



HHPK 522 - TEACHING HEALTH-RELATED FITNESS

Course Syllabus: Fall 2016

Department of Health & Human Performance

PROFESSOR: Dr. Steve Prewitt

CLASS SCHEDULE: Weekly

OFFICE HOURS: TBA Online

OFFICE: FH 100H

CLASS LOCATION: Online

EMAIL: steve.prewitt@tamuc.edu

Credit: 3 semester hours

Pre-requisites: Admittance onto Physical Education Pedagogy Master's Program or Professor permission

Course Description

This course focuses on how to implement a lifetime, health-related physical fitness program in school and community settings. Students will improve their knowledge of fitness concepts, design learning activities, review the research on physical activity, and develop strategies to teach lifetime fitness to children and adolescents.

Course Objectives

Students will be able to:

- 1) define fitness education.
- 2) describe the current definition and components of physical fitness.
- 3) demonstrate knowledge of fitness information including principles, components, designing a physical fitness program, weight management, and stress.
- 4) identify the fitness concepts that should be taught in elementary, middle, and high school.
- 5) demonstrate how to conduct accurate and reliable fitness assessments.
- 6) describe the issues related to physical activity and fitness in society and in school settings.
- 7) generate a plan to promote participation in physical activity (e.g. parent fitness night) in schools and in community settings.
- 8) design and teach fitness concepts to elementary, middle, or high school students.
- 9) generate a curriculum or action plan for a specific target population.
- 10) review the research literature and current issues involved in physical activity and fitness.

Required Textbooks

NASPE. (2011). *Physical education for lifelong fitness: The physical best teacher's guide* (3rd ed.). Champaign, IL: Human Kinetics.

The Cooper Institute (2010). *Fitnessgram & Activitygram Test Administration Manual – Updated* (4th ed.). Champaign, IL: Human Kinetics.

One of the following:

NASPE. (2011). *Physical best activity guide: Elementary level* (3rd ed.). Champaign, IL: Human Kinetics.

NASPE. (2011). *Physical best activity guide: Secondary level* (3rd ed.). Champaign, IL: Human Kinetics.

Outline

History & Status of Physical Fitness
Fitness Education
Physiology for Children and Adolescents
Knowledge & Activities to Teach the Fitness Components
Elementary or Secondary School Lesson Experiences
Principles for Teaching Fitness Concepts
Fitness Equipment and Technology
Assessing Fitness; Fitness Testing
Parent & Community Fitness Promotion
Fitness Resources
Research Directions and Strategies in Physical Activity

Teaching Strategies and eCollege Discussion Procedures:

Students will view Powerpoint presentations, read textbook chapters and assigned materials found in the course library, submit weekly quizzes, and take part in discussion board sessions with other students in the class. Each week the student will be required to post comments to the current topic and will further be required to respond by posting reactions to other student's comments. Points will be awarded to all postings based upon the thoroughness of the reactions/responses and the use of documentation to support the student's position.

Grading/ Evaluation

Final letter grades will be based on the number of points earned on all course work during the semester:
(Points You Earn divided by the Total Possible Points = Final Grade)

Discussions	50 points
Article Critiques	50 points
Lesson Videos	200 points
Quizzes	50 points
Reflections	150 points
Other Assignments	200 points
Total Possible Points	700 points

<u>Percent</u>		<u>Letter Grade</u>
90-100 %	A	(exceptional, excellent, mastery)
80-89%	B	(above average, good performance and learning)
70-79%	C	(average)
60-69%	D	(below average)
0 – 59%	F	(failing)

COURSE REQUIREMENTS

Instructional / Methods / Activities Assessments

E-college quizzes

See the schedule below for e-college quizzes. Each will be timed and may contain information covered in class or information within assigned readings. Quizzes must be completed by the due date. In general, the quizzes will be available by Thursday at noon.

Exam

The cumulative exam will be held during Finals Week. Several weeks before exam, the instructor and students will compile a list of possible final exam questions. Students will have two hours to complete the final assessment. Exam questions will come from lecture notes, readings, and information addressed within assignments. Your answers may also be supplemented with your own knowledge and research.

E-college discussions and assignments

Within e-college, you will have several weekly discussions and assignments. See the calendar below for due dates. You will see the point values of all discussion and assignments in e-college. All assignments should be dropped in the appropriate drop box. Please name your documents this way: "lastname nameofassignment.doc" Thanks!

TECHNOLOGY REQUIREMENTS

- To fully participate in online courses, you will need to use a current, Flash enabled browser. For PC users, the suggested browser is Internet Explorer 9.0 or 10. For Mac users, the most current update of Firefox is suggested.
- 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.
- Depending on your course, you might also need a:
 - webcam
 - microphone

For courses where interactive tools are used, like VoiceThread or Class Live Pro, headphones are suggested for use with recording and playback. We recommend a webcam with an integrated microphone, such as the Microsoft LifeCam Cinema. All devices should be installed and configured before class begins.

- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. Java can be downloaded at: <http://www.java.com/en/download/manual.jsp>
- Current anti