

## KIN 270: Personal Wellness

Department of Applied Health  
School of Education, Health and Human Behavior



**Erin Vanderbunt, EdD, AT**

**Office Hours:** Thursdays: 10:30 – 12:00

- This time will be reserved for OPEN office hours via ZOOM.
- Additional appointments may be set up by contacting Dr. Vanderbunt.

**Email:** The preferred method of contact is by sending a TEAMS chat (tutorial in the Blackboard course); second best option is via the email tool from the Blackboard class page. If for some reason you can't do either above the above, email is: [evander@siue.edu](mailto:evander@siue.edu)



Welcome to KIN 270: Personal Wellness! This course offers a comprehensive exploration of various dimensions of health and wellness that are crucial for personal development and lifelong well-being. Throughout this course, students will explore topics such as physical, emotional, and intellectual wellness, with a special focus on practical strategies for nutrition, fitness, sleep, and stress management. The curriculum is designed to equip students with the knowledge and skills necessary to make informed health decisions and promote sustainable lifestyle habits. This course is ideal for students from all backgrounds who are interested in enhancing their quality of life through a holistic understanding of wellness.

You have **BRAINS** in your **HEAD**.

You have **FEET** in your **SHOES**.

You can **STEER** yourself any

**DIRECTION** you **CHOOSE**.

~ Dr. Seuss

## Course Materials

**COURSE MATERIALS:** All reading materials, as well as supplemental material, will be posted on Blackboard. Students are required to access blackboard often, as new material will be uploaded often and students are responsible for all online material.

**TEXTBOOKS:** We will be using a combination of Open Education Resources (OER) textbooks for this course. Links to the textbook websites or individually uploaded chapters will be posted on Blackboard.

NOTE: Sometimes, course content looks very different on a computer vs. a phone. Some content may appear distorted or may possibly be even missing when viewing from a phone (I do not know why). Therefore, students are expected to complete this class via a COMPUTER.

A major component of this course is "information gathering". Therefore, students should expect to conduct their own online search for additional course materials that will be shared with the class.

**MICROSOFT TEAMS:** Students are asked to communicate with the instructor via Microsoft TEAMS Chat instead of email, when possible. All SIUE students have access to Office 365, which gives them access to this and other Office 365 programs. This can be accessed through the web application, a desktop application, or a phone/tablet application.

## Course Objectives and KSA's

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### COURSE OBJECTIVES

1. Develop an understanding of the various dimensions of wellness.
2. Develop strategies for incorporating physical activity and healthy behaviors into daily routines.
3. Analyze the relationship between nutrition, sleep, and mental health for well-being.
4. Identify and implement stress management techniques for maintaining emotional and mental well-being.
5. Evaluate personal wellness habits through self-reflection and journaling exercises.
6. Apply media literacy to critically assess health-related information and consumer choices.

## Course Requirements

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*What is "Netiquette"?*

- **Reflect** before you post an emotional response and reread what you have written to be sure it is professional. Communicate as if your comments are printed in a newspaper.
- **Communicate** effectively.
  - Do not use all caps or multiple punctuation marks (!!!, ???, etc.).
  - Be sure to define or explain acronyms, jargon or uncommon terms so everyone can understand and participate in the discussion.
- **Sign your name.** Take responsibility for your comments in order to build a strong classroom community.
- **Foster community.** Share your ideas and contribute to ongoing discussions. Make comments that add to, not detract from, a positive learning environment for the course.
- **Be constructive.** Challenge ideas and the course content, but do so in positive ways. It's fine to disagree, but when done politely you stimulate and encourage helpful discussion, and you maintain positive relationships with fellow students.
- **Keep the conversation on topic.** Online dialogue is like conversation. If there is a particular dialogue going on, please add to it, but if you have something new to say, start a new thread.

