



HHPK200 Concepts of Lifetime Wellness

COURSE SYLLABUS: Fall 2016

Instructor: Judy Allen, MS

Office Location: ED North – Room 113

Office Hours: By Appointment Only

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COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook/Software Required:

Fahey, T.D., Insel, P.M., Roth, W.T. (2016), *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness* (12th ed). New York, NY: McGraw Hill. ISBN: 978-1259406829

Software: NutriCalc: 978-0073375526 or 0073375527 (Includes codes to register online)

NOTE: You may purchase your NutriCalc software online. If you experience technical troubles with NutriCalc – visit www.mhhe.com/support for assistance or call McGraw Hill customer support at 800-331-5094.

1. Go to website: <http://www.mhhe.com/ncp>.
2. Click on “Register as a student”
 1. If you purchased your NutriCalc from the bookstore --- enter the ‘*Registration Code*’ included with your software
 2. If you want to purchase directly through this website -- Click on “*Buy Access Online*”
3. Enter additional info about their school
4. Enter credit card information

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)

Student Learning Outcomes

1. Develop an understanding of wellness and fitness concepts and benefits including cardiovascular endurance, muscular strength, muscular endurance, body composition, and flexibility.
2. Demonstrate competency in writing skills through the use of a workout journal and writing assignments.
3. Participate in weekly labs, workouts, and fitness assessments.
4. Demonstrate knowledge of caloric balance, caloric consumption, and caloric expenditure through the use of an online interactive workbook.
5. Demonstrate knowledge of principles and concepts related to injury prevention and safety, stress management, and how to make healthy lifestyle behavior changes.
6. Demonstrate student interaction through group assignments and group discussion interaction.

COURSE REQUIREMENTS

GRADING

A	89.5 – 100	(Exceptional, Mastery)
B	79.5 – 89.4	(Above Average, Good Performance & Learning)
C	69.5 – 79.4	(Average)
D	59.5 – 69.4	(Poor)
F	59.4 and below	(Failing)

Grade %	Assignments
10%	Discussions
10%	Quizzes
10%	Lab Assignments
10%	Exam 1
10%	Exam 2
10%	Exam 3
10%	Exam 4
10%	Final Exam

Late assignments will receive a grade of zero "0"!!
Assignments due on Sunday by Midnight!!!!!!

EXAM Policy – exams are closed-book exams and should be an evaluation of student learning. All exams are timed. 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.

TECHNOLOGY REQUIREMENTS

- To fully participate in online courses you will need to use a current Flash enabled internet browser. For PC and Mac users the suggested browser is Mozilla Firefox.
- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
 - 512 MB of RAM, 1 GB or more preferred
 - Broadband connection required courses are heavily video intensive
 - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
 - Sound card, which is usually integrated into your desktop or laptop computer
 - Speakers or headphones.
 - *For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site](http://www.java.com/en/download/manual.jsp)
<http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.
- Run a browser check through the Pearson LearningStudio Technical Requirements website. [Browser Check](http://help.college.com/LS_Tech_Req_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset) http://help.college.com/LS_Tech_Req_WebHelp/en-us/#LS_Technical_Requirements.htm#Browset

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
 - [Adobe Reader](https://get.adobe.com/reader/) <https://get.adobe.com/reader/>
 - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (*version 17 or later*) <https://get.adobe.com/flashplayer/>
 - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
 - [Apple Quick Time](http://www.apple.com/quicktime/download/) <http://www.apple.com/quicktime/download/>
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

- For additional information about system requirements, please see: [System Requirements for LearningStudio](https://secure.ecollege.com/tamuc/index.learn?action=technical) <https://secure.ecollege.com/tamuc/index.learn?action=technical>

ACCESS AND NAVIGATION

Pearson LearningStudio (eCollege) Access and Log in Information

This course will be facilitated using Pearson LearningStudio, the learning management system used by Texas A&M University-Commerce. To get started with the course, go to [myLeo](#) and from the top menu ribbon select eCollege. Then on the upper left side of the screen click on the My Courses tab. <http://www.tamuc.edu/myleo.aspx>

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or helpdesk@tamuc.edu.

Note: It is strongly recommended you perform a “Browser Test” prior to the start of your course. To launch a browser test login to Pearson LearningStudio, click on the My Courses tab, and then select the Browser Test link under Support Services.

Pearson LearningStudio Student Technical Support

Texas A&M University-Commerce provides students technical support for the use of Pearson LearningStudio.

Technical assistance is available 24/7 (24 hours, 7 days a week).

If you experience LearningStudio (eCollege) technical problems, contact the LearningStudio helpdesk at 1-866-656-5511 (toll free) or visit [Pearson 24/7 Customer Support Site](http://247support.custhelp.com/) <http://247support.custhelp.com/>

The student help desk may be reached in the following ways:

- **Chat Support:** Click on *'Live Support'* on the tool bar within your course to chat with a Pearson LearningStudio Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.

Accessing Help from within Your Course: Click on the *'Tech Support'* icon on the upper left side of the screen inside the course. Then you will be able to get assistance via online chat or by phone.

Note: Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

Policy for Reporting Problems with Pearson LearningStudio

Should students encounter Pearson LearningStudio based problems while submitting assignments/discussions/comments/exams, the following procedure must be followed:

1. Students must report the problem to the help desk. You may reach the helpdesk at 1-866-656-5511.
2. Students must file their problem with the helpdesk and obtain a helpdesk ticket number
3. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and provide me with the helpdesk ticket number.
4. I will call the helpdesk to confirm your problem and follow up with you

PLEASE NOTE: Your personal computer and internet access problems are not a legitimate excuses for filing a ticket with the Pearson LearningStudio Help Desk. Only Pearson LearningStudio based problems are legitimate reasons to contact the Help Desk.

