**South Plains College**

**Department of Kinesiology**

**KINE 1304**

**Fitness and Wellness (Online) Fall 2025**

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**Office Hours:** Posted on Blackboard and updated each semester.

**Course Description**

This course is designed to enhance personal health and wellness. Through a variety of learning activities—including health assessments, assigned readings, PowerPoint presentations, homework assignments, video reviews, article analyses, and other course projects—students will develop the knowledge and skills necessary to take responsibility for their well-being and make meaningful, long-term improvements to their personal health.

**Suggested Textbook:**

* There is **no textbook required** for this class. However, I recommend the following text as a supplemental resource for those who wish to gain a deeper understanding of the course material.
* **Suggested Textbook:*****Fit & Well* by Fahey, Insel, and Roth. McGraw-Hill.**   
  *Note:* Although this textbook comes highly recommended for deepening your understanding of the subject matter, **it is not required for success in this course**. **You are not obligated to purchase or rent the book, as none of the assignments will demand its direct use.** Of course, if you choose to consult it, it can serve as a valuable supplement for your studies and assignments.
* **Additional Readings and Resources:**  
  All required readings, as well as extra materials for each class session, can be found on our Blackboard site.

**Student Expectations**

South Plains College’s courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another’s learning through critical dialogue, integrative learning, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

• Read and become familiar with the course syllabus and expectations.

• Keep up with assignments and readings.

• Ask for clarifications about material or course expectations.

• Analyze assigned readings and offer thoughtful interpretations.

• Be respectful of diverse perspectives and refrain from making inappropriate comments on discussion boards and personal interactions in class.

**Blackboard Ultra:**

The computer software used to deliver this course will be on Blackboard. You must have reliable access to the Internet, Microsoft Word, PowerPoint, Excel, etc. It is the student’s responsibility to verify that assignments and assessments are accessible. You may move ahead at your own pace, but you will have deadlines for turning in assignments.

*If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses.*

All assignments are due by MIDNIGHT 11:59 PM on the due dates listed!

It is also the students’ responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, etc. Should you encounter technical difficulties, contact the SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you!

**Course Evaluation:**

1. **Four Exams** - each worth 50 points (200 points total; 40% of your overall grade). Each exam will consist of 20-50 questions.  The materials covered on each exam are listed in the Unit Modules. Each exam will be timed, and the time will vary depending on which exam it is. Please be aware of the time you have before you begin the exam. Do not leave the exam screen once you start.  You cannot leave the exam and return to it later.  *Once you enter the exam, you must finish!*You may use your notes and text, but *be aware of the time limit*.
2. **Twelve Quizzes -** will be given throughout this course. Each quiz is worth 10 points (120 points total; 24% of your overall grade). Each quiz will consist of multiple-choice, true/false, and short-answer questions. You will only be able to take each quiz one time. Once you log on to the quiz, you will have 60 minutes to complete the quiz. Please take and use notes along with reading your textbook while completing these quizzes. These quizzes will help prepare you for the exams. Please be aware that these are not the only questions you will see on the exams.
3. **Two Homework Assignments -** will be completed over the semester. Each homework will be worth 40 points (80 points total; 16% of your overall grade). These assignments will be available in Modules one and four. All homework assignments must be submitted through the **Homework Submission section on Blackboard**. Submissions sent by email will **not be accepted** and will receive a zero in the grade book.
4. **Discussion Board/ Ed Puzzle/ Labs/ Various other assignments (DELV)** will count for the final 100 points in this class (20% of your overall grade).

**Final grades** will be determined as follows:

| **Assessment** | **Quantity** | **Points Each** | **Total Points** |
| --- | --- | --- | --- |
| Chapter Quizzes | 12 | 10 | 120 |
| DELV | varies | 5 - 10 | 100 |
| Homework Assignments | 2 | 40 | 80 |
| Exams | 3 | 50 | 150 |
| Final Exam | 1 | 50 | 50 |
| **Grand Total** |  |  | **500** |

| **Letter Grade** | **Point Range** | **Percentage** |
| --- | --- | --- |
| **A** | 448 – 500 points | (≈ 89.6% and above) |
| **B** | 398 – 447 points | (≈ 79.6% – 89.5%) |
| **C** | 348 – 397 points | (≈ 69.6% – 79.5%) |
| **D** | 298 – 347 points | (≈ 59.6% – 69.5%) |
| **F** | 297 points and below | (below ≈ 59.6%) |

# **Academic Information**

Please note that I evaluate each situation individually and do not automatically drop students due to attendance issues or missed assignments. If you decide not to complete the course, it is your responsibility to initiate the formal drop process. Students who stop attending classes and fail to complete coursework will receive an F at the end of the semester.

**Plagiarism and Cheating:**Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail-order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Taking an examination for another;
4. Copying another's work during an examination or on a homework assignment;
5. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's.
6. Taking pictures of a test, test answers, or someone else's paper.

**Please see the following links for the South Plains College General Syllabus Statements and the COVID Policy.**

<https://www.southplainscollege.edu/syllabusstatements/>

<https://www.southplainscollege.edu/emergency/covid19-faq.php>