## Participation Requirements

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*It is vitally important that our classroom environment promote the respectful exchange of ideas, including being sensitive to the views and beliefs expressed during online discussions. Your success in this course will depend on your communication, consistent engagement and active participation in all course activities. Success in this course requires that adhere to the deadlines given below as you complete assignments, discussions and other course activities. Timely participation in online discussions is very important and is not optional. You are expected to post and reply to discussions in a timely manner consistent with the requirements contained within the course syllabus and discussion rubric.*

An online student is expected to:

- Participate in the virtual classroom 4-5 days a week
- Be able to work with others in completing projects
- Be able to use terminology properly
- Be able to complete assignments on time
- Enjoy communicating in writing
- Be self-motivated and self-disciplined
- Accept critical thinking and decision making as part of the learning process
- Be able to think ideas through before responding
- Contribute your ideas, perspectives, and comments to course discussions
- Be polite and respectful
- Be willing to “speak up” if problems arise
- Be able to apply what you learn
- Be open minded about sharing life, work, and educational experiences as part of the learning process

## Grading Policy, Assessments, and Outline

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**GRADING POLICY:** Your KIN 270 grade will be based entirely upon the total number of points you earn during the semester. Your final grade will be based on a 90, 80, 70% scale and there is NO ROUNDING!

<u>Total Points Possible</u>		<u>Grading Scale</u>	
Padlets (3)	30	90%	= A
Journal Reflections (5)	50	80%	= B
Assignments and Misc.	145	70%	= C
Quizzes (3)	75	65%	= D
Wellness Plan	<u>100</u>	Under 65%	= F
Total:	400		

\*NOTE: Points possible may change throughout the semester as assignments may be added, dropped, or adjusted as instructor deems appropriate.

Journals: There will be several journal topics built into the course content, as well as occasional learning activities. After each activity, or within the content area, discussion questions will be posted and students are required to write a reflection journal entry on the topic or activity. While there is no minimum word count for journal entries, they must be quality posts in order to receive full credit. Typically, quality posts are a minimum of 400 words. Additional journal topics/entries may be assigned throughout the semester. Students will receive 10 points for each journal entry. The total anticipated points for the course reflection journal is 50 points. Note: points accumulate for the journals as the semester goes on. You will not see your full points until they are all complete. For example, after the first journal, you may have 10/60 for your score – that is because only one has been completed/graded. Points will continue to be added with each new journal submission.

Assignments: There will be several written assignments throughout the semester on various topics. Assignments will be required to be completed and submitted as a Word or PDF document in Blackboard; Google docs and Pages files will NOT be accepted. Additionally, there will be smaller miscellaneous assignments/activities such as mandatory videos to be watched (with or without questions embedded), self-assessment videos, or image or document uploads ~ all of which are included in this category. Specific information on each assignment will be posted on Blackboard along with the due dates. The total *anticipated* points for these assignments is 145.

Padlets: Occasionally, we will use Padlet for whole class discussions and sharing of information. There are not any *required* replies for these Padlet posts, however extra credit “participation points” will be awarded at the end of the course based on your engagement with your peers on these Padlet posts. For all original posts, students must title their posts with their First Name and Last Initial. All peer replies must also be signed with their name to receive credit. NOTE: Padlet posts are anonymous by default. It is the responsibility of the student to sign / add their name and to verify this. The purpose of these replies is to encourage student engagement, so thoughtful posts and follow up dialogue are expected. The total *anticipated* points for these posts are 30 points.

Quizzes: There will be three quizzes in this course. The TOTAL of these will be 75 points.

Wellness Plan: As a final project, students will create a wellness plan based on various self-assessments and reflections throughout the course. Specific details of this project will be posted on Blackboard. The TOTAL points for this final project will be 100 points.

## COURSE OUTLINE:

The course content will be organized by weeks within each unit on Blackboard. For the purposes of this course, *most* due dates will be set for end of day on Fridays. HOWEVER, there is a built in “grace” period each week where students can use the weekend to complete any leftover work from that week. My rule of thumb is to have it completed by the time I start grading on Mondays – there is not a set final “time” for this, but it is safe to say that I generally do not start grading before 9 am on Mondays. Note: THESE DUE DATES AND GRACE PERIODS ARE SUBJECT TO CHANGE – Blackboard will always have all the details listed. The course outline is listed at the end of this syllabus and can also be found on Blackboard.

