



**SUL ROSS**  
KINESIOLOGY DEPARTMENT

## KES 3302 Health & Aging

Fall 2020

### Instructor: Dr. Brian Kiessling

**Office:** Zoom (email for meeting details)

**Email:** [pgk20vv@sulross.edu](mailto:pgk20vv@sulross.edu) (Please include "KES 3302" in subject of email)

**Office Hours:** M-F By appointment (email to set an appointment time)

**Required Text:** Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness (eBook)

**Meeting Location & Time:** Online

#### Course Description:

The purpose of the online course is to provide an in-depth study of physiological aspects, special health concerns, chronic illnesses and services as applied to health, wellness, and aging.

#### Course Objectives:

1. Demonstrate knowledge of the structures, functions, components, and actions of major body systems and how various body systems produce movement, adapt to physical activity and contribute to fitness.
2. Analyze the physiological effects of moderate and vigorous physical activity during and after exercise and knows the risks associated with inactivity and the health benefits of regular participation in physical activity (e.g., decreased risk of illness, lowered resting heart rate).
3. Apply knowledge of the basic components of health-related fitness (i.e., cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and their significance in relation to physical activity, health and fitness.
4. Demonstrate an understanding of basic principles of physical fitness training (e.g., frequency, intensity, type, duration, progressive overload, specificity), and knows principles and benefits of warm-up and cool-down exercise procedures.
5. Analyze individual variation in levels of health and fitness and knows the principles and techniques for designing, implementing, and maintaining individualized health and fitness plans (e.g., setting realistic short-term goals, evaluating and selecting activities to achieve goals)

**Attendance & Class Participation:** This class meets online. However, you are expected to be an active participant in the course by completing all Connect Modules, class assignments, and actively participating in all class discussions.

**Classroom Behaviors:** You will be expected to conduct yourself as an adult. If asked to record video assignments for class, you are expected to dress in appropriate attire (No hats, caps, beanies, hoodies, or pajamas are allowed in video- if inappropriate attire is not worn points will be deducted).

**Academic Honesty:** “The University expects all students to engage in all academic pursuits in a manner that is beyond reproach and to maintain complete honesty and integrity in the academic experiences both in and out of their classroom. The University may initiate disciplinary proceedings against a student accused of any form of academic dishonesty, including but not limited to, cheating on an examination or other academic work, plagiarism, collusion, and the abuse of resource materials.”  
--Excerpt from the Student Handbook

**Special Needs:** It is Sul Ross State University policy to provide reasonable accommodations to students with disabilities. If you would like to request such accommodations because of a physical, mental, or learning challenge, please contact the ADA Coordinator in the Counseling office in Ferguson Hall, Room 112. The mailing address is PO Box C-122, Alpine, TX 79832. E-mail: [mschwartz@sulross.edu](mailto:mschwartz@sulross.edu)

**Late Work:** No late work will be accepted without previous conversation. If you have any issues, contact your Professor as soon as possible *before* the assignment is due to make arrangements.

## **GRADING POLICIES**

<b>Grade Calculation</b>	<b>Points</b>	<b>Grading Scale</b>
<b>SmartBook (Textbook via Connect) -15 Weekly Chapters</b>	<b>20 points each x 15 (300 points)</b>	<b>895-1000 A</b>
<b>Connect Unit Tests -4 Tests</b>	<b>100 points each x 4 (400 points)</b>	<b>795-894 B</b>
<b>Connect Final Exam</b>	<b>(100 points)</b>	<b>695-794 C</b>
<b>Discussion Board Assignments -4 Activities</b>	<b>25 points each x 4 (100 points)</b>	<b>595-694 D</b>
<b>Assignments -4 Activities</b>	<b>25 points each x 4 (100 points)</b>	<b>594 and Below F</b>
	<b>Total Points = 1000</b>	

**No Late Assignments Will Be Accepted. Also, No Credit Will Be Given For Any Late Assignments**

# Course Schedule

Week	Topic	Activities
8/24-8/28	Ch 1- Intro to Wellness, Fitness, Lifestyle Management	SmartBook Module 1
8/31-9/04	Ch 2- Principles of Physical Fitness	SmartBook Module 2 Discussion Board #1: Wellness Wheel
9/1-9/06	Ch 1-2	Unit 1 Test
9/07-9/11	Ch 3- Cardiorespiratory Endurance	SmartBook Module 3 Assignment #1: 21 Days to Happiness
9/14-9/18	Ch 4- Muscular Strength & Endurance	SmartBook Module 4
9/21-9/25	Ch 5- Flexibility & Low-Back Health	SmartBook Module 5 Discussion Board #2: Activity Reflection & Advice
9/28-10/02	Ch 6- Body Composition	SmartBook Module 6
9/29-10/04	Ch 3-6	Unit 2 Test
10/05-10/09	Ch 7- Putting Together a Complete Fitness Program	SmartBook Module 7 Assignment #2: SMART Goal Setting
10/12-10/16	Ch 8- Nutrition	SmartBook Module 8
10/19-10/23	Ch 9- Weight Management	SmartBook Module 9 Assignment #3: Sleep Journal
10/26-10/30	Ch 10- Stress Management & Sleep	SmartBook Module 10 Discussion Board #3: Stress Management
10/27-11/01	Ch 7-10	Unit 3 Test
11/02-11/06	Ch 11- Cardiovascular Health Ch 12- Cancer	SmartBook Module 11 & 12 Assignment #4: PSA's
11/09-11/13	Ch 13- Substance Use & Misuse Ch 14- Sexually Transmitted Infections	SmartBook Module 13 & 14
11/16-11/20	Ch 15- Environmental Health	SmartBook Module 15 Discussion Board #4: Environment Health Assessment
11/17-11/22	Ch 11-15	Unit 4 Test
12/02-12/07	Ch 1-15	Final Exam

**Important University Dates:**

8/29 Last day to add a class to your schedule  
9/11 Last day to drop a course (without  
it counting against you) 9/27 University  
“Meal on the Mall”  
11/15 Last day to drop a  
course with a “W” (by 4pm) 11/21 Res  
halls close for Thanksgiving at 9am  
12/4 Last class day before finals  
12/5 “Dead Day” 12/6, 9-11 Final Exams  
12/13 Graduation begins at 7pm  
12/14 Res halls close at Noon