You strongly are encouraged to check for your internet browser compatibility **BEFORE** the course begins and take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform.

MyLeo Support

Your MyLeo email address is required to send and receive all student correspondence. Please email helpdesk@tamuc.edu or call us at 903-468-6000 with any questions about setting up your MyLeo email account. You may also access information at myLeo. <https://leo.tamuc.edu>

Learner Support


The [One Stop Shop](http://www.tamuc.edu/admissions/onestopshop/) was created to serve you by providing as many resources as possible in one location. <http://www.tamuc.edu/admissions/onestopshop/>

The [Academic Success Center](http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/) provides academic resources to help you achieve academic success. <http://www.tamuc.edu/campusLife/campusServices/academicSuccessCenter/>

FREE MOBILE APPS

The Courses apps for phones have been adapted to support the tasks students can easily complete on a smaller device. Due to the smaller screen size course content is not presented.

The Courses app is free of charge. The mobile Courses Apps are designed and adapted for different devices.

	App Title:	iPhone – Pearson LearningStudio Courses for iPhone Android – LearningStudio Courses - Phone
	Operating System:	iPhone - OS 6 and above Android – Jelly Bean, Kitkat, and Lollipop OS
	iPhone App URL:	https://itunes.apple.com/us/app/pearson-learningstudio-courses/id977280011?mt=8
	Android App URL:	https://play.google.com/store/apps/details?id=com.pearson.lsphone

Once downloaded, search for Texas A&M University-Commerce, and it should appear on the list. Then you will need to sign into the myLeo Mobile portal.

The Courses App for Android and iPhone contain the following feature set:

- View titles/code/Instructor of all Courses enrolled in online
- View and respond to all discussions in individual Courses
- View Instructor Announcements in individual Courses
- View Graded items, Grades and comments in individual Courses
- Grade to Date
- View Events (assignments) and Calendar in individual Courses
- View Activity Feed for all courses
- View course filters on activities

- View link to Privacy Policy
- Ability to Sign out
- Send Feedback

LEARNINGSTUDIO NOTIFICATIONS

Students can be alerted to course activities via text on their mobile phones or up to two email addresses.

Based on their preferences, students can automatically receive a push notification with every new: course announcement, threaded discussion post, grade, and/or assignment without having to login to the course. Enrolled students will automatically receive email notifications for announcements and can opt out of this feature. To receive text notifications, students must opt in.

To begin setting up notifications, go into your course in LearningStudio and click on the bell-shaped Notifications icon on the main menu ribbon.

By default the student's university email address will appear. This cannot be changed in LearningStudio. Additional email addresses may be added by clicking the Add button. After all of the other selections are completed be sure to click the Save and Finish button.

COMMUNICATION AND SUPPORT

Course login and participation is essential for successful completion of the course. **Late assignments will not be accepted**. Students are responsible for keeping up with weekly assignments through the course calendar (included at the bottom of the syllabus).

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.
- Required participation in military duty.

Instructor Contact: my primary method of communication will be my office email at Judy.Allen@tamuc.edu. You may also call me at my office number referenced above. You MUST log into the course multiple times each 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.

Syllabus Change Policy

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

University Specific Procedures

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/admissions/registrar/documents/studentGuidebook.pdf>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: [Netiquette](#)

<http://www.albion.com/netiquette/corerules.html>

TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

ADA Statement

Students with Disabilities

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

Texas A&M University-Commerce

Gee Library- Room 132

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: Rebecca.Tuerk@tamuc.edu

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

Nondiscrimination Notice

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

Campus Concealed Carry Statement

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

COURSE OUTLINE / CALENDAR

	Assignment (Due Sunday by Midnight)	Due Date
Week 1	eCollege Tutorial Due / Syllabus Quiz / Introduction Discussion	9/4
Week 1	Lab 1.2 / Discussion / Chapter 1 Quiz	9/4
Week 2	Lab 2.1 / Discussion / Chapter 2 Quiz	9/11
Week 3	Lab 3.1 & 3.6 / Chapter 3 Quiz	9/18
Week 4	<u>Exam 1: Chapters 1, 2 & 3</u>	9/25
Week 5	Lab 4.1 & 4.2 / Discussion / Chapter 4 Quiz	10/2
Week 6	Lab 5.1 & 5.4 / Discussion / Chapter 5 Quiz	10/9
Week 7	Lab 6.1 & 6.2 / Discussion / Chapter 6 Quiz	10/16
Week 8	Activity Summary / <u>Exam 2: Chapters 4, 5 & 6</u>	10/23
Week 9	Lab 7.1 & 7.2 / Discussion / Chapter 7 Quiz	10/30
Week 10	Lab A8.1 & A8.2 / Chapter 8 Quiz (No Discussion This Week)	11/6
Week 11	Lab 9.2 & 9.4 / Discussion / Chapter 9 Quiz	11/13
Week 12	Food Log / <u>Exam 3: Chapters 7, 8 & 9</u>	11/20
Week 13	*** HAPPY THANKSGIVING !!! ***	11/27
Week 14	Lab A10.6 / Discussion / Chapter 10 Quiz	12/4
Week 15	Quiz 11 / <u>Exam 4: Chapters 10 & 11</u>	12/11
Week 16	<u>Comprehensive Final Exam</u>	12/16