## The Technical Stuff

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### TECHNOLOGY REQUIREMENTS

At a minimum, you will need the following software/hardware to participate in this course:

- Computer with an updated operating system (e.g. Windows, Mac, Linux)
- Updated Internet browsers (Apple Safari, Internet Explorer, Google Chrome, Mozilla Firefox)
- DSL or Cable Internet connection or a connection speed no less than 6 Mbps.
- Media player such as, QuickTime or Windows Media Player.
- Adobe Reader or alternative PDF reader (free):  
<http://get.adobe.com/reader/?promoid=HRZAC>
- Java plugin (free): <http://java.com/en/download/index.jsp>
- Any other specialized software or basic software (e.g., MS Office, etc.). Students can download MS Office at no charge here: <http://office365.siue.edu>
- ZOOM software, installed on either computer, tablet, or phone. Students can download zoom from the App Store (phones/tablets) or from [www.siue.edu/zoom/](http://www.siue.edu/zoom/)
- Microsoft TEAMS desktop app and/or mobile app: <http://office365.siue.edu>

### TECHNOLOGY CAPABILITIES

Students in an online course should be able to:

- Access a computer daily.
- Use a word processor, such as MS Word, to compose assignments and communicate with others in class.
- Attach files to emails or course areas
- Navigate websites and course materials
- Reach out to tech support staff when issues arise and troubleshoot to resolve problems

*\*\*Since this is an online course, you are expected to have reliable Internet access on a regular basis. It is your responsibility to address any computer problems that might occur. Such problems are not an excuse for delays in meeting expectations or for missing course deadlines. Blackboard support is available by calling ITS at 618-560-5500, emailing [help@siue.edu](mailto:help@siue.edu), or by visiting: <http://www.siue.edu/its/bb/help.shtml>. Urgent tech support requests should be made by phone.*

# University and Instructor Policies

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## THE INSTRUCTOR'S POLICIES FOR THIS COURSE INCLUDE:

1. Announcements posted on Blackboard are considered required reading. There are weekly announcements that are posted each Monday that should be read by end of day on Monday – as that is the first day of the new weekly content. Some announcements may have links to a video message from the instructor and others will be only text, but in both cases, students must read/watch those messages by end of day on Mondays. Students are fully responsible for any course announcements, updates, or changes posted there. Messages sent or posted at other times of the week should be read within 24 hours during the M-F week.
2. Students are expected to log in to Blackboard at least 4/7 days per week and are expected to check their email daily M-F.
3. Students will be able to work ahead in the course.
4. Late work is generally not accepted outside of the grace period unless arrangements are made ahead of time and/or due to emergency.
5. Students who experience technical issues (internet connectivity, etc.) should contact ITS immediately AND send Dr. V a chat or email outlining the problem (cc me if you send an email to ITS).
6. The preferred method of communication for this course is through Microsoft Teams Chat. Therefore, students should check their messages daily, but should check their SIUE email AND Blackboard announcements daily, so as not to miss course or program updates. Students are responsible for all course changes, updates, or announcements delivered through those means.
7. While I welcome and encourage students to reach out with any/all questions, a major element of this course is information gathering. Therefore, students should attempt to find the answer to their questions, particularly course related questions, prior to asking. Questions such as “When is X due?” or “What should be included in X reflection journal entry?” when that information has been outlined on Blackboard in the course materials or in an announcement, will generally not be answered without first directing you back to the source to seek out that information on your own first. I am then happy to clear up any confusion or clarify components, but you should first try to find the information yourself.
8. **ARTIFICIAL INTELLIGENCE: Where can I use AI?** In this class, the use of AI is prohibited. While I am a faculty member that does incorporate AI in some of my other classes, there is no place for it in KIN 270. and, as such, is strictly prohibited.

## SUBJECT TO CHANGE NOTICE:

All material, assignments, and deadlines are subject to change. It is your responsibility to stay in touch with your instructor, review the course site regularly, and communicate with other students to adjust as needed if assignments of due dates change.

