



COUGARS

KIN 270: Personal Wellness

Online Asynchronous

Department of Exercise, Sport and Nutrition Sciences

Winter 2025-2026

About the Instructor

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Office Hours: Thursdays from 10:30-11:30 AM. All other times by appointment.

Welcome

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

Bio

Hi, I'm Dr. Vanderbunt (but most students just call me Dr. V). I've been teaching in our Exercise Science program at SIUE since 2010. I am a Certified Athletic Trainer and have degrees in Kinesiology, Sports Health Care, and Health Professions Education. My current teaching focuses on functional anatomy, personal wellness, musculoskeletal injuries, and the organization and management of exercise-related facilities.

Outside of teaching, I have two main areas of research: how physical activity connects to student success and how students choose their academic majors (in order to ensure greater satisfaction and success). I'm also obsessed with planners (and planning/productivity tools), passionate about wellness and finding ways to balance productivity with health and movement.

When I'm not working, you can usually find me reading, gardening, hiking, or spending time with family.

Teaching Philosophy

My teaching philosophy is simple: learning works best when it's practical, collaborative, and connected to your goals. Personal wellness isn't about perfection, it's about reflection, awareness, balance, and growth. In this course, my goal is to help you build a deeper understanding of yourself and develop sustainable habits that support your overall well-being.

A key shift often happens in this class: you move from learning about wellness to *living* it. That process depends on your engagement and willingness to be curious about your own habits and priorities. I can provide structure, guidance, and encouragement, but your growth comes from the choices you make and the effort you invest. My hope is that by the end of this course, you'll not only understand wellness but also have the tools and confidence to make it a lifelong practice.

Communicating with the instructor

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. To get started, visit the SIUE Office 365 page at: <https://www.siu.edu/its/office365/>

Communication Expectations:

- **Announcements:** Any 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.
- **Technical Issues:** If you encounter internet or tech problems, contact ITS immediately and notify me via Teams chat or email (cc me if you email ITS).
- **Questions:** I welcome and encourage your questions. However, because this course emphasizes information gathering, please check Blackboard, this syllabus, and course announcements first. If the information is already provided there, I will direct you back to those sources. I am always happy to clarify or help if you still have questions after reviewing the materials.

About the Course

Course description

Assist in developing an understanding and appreciation for personal wellness as a lifestyle through lecture and fitness activity. 3 credit hours

Course goals and 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 Materials

TEXT: 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.

ADDITIONAL 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.

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.

Technology Privacy Information

We will be using Blackboard in this course. View the [Anthology Blackboard Privacy Statement](#) to review how your data is being used and stored.

Course Requirements and Policies

Course Activities/Assessments

This course uses a mix of online activities to help you build both knowledge and practical application skills in personal wellness.

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

Reflection 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 10/50 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.

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.

Submitting work

Each assignment will have specific instructions on how it is to be submitted on Blackboard. Emailed assignments will not be accepted.

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.

Academic integrity/plagiarism

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](#).

All course activities, assignments, and quizzes should be completed independently. Students suspected of academic misconduct of any sort (collaborating with other students or individuals, using the internet, textbook, or any other resources, including the use of AI) will be reported to the university for violation of the SIUE academic dishonesty policy.

University guidance on artificial intelligence (AI)

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.

Instructor policy on artificial intelligence (AI)

In this course, AI use is strictly prohibited.

Grading

Your KIN 270 grade will be based 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.

- Padlets (3): **30 points**
- Journal Reflections (5): **50 points**
- Assignments and Misc: **145 points**
- Quizzes: **75 points**
- Wellness Plan: **100 points**

Total: 400 points

Grading scale

90% and above = A
80% – 89% = B
70% – 79% = C
65% – 69% = D
Below 65% = F

Feedback and grading timeline

I do my best to return feedback in a timely manner so you can use it to improve future work. Most grades will be posted by end of day Tuesdays each week.

Late or Missed Assignments

There is a large amount of flexibility built into KIN 270, referred to as “grace through the weekend”.

- 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
- The course outline is listed at the end of this syllabus and can also be found on Blackboard.

Participation and Discussions

It is vitally important that our classroom environment promotes the respectful exchange of ideas, including being sensitive to the views and beliefs expressed during discussions. Your success in this course will depend on your communication, consistent engagement, and active participation in all course activities.

Technology requirements and capabilities

Technical requirements for students can be found in this [ITS KnowledgeBase article](#). Additional resources for learning with technology can be found on the [Online at SIUE site](#).

Technical Support

Contact ITS at [618-650-5500](tel:618-650-5500) or at help@siue.edu with any technical concerns. You can also check the functionality of University systems, including Blackboard, at the [ITS System Status page](#), or search the [ITS KnowledgeBase](#) for various how-to and troubleshooting guides.

University Policies and Information

University policies and guidance that address teaching, learning, and student support services are available at: <https://kb.siue.edu/132378> Students are encouraged to visit this resource site for current information on:

Policies

- Academic integrity/plagiarism
- Diversity and Inclusion
- Pregnancy and Newly Parenting Policy
- Recordings of Class Content
- Regular and Substantive Interaction

Additional Support

- Academic and Other Student Services (Library, Academic Success, Tutoring, etc.)
- Cougar Care
- Military Service and Attendance
- Office of Military and Veteran Services (MAVS)
- Services for Students Needing Accommodations (ACCESS)
- SIUE Campus Climate Reporting Form
- Student Success Coaches
- TimelyCare

Subject to change notice

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

Course schedule begins on the following page and can be found on Blackboard.

Week	Lesson #	Topic	Reflection Journal	Assignment/Assessment
Week One 12/15 – 12/21	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
Week Two 12/22 – 12/28	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	
Week Three 12/29 – 1/4	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
**Note: Most lessons include required readings and/or videos to be watched that may or may not have embedded questions inside them.				

