

KINES 53, Principles of Health and Wellness

Section #6762 – Spring 2025 Course Syllabus

Instructor Contact

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To receive assistance faster: be sure to include the course name (KINES 53) and section number (6762) in the Subject heading of every email to me, and your first and last name in the email. I will make every effort to respond to emails by the next business day. Emails sent on weekends (between 3pm Friday - 8am Monday) or during official College holidays will have a slightly longer response time.

Office Hours: Canvas Inbox message is the easiest way to reach me. Phone or Zoom conferences are available by appointment. Send a Canvas Inbox message or Email me at athomas@santarosa.edu if you would like to schedule a conference.

Course Description

This course focuses on health and wellness concepts important in making informed choices about one's physical, mental, and emotional well-being. A personal approach to health and wellness will be explored through personal reflection, critical thinking, and practical application of behavior change strategies to improve personal health. Accurate, reliable, and current information will be provided on key topics such as fitness, weight management, nutrition, stress management, sleep, substance use and abuse, prevention of diseases, sexual health, relationships, personal safety, and environmental concerns while also addressing issues related to mind-body health, research, diversity, and consumer health.

Student Learning Outcomes

1. Analyze diet and compare to components of healthy eating and current nutritional guidelines.
2. Analyze personal health and develop a behavior change plan to improve one's health and wellness.

Course Objectives

By the conclusion of the course, students will be able to:

1. Identify and describe the dimensions of wellness and effective behavior change strategies.
2. Analyze stressors, stress management strategies, and the effect of stress on physical and mental health.
3. Explain the nature of stress, stress management, and its effect on physical and mental health. Describe psychological approaches to face life's challenges, common psychological disorders, and treatment.
4. Explain health-related benefits of sleep, consequences of disrupted sleep, and good sleep habit strategies.

5. Describe effective methods of communication and the role communication plays in healthy relationships.
6. Explain concepts of human sexuality and the stages of pregnancy and childbirth.
7. List contraceptive choice, their effectiveness, and the facts, methods, laws, and debate on abortion.
8. Explain factors that contribute to drug, alcohol, and tobacco use, misuse, and addiction.
9. List the components of a healthy diet and current nutritional guidelines.
10. Describe the benefits of exercise and assess one's current physical fitness level.
11. Discuss lifestyle factors associated with successful weight management and the relationship to body image and eating disorders.
12. Explain the risk factors and causes for cardiovascular disease and cancer, detection, diagnosis, prevention and treatment methods.
13. Identify major types of pathogens, the diseases they cause, and treatments.
14. Evaluate the relationships between environmental issues and the future health and well-being of the individual and society.
15. Explore options in conventional and complementary medicine including discerning between evidence-based and sham practices or products.
16. Describe factors contributing to violence, intentional and unintentional injuries and how to best protect yourself.
17. List the strategies for healthy aging and the issues and challenges facing older adults.

Class Meetings

There will not be live lectures or meetings, as **this is a totally online class**. Unless otherwise noted in the Schedule and the individual Module, each new Module week starts on Monday and assignments are due by 11:55 pm Pacific Time on Wednesdays of the following week. All the material will be offered asynchronously, meaning you can access at anytime of the week you want.

Course Website

Students will use the Canvas course web site for assignment instructions, submitting assignments, viewing classmate's work, sharing resources, and viewing grades. Use and save this link to log into the online class: <https://canvas.santarosa.edu/login/canvas> Use your SRJC portal ID and passcode.

Required Textbook

Connect Core Concepts in Health, **Brief** 18th Edition (**w/Connect Access**). Insel and Roth
ISBN: 9781264427925

You can locate and order textbooks online via the SRJC Bookstore. Our text is available for rental through the bookstore for \$62-\$70. Note that if you want to pick your books up in Petaluma, you need to order them from the Petaluma Bookstore website.

Multiple copies of the textbook (recent previous editions) are on reserve at Doyle and Mahoney Libraries for you to borrow. See <https://libraries.santarosa.edu/find-your-textbook> for information. Note that the previous editions chapters' may be numbered differently and do not all include Chapter 4 – *Sleep*. Otherwise, the previous editions will work.

Important Dates

Day Class Begins: **January 13 (M)**

Day Class Ends: **May 23 (F)**

Last Day to Add without instructor's approval: **January 19 (Su)**

Last Day to Drop with refund: **January 26 (Su)**

Last Day to Add with instructor's approval: **February 2 (Su)**

Last Day to Drop without a 'W' symbol: **February 2 (Su)**

Last Day to change to Pass/No Pass option: **May 16 (F)**

Last Day to Drop with a 'W' symbol: **April 20 (Su)**

Course Evaluation

Participation (6 Discussions/10 points each)	60 points
Assignments (7 x 10 points each)	70 points
Quizzes (17 x 15 points each)	255 points
Nutritional Analysis Project	45 points
Behavior Change Project	70 points
Total	500 Total Points

Grading Policy

Visit the “Grades” in Canvas to keep track of your grades. I post grades in the online Canvas gradebook within 7 days of an assignment’s due date.

Grades will be assigned as follows:

A	90%	450 points or more
B	80%	400 to 449.9 points
C	70%	350 to 399.9 points
D	60%	300 to 349.9 points
F	Below 60%	299.9 points and below

If taking Pass/No Pass, you need at least 70% of the total class points to pass the class.

Late Assignments and Make-Up Work

All assignments, quizzes and discussion posts are due at 11:55 pm Pacific Time on the due date. Late submissions are not accepted without prior arrangement – this means any extensions must be requested to the instructor by Canvas Inbox message or email before the original due date. At the discretion and approval of the instructor, a student may have the opportunity to make up missed work due to an unforeseen emergency incident, if documentation of the incident is provided to the instructor.

