

## Course Syllabus: HHPK 200.01W Concepts of Lifetime Wellness

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**Class Meeting** Online only.

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**Textbook** Fahey, T.D., Insel, P.M., Roth, W.T. (2012). *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness: Alternate Edition (10<sup>th</sup> ed.)*. New York, NY: McGraw Hill.  
ISBN#: 978-0078022586

Software: NutriCalc 3.5 CD-Rom: ISBN: 978.0077637552



The textbook and CD-Rom are available through the campus bookstore and may also be purchased individually through McGraw Hill Publishing online at [www.shopmcgraw-hill.com](http://www.shopmcgraw-hill.com) or by calling customer service at 1.800.262.4729. You can purchase an on-line version of the NutriCalc 3.5 CD-Rom if you would like to thru the customer service number listed. There are various editions of the book and the software, so please pay close attention to the ISBN numbers listed above. These items are available on the internet.

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**Course Description** This course is designed to provide information related to the need for healthy lifestyles and their contribution to human well-being. Units of instruction will include procedures for assessing wellness levels in the various components of health and strategies used in developing lifetime wellness among students. (3 credit hours).

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**Course Objectives** After completion of this course, the student should be able to:

Develop an understanding of wellness and fitness concepts and benefits including cardiovascular endurance, muscular strength, muscular endurance, body composition, and flexibility.

Demonstrate competency in writing skills through the use of a workout journal and writing assignments.

Participate in weekly labs, web-video workouts, and fitness assessments.

Demonstrate knowledge of caloric balance, caloric consumption, and caloric expenditure through the use of an online interactive workbook.

Demonstrate knowledge of principles and concepts related to injury prevention and safety, stress management, and how to make healthy lifestyle behavior changes.

Demonstrate student interaction through group assignments and live online class discussions.

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<b>Grading Policy</b>	A	89.5 - 100	(Exceptional, Mastery)
	B	79.5 – 89.4	(Above Average, Good Performance & Learning)
		69.5 – 79.4	(Average)
	D	59.5 – 69.4	(Poor)
	F	59.4 and below	(Failing)

**Grading Criteria**

10%	Assignments
10%	Discussion
10%	Quizzes
10%	Lab Assignments
10%	Exam 1
10%	Exam 2
10%	Exam 3
10%	Exam 4
20%	Final Exam

**Late assignments will receive a grade of zero "0".**

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**Access & Navigation**

**Access and Log in Information**  
 This course was developed and will be facilitated utilizing eCollege, the Learning Management System used by Texas A&M University-Commerce. To get started with the course, go to: <https://leo.tamu-commerce.edu/login.aspx>. You will need your CWID and password to log in to the course. If you do not know your CWID or have forgotten your password, contact Technology Services at 903.468.6000 or helpdesk@tamu-commerce.

The following support options are available 24 hours a day / 7 days a week:

- Help:** Click on the 'Help' button on the toolbar for information regarding working with eCollege (i.e. How to submit to dropbox, How to post to discussions etc...)
- Chat Support:** Click on 'Live Support' on the tool bar within your course to chat with an eCollege Representative.
- Phone:** 1-866-656-5511 (Toll Free) to speak with eCollege Technical Support Representative.
- Email:** [helpdesk@online.tamuc.org](mailto:helpdesk@online.tamuc.org) to initiate a support request with eCollege Technical Support Representative.

**Being a Successful Online Student**

- [What Makes a Successful Online Student?](#)
- [Self-Evaluation for Potential Online Students](#)
- [Readiness for Education at a Distance Indicator \(READI\)](#)

**How is the Course Organized?**

The course is organized by weeks. Each week will be formatted similarly including the weekly schedule, chapter learning objectives, printable power point slides, an audio lecture, lab assignments, key terms and definitions, frequently asked questions, handouts, internet resources, and weekly discussions. Exam weeks will include live discussions and the exam. A course schedule is listed at the bottom of the syllabus.

### What Should Students Do First?

Students should begin by:

- Thoroughly reviewing the syllabus
- Ordering the textbook and cd-rom
- Taking the eCollege student tutorial
- Familiarizing oneself with the course layout
- Taking the syllabus quiz
- Introducing yourself in the Week 1 introduction discussion

### How Should Students Proceed Each Week for Class Activities?

The student will access and follow all course instructions found in the weekly content areas. The weekly content area of our course is found on the left navigation bar.

The student will listen to all online lectures provided in the Power Point section of each week.

The student will complete the assigned labs in the Lab section of each week.

The student will respond to posted online course discussion questions using the eCollege discussion tool located in the left side toolbar of each week.

The student will complete and submit assignments electronically using the eCollege dropbox tool located in corresponding weeks.

The student will complete an on-going work out log utilizing the NutriCalc CD-rom for submission to the dropbox each exam week. Students will also prepare a nutrition log submitting NutriCalc reports.

