

Course Expectations Letter

Subject: KIN 196

E-Mail Contact Information:

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Catalog Course Description:

This course is designed for all students who are interested in learning the value of life-long, healthy lifestyles. Students will be given the tools to assist them in making positive lifestyle changes based on a personal health/fitness profile. Topics covered include; basic anatomy and physiology, nutrition, weight control, tobacco and alcohol, muscle fitness, flexibility, stress reduction and cardiovascular conditioning.

Student Learning Outcomes:

Upon successful completion of this course: The student will be able to analyze their diet with regard to daily calorie requirements and the quality/quantity of nutrient consumed.

By logging into Canvas you affirm that you are the student who enrolled in the course(s) and are the person who will complete the assigned work. Furthermore, you agree to follow the regulations regarding academic integrity, personal identification and the use of student information as described in [BP 5500 \(Standards of Conduct\)](#) and [AP 5520 \(Student Conduct Procedures\)](#) which are the Rio Hondo College student conduct codes that govern student rights and responsibilities. You acknowledge that failure to abide by the regulations set forth in BP 5500 and AP 5520 may result in disciplinary action, including expulsion from the college.

This is **NOT** a self-paced course. There are firm deadlines in this class. There are assignments due on a regular basis. Please plan your time carefully!

Textbook: Please consult the Bookstore for information at (562) 463-7345 or go to

[Rio Hondo College Online Bookstore](#)

This course will include regular instructor student contact. Methods of regular instructor student contact include:

1. Discussion Board; Weekly Instructor-Student interaction per chapter assignments.
2. Discussion Board Participation; Between Instructor -Individual Student and Classmates at large on weekly basis.
3. Monthly Examinations; Modular exams will be given with Instructor feedback.
4. Course Message Center; Students will have access to Instructor 24 hours a day, 7 days a week via e-mail through the Canvas Platform.
5. Written Reports; Three separate written reports and interaction with the Instructor throughout the semester.
6. Live office hours are available.

The instructor may drop you for non-participation.

There will be a one to three business day delay after an add code is used before a student may be able to log on to Canvas.

For students new to online classes, it is highly recommended that you take the Online Orientation through our Online Education website. This will help explain what online classes are like and familiarize you with how the class is laid out. The orientation can be found at: <http://www.riohondo.edu/canvas-orientation//>

Email Responses: Instructors will make every attempt to respond to students in a timely fashion. Responses can take up to 48 hours before a response is received, excluding weekends and holidays.

Disability: A Student with a verified disability may be entitled to appropriate academic accommodations. Please contact your instructor and/or the [Disabled Students & Programs](#) office at 562-908-3420 for more information.

Modifications and Disclaimer: The instructor reserves the right to modify the content of the course or any course procedure. It is the responsibility of the student to keep apprised of all changes. If the student wishes to drop the class he/she is responsible for initiating the drop. Do not take it for granted that you will be dropped. If you stop working and do not drop the course, you may get an undesirable grade.