Other Assignment Policies

- Assignments are accepted by Canvas assignment, quiz or discussion post submission only. Emailed assignments or assignments attached to a Canvas Conversation message are not accepted. Do not email assignments.
- You are required to submit some assignments in specific file formats. These will be specified in the instructions. **You will receive a "0" if you submit the assignment in any file format not specified by the assignment, or submit the wrong file or a blank document. First submissions are considered final. Always double-check file versions and formats before submitting.**
- Use correct, checked and proofread English spelling, grammar and punctuation for written assignments and discussions. The occasional "typo" is understood and not penalized. Consistent writing mistakes, and/or obvious disregard for college writing, will result in grade penalties. For every lower-case i that should be a capital I, 1 point is deducted.
- Technology failures and individual Internet access problems are not acceptable reasons for missing assignment deadlines, unless the issue is with the SRJC network or Canvas. Students need to identify a back-up device and back-up plan to get online in case of technical issues. **Avoid waiting until last minute to work on assignments, to prevent many technology issues.**

Extra Credit Policy

I do not assign extra credit work for individual students. The focus of this course is its required content: Chapter reading, quizzes, written assignments, and discussion assignments. Plan to prioritize and dedicate the time, focus, and energy you need to complete the required material in the course on time and with your best effort. Additionally, there is a Late Assignment policy that provides good flexibility, if followed correctly.

Dropping the Class

If you decide to discontinue this course, it is your responsibility to officially drop it to avoid getting no refund (after 10% of course length), a W symbol (after 20%), or a grade (after 60%). Also, for missing several consecutive assignments with no communication or explanation, the instructor may drop a student.

Pass-NoPass (P/NP)

You may take this class P/NP. You must decide before the **May 16** deadline, and add the option online with TLC or file the P/NP form with Admissions and Records. With a grade of C or better, you will get P.

Once you decide to go for P/NP, you cannot change back to a letter grade. If you are taking this course as part of a certificate program, you can probably still take the class P/NP. Check with a counselor to be sure.

Academic Integrity and Generative AI Policies

Collaborating on or copying of tests or homework in whole or in part will be considered an act of academic dishonesty and result in a grade of 0 for that test or assignment. I encourage students to share information and ideas, but not their work.

In this course, every part and phase of class assignments must be fully prepared by the student. The use of generative AI tools for any part of your work will be treated as plagiarism. If you have any questions, please contact me.

First occurrence of an academic integrity violation is a grade of “0” on that assignment, quiz or discussion with no opportunity to resubmit. Repeated academic integrity violations will result in including possible overall grade penalty, suspension from the course, official reports in the student’s records, depending on the nature of the violation.

See these links on Plagiarism and other academic integrity issues:

[SRJC website Academic Integrity page](#)

“Academic dishonesty is regarded as any act of deception, benign or malicious in nature, in the completion of any academic exercise. Examples of academic dishonesty include cheating, plagiarism, impersonation, misrepresentation of idea or fact for the purpose of defrauding, use of unauthorized aids or devices, falsifying attendance records, violation of testing protocol, inappropriate course assignment collaboration, and any other acts that are prohibited by the instructor of record.”

[SRJC's policy on Academic Integrity](#)

Instructor Announcements

The instructor will post announcements on the “Announcements” page in Canvas throughout the semester. Canvas notifies students according to their preferred Notification Preferences as soon as the instructor creates an Announcement.

In order to check your notification settings; please click on “Account” in the upper left hand corner when you are logged into Canvas, then click on “notifications.” If you are logged into Canvas this link should take you straight to the page:

<https://canvas.santarosa.edu/profile/communication>

I highly recommend that you **update your user settings to make sure that you receive the following right away**. Click the check mark icon (notify me right away) for:

- 1) Announcement: this is how I will communicate with the entire class
- 2) Submission comment: this is how I will give you personal feedback on your assignments
- 3) Conversation message: this is where I send students private messages through Canvas

Feel free to change the settings on any others based on your personal preferences.

Accommodations for Students with Disabilities

Students with disabilities who believe they need accommodations in this class are encouraged to contact [Disability Resources](#) (527-4278 in Santa Rosa; 778-2491 in Petaluma) as soon as possible to better ensure such accommodations are implemented in a timely fashion. If you need disability-related accommodations for this class, such as a note taker, extended test-taking time, etc., please provide the Authorization for Academic Accommodations (AAA letter) from the Disability Resources Department (DRD) to the instructor as soon as possible. You may also speak with the instructor privately during office hours about your accommodations.

Standards of Conduct

Students who register in SRJC classes are required to abide by the SRJC Student Conduct Standards. Violation of the Standards is basis for referral to the Vice President of Student Services or dismissal from class or from the College. See the [Student Code of Conduct page](#).

Students have the right to express themselves and participate freely in an online class. However, they are expected to treat each other and the instructor with courtesy and respect. Offensive or inappropriate language is not to be used in any form of communication e.g., emails, discussion postings, group projects, submitted assignments. Students are allowed to disagree with each other or the instructor, but must do so in a civil manner. The discussion area of the course is reserved for postings related to course work only. Postings of a personal or nonacademic nature are not permitted and will be removed by the instructor should they appear. Grades and personal issues should be handled by private email to the instructor.

Emails to the instructor that are considered offensive or inappropriate will be sent back to the writer with a request to rewrite and resubmit. If the emails continue to be unacceptable, the student will be referred to the Dean of Student Services and denied access to the course until the Dean contacts the student. If students receive inappropriate emails from others in the class, they should notify the instructor and appropriate action will be taken.