## ACADEMIC DISHONESTY:

Academic dishonesty will not be tolerated. For your protection, please avoid even the appearance of academic dishonesty. Students are reminded that the expectations and academic standards outlined in the Student Academic Code (3C2) apply to all courses, field experiences and educational experiences at the University, regardless of modality or location. Plagiarism is the use of another person's words or ideas without crediting that person. Plagiarism and cheating will not be tolerated

and may lead to failure on an assignment, in the class, or dismissal from the University, per the SIUE academic dishonesty policy. Students are responsible for complying with University policies about academic honesty as stated in the University's Student Academic Conduct Code. Unless expressly allowed by the instructor, the use of artificial intelligence (AI) tools and applications (including ChatGPT, DALL-E, and others) to produce content for course assignments and assessments is a violation of SIUE's academic policy and is prohibited. See Instructor's Policy above, #8.

### STUDENT CONDUCT:

“Students enrolled in online, as well as face-to-face and blended courses at SIUE have the responsibility to be good citizens of the University and the community, to pursue their educational goals with honesty and integrity, to contribute to an environment which encourages free inquiry and expression, to abide by all applicable laws and SIUE policies and procedures, and to respect the rights and responsibilities of fellow students, faculty and staff.” Please refer to the SIUE Student Academic Code for more detailed information and to familiarize yourself with the Student Conduct Code.

## Student Resources

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### ACADEMIC SERVICES AND SUPPORT

Academic support services on campus include access to library resources, readiness assessment, testing services, tutoring, a writing center, a math center, supplemental instruction programs, and teaching assistants. Students should seek out these resources when in need of support in addition to the instructor's support.

### SERVICES FOR STUDENTS NEEDING ACCOMODATIONS

Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. Students who believe they have a diagnosis, but do not have documentation, should contact ACCESS for assistance and/or appropriate referral. The ACCESS office is located in the Student Success Center, Room 1203. You can also reach the office by emailing us at [myaccess@siue.edu](mailto:myaccess@siue.edu) or by calling [618-650-3726](tel:618-650-3726).

If you feel you would need additional help in the event of an emergency situation, please notify your instructor to be shown the evacuation route and discuss specific needs for assistance. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at [www.siue.edu/access](http://www.siue.edu/access).

## COUGAR CARE

Dealing with the fast-paced life of a college student can be challenging, and I always support a student's decisions to prioritize mental health. Students have access to counseling services on campus (Student Success Center, 0222). Make an appointment by visiting [cougarcare.siu.edu](http://cougarcare.siu.edu) or by calling [618-650-2842](tel:618-650-2842).

## STUDENT SUCCESS COACHES

Student success coaches work across campus to serve the SIUE student population with the tools and resources to adjust to and meet the demands of the college experience. Success coaches provide direct services such as time management support and referrals to campus resources. If you find yourself in need of academic or personal support, or in a situation that is preventing you from being successful in the classroom, please utilize Starfish to connect with a coach as soon as possible. The sooner you engage, the sooner you can access the information or tools you need that may help you get back on track.



<b>Week</b>	<b>Lesson #</b>	<b>Topic</b>	<b>Reflection Journal</b>	<b>Assignment/Assessment</b>
<b>Week One 12/16 – 12/22</b>	1	Introduction to Personal Wellness	Dimensions of Wellness Reflection	Padlet Post
	2	Physical Activity and Exercise		Self-Check
	3	Cardiorespiratory, Muscular Fitness, and Flexibility	Guidelines Reflection	Padlet Post
	4	Cardiovascular Disease & Cancer		Week 1 Quiz
<b>Week Two 12/23 – 12/29</b>	1	Body Composition		
	2	Nutrition Basics		Food Label Upload
	3	Weight Management		Padlet Post
	4	Fad Diets		Week 2 Quiz
	5	Stress	Self-Assessment Reflection	
<b>Week Three 12/30 – 1/5</b>	1	Emotional and Mental Health	Mental Health Video Reflection	
	2	Sleep		Critical Analysis Article Review
	3	Alcohol, Tobacco, Drugs, Addiction		
	4	Unintentional Injuries and Violence		Week 3 Quiz
	5	Relationships & Sexuality	Consumer Health and Bias	Wellness Plan
	6	Consumer Health and Aging	Wrap Up Reflection Journal	Critical Analysis Article Review
<b>**Note: Most lessons include required readings and/or videos to be watched that may or may not have embedded questions inside them.</b>				

All Assignments and Activities due by end of day on Fridays with “grace” through the weekend (no approval needed).