**Contacting Your Instructor:** If you have questions pertaining to the content of this course (e.g., questions about an exam, course due dates, grades, etc.), please contact your instructor via email at [Judy.Allen@tamuc.edu](mailto:Judy.Allen@tamuc.edu)

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The following information has been provided to assist you in preparing to use technology in your online courses. The following technology is recommended to be successful in this online course. [List those technologies needed for your online course.]

- Internet connection – high speed recommended (not dial-up)
- Speaker or headset – for audio lectures
- Word Processor

Additionally, the following hardware and software are necessary to use eCollege.

**Technology Requirements** Our campus is optimized to work in a Microsoft Windows environment. This means our courses work best if you are using a Windows operating system (7, XP or Vista) and a recent version of Microsoft Internet Explorer, Mozilla Firefox, or Google Chrome.

It is strongly recommended that you perform a “Browser Test” prior to the start of your course. To launch a browser test, login in to eCollege, click on the ‘myCourses’ tab, and then select the “Browser Test” link under Support Services.

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**Statement of Student** "All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment." (See Student's Guide Handbook, Policies and

**Behavior**

Procedures, Conduct). Communication can be challenging with online courses. It is essential that students communicate with the instructor when questions arise in order to avoid frustrations. Everyone must interact with the utmost respect and courtesy for one another.

Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material.

**ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact: Office of Student Disability Resources and Services, Gee Library – Room 132, Phone: (903) 886-5150 or (903) 886-5835 – Fax: (903) 468-8148. [StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

**Course Policies and Procedure**

Course log in and participation is essential for successful completion of the course. Late assignments will not be accepted. Students may work ahead although discussions and exams are required to be submitted during their corresponding week. Students are responsible for keeping up with weekly assignments through the course calendar.

An "excused absence" is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work. If the absence is for one of the reasons listed below, you will be able to make up the work missed within **two business days**. To reserve the right to make up work, you **MUST** provide written documentation on the day you return to class (a copy that I may keep). Please notify me ahead of time via email if you know you will be absent.

- Participation in an activity appearing on the University's authorized activity list.
- Death or major illness in a student's immediate family.
- Illness of a dependent family member.
- Participation in legal proceeding or administrative procedures that require a student's presence.
- Religious or Holy Day.
- Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or other doctor).
- Required participation in military duty.

**DUE DATES:** The due date listed for assignments are the **LAST** chance to submit them. Please turn in your work early. **DO NOT** accept late assignments or exams.

Interaction with Instructor - primary method of communication between student and instructor will be my office email at [Judy.Allen@tamuc.edu](mailto:Judy.Allen@tamuc.edu). You may also call me at my office number referenced above. General communication addressing the entire class will be posted on the Announcements page and personal communication will be via your MyLeo email. You **MUST** log into the course multiple times a week as well as check your email regularly. If you have a question or concern, **TALK** to me. I am here to help. Please do not wait to ask questions or allow yourself to be frustrated with the course. If you don't know, please ask!

Examination Policy – Exams are closed-book exams and should be an evaluation of student learning. All exams are timed and do not allow for time to search for answers. Exams **will not** be reset for any reason. Make arrangements to take exams when you have enough time and on a computer with a reliable internet connection. Exams will be automatically submitted upon expiration of time.

## Assignments due on **Friday** by Midnight!!!!!!

Course Outline	Date	Assignment Due <b>Friday</b> by 11:59pm
	1.17	eCollege Tutorial Due/ Syllabus Quiz / Introduction Discussion
	1.24	Lab 1.2 / Discussion / Chapter 1 Quiz
	1.31	Lab 2.1 / Discussion / Chapter 2 Quiz
	2.7	Lab 3.1 & 3.6 / Chapter 3 Quiz (no discussion this week)
	2.14	<b>Exam 1: Chapters 1, 2, &amp; 3</b>
	2.21	Lab 4.1 & 4.2 / Discussion / Chapter 4 Quiz
	2.28	Lab 5.1 & 5.4 / Chapter 5 Quiz / Discussion
	3.7	Lab 6.1 & 6.2 / Discussion / Chapter 6 Quiz
	3.21	Activity Summary / <b>Exam 2: Chapters 4, 5, &amp; 6</b>
	3.28	Lab 7.1 & 7.2 / Discussion / Chapter 7 Quiz
	4.4	Lab A8.1 & A8.5 / Chapter 8 Quiz (no discussion this week)
	4.11	Lab 9.2 & 9.4 / Discussion / Chapter 9 Quiz
	4.18	<b>Food Log / Exam 3: Chapters 7, 8, &amp; 9</b>
	4.25	Lab A10.6 / Discussion / Chapter 10 Quiz
	5.2	Quiz 11 / <b>Exam 4: Chapters 10 &amp; 11</b>
	5.9	<b>Comprehensive Final Exam</b>