE.EDU**

Dean: **DR. DARIA WILLIS**

Contact:

Security: **281-683-1449**

College Website: **WWW.LEE.EDU**

Course Details:

Term: **FALL 2018**

Course Number: **KINE 1304**

Course Section: **F005**

Credit Hours: **3 HOURS**

Class Location: **HHS A235**

Class Day(s): **M, T, TH, F**

Class Time: **12:24 – 1:10 PM**

Course Description:

A course designed for individuals to make lifestyle assessments within the six dimensions of wellness; physical, emotional, mental, social, spiritual and occupational.

Student Learning Outcomes:

- Evaluate the dimensions of health and how they relate to personal and/or community wellness.
- Explain the importance of nutrition, a healthy lifestyle, and staying physically active in preventing premature disease and promoting wellness.
- Describe the leading health problems, trends, and needs of diverse populations.
- Identify major agencies, foundations, and associations supporting health at local, state, national and international levels as well as data tools and resources.
- Evaluate sources of health information, including the internet, to determine reliability.
- Develop and implement a plan of healthy behavior to meet personal and community needs to enhance quality of life.

Prerequisites/Co-requisites: **ENRD 401**

In our efforts to prepare students for a changing world, students may be expected to utilize computer technology while enrolled in classes, certificate, and/or degree programs within Lee College. Click on any of the [links](#) for more information:

Computer and online proficiencies helpful in this program include the ability to navigate in the Internet, login to Lee College's website and online Learning Management System (LMS), and use basic features of Microsoft Office (Create a Word Document). Due to the cost of MS Office the college has [Office 365](#) available to students at no charge (click on link for access). This can be installed on up to five different devices (home computer, tablet, etc.) Students will have access to college computer labs and the Lee College Library during normal hours as well as being able to remotely login from outside locations using personal devices.

Grades will be continuously made available to students with the LMS through Blackboard. This is accessed using the student's login and password provided when the student first registered for classes. \add any further information on the use of technology in your course here\

Supplies Requirement:

1) **Wellness: Guidelines for a Healthy Lifestyle, by Hoeger, Turner, & Hafen**

[Link to the Americans with Disabilities Act \(ADA\) Website:](#) Lee College is committed to providing all students equal access to learning opportunities as required by the Vocational Rehabilitation Act of 1973, Title V, Section 504 and the Americans with Disabilities Act of 1990 (ADA). Disability Services (DS) is the campus unit that works with students who have disabilities to provide and/or arrange reasonable accommodations. Students registered with DS, who have a letter requesting accommodations, are encouraged to contact the professor early in the semester. Students who have, or think they may have, a disability, are invited to contact DS for a confidential discussion at (832)-556-4069 or at kvillanueva@lee.edu. DS is located in Rundell Hall room 106. Additional information is available at the DS website [Access Center for Students with Disabilities Website](#).

[Attendance Policy Link:](#) Please notify me by phone or via email when you are not able to attend class. Students who have been absent from class for three hours or three sessions without notifying the instructor may be dropped for non-attendance. In addition to an attendance policy for face-to-face courses, Lee College has established, in compliance with the U.S. Department of Education, an online attendance policy found in the online catalog under [The Community and Lee College heading – Online Learning](#).

[Absences Due to Religious Holy Days Link to Catalog:](#) Students may be absent from classes for the observance of a religious holy day and will be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time as established by the instructor.

[Academic Honesty Policy/Cheating Link to Catalog:](#) Academic honesty is essential to the maintenance of an environment where teaching and learning take place. It is also the foundation upon which students build personal integrity and establish standards of personal behavior. Lee College expects and encourages all students to contribute to such an environment by observing the principles of academic honesty outlined in the College's Academic Honesty Code, which is detailed in Chapter Three of the Lee College Catalog under Academic Honesty. It is the student's responsibility to understand and comply with this code.

[Title IX](#) : Lee College is committed to providing all with a learning and work environment that is free from sexual harassment and assault. If you or someone you know has been harassed or assaulted, you can find the appropriate resources, both on and off campus at [kNOw More](#). Confidential support can be found through The Bridge Over Troubled Waters. The Bridge can be contacted at 281-420-5600 (Baytown Office) or through their 24 hour hotline at 713-473-2801 and other resources can be found on the [Lee College Available Resources Page](#). All Lee College faculty are "responsible employees", which means, as a faculty member I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide the Title IX Coordinator with relevant details such as the names of those involved in the incident. If you want to make a formal report, you can contact Dr. Coffman directly at rcoffman@lee.edu or 281-425-6387 or email TitleIXSupport@lee.edu .

[Withdrawal / Drop Policy Link to Catalog:](#) Withdrawal from the course after the official day of record and prior to the final day for Student Drops will result in a final grade of "W" on your transcript; no credit will be awarded for a course earning a "W." If you stop attending class, you must withdraw at the

Admissions office prior to the final day for Student Drops to avoid receiving a grade of “F” for that class. The last day for Student Drops for this semester is: **November 13, 2018.**

Student Support and Services

Lee College provides academic, financial and various other supports and services to students. Information on the three commonly used academic services are listed below. For all other supports and services please check the student catalog for information.

1. [Library](#), ATC building 1st Floor, Phone: 281.425.6379
2. [The Writing Center](#), Bonner Hall, 281.425.6534
3. [Technology Help Desk](#), email: helpdesk@lee.edu, Phone: 281.425.myLC (6952)

Instructor Guidelines and Policies

- **No cell phones or electronic devices are permitted without instructor approval.** *This is a college course, and you don’t want to loss credit for the day because you had phone out.
- Homework needs to be done prior to the start of class, and not while we are doing notes.
- If you are absent you are responsible for any homework and/or in-class work.
 - If you are missing for extracurricular activities, then you must get work before you miss class and will be due the day you return back to class.
 - If you missed notes the day before a quiz, then you must read the chapter and be prepared for Quiz when you arrive to class.
- No unexcused absences will allow for exemption of final.
 - Disciplinary issues can negate exemption of final.
- For Stress Assessment Paper 30 points will be deducted from Final Grade for every day late.
- For Eating Journal 15 points will be deducted from Final Grade for every day late.
- Written journals will be turned in end of class on Friday.
 - If you know you will miss class on Friday, then you must turn in Thursday (Extracurricular Activities)
 - If you miss Friday, then you will turn in beginning of class the next day you return.
- Students are required to be able create a word document assignment and upload into Blackboard

Grade Determination	Details	Points
Six exams	Lowest exam dropped	500
Stress Assessment Paper	Assessment and Written Paper	100
Eating Journal	Documentation/analysis of eating	50
Personal Journals	14 Journal Checks	140
Quizzes	13 Total Quizzes (10 Points Each/1 for Each Chapter)	130
In Class Work	Article reviews, self-assessment, etc...	80
Total:		1000

LEE COLLEGE:		HARGRAVE HS:	
Letter Grade	Final Average in Points	Letter Grade	Final Average in Points
A	1000 - 900	A	1000 - 900
B	899 - 800	B	899 - 800
C	799 - 700	C	799 - 750
D	699 - 600	D	749 - 700
F	599 or below	F	699 or below

Tentative Outline: *Instructor reserves the right to modify this syllabus as needed during the course.*

Date	Topic
8/27/18	1 st Day of Class – Hand out Syllabus
8/31/18	Quiz: Chapter 1
9/6/18	Quiz: Chapter 2
9/10/18	Quiz: Chapter 3
9/13/18	EXAM: Chapters 1,2, and 3
9/24/18	Stress Assessment Paper Due 11:59 PM
9/27/18	Quiz: Chapter 4
10/1/18	Quiz: Chapter 5
10/4/18	EXAM: Chapters 4 and 5
10/9/18	Quiz: Chapter 6
10/12/18	Quiz: Chapter 7
10/16/18	Quiz: Chapter 9
10/18/18	EXAM: Chapters 6, 7, and 9
10/25/18	Quiz: Chapter 8
11/5/18	My Fitness Pal Assignment Due 11:59 PM
11/6/18	Quiz: Chapter 10
11/8/18	Exam: Chapters 8 and 10
11/13/18	Quiz: Chapter 11
11/16/18	Quiz: Chapter 12
11/27/18	Quiz: Chapter 13
11/29/18	EXAM: Chapters 11, 12, and 13
12/4/18	Quiz: Environmental Issues
12/11/18	FINAL EXAM: Chapters 1 – 13 and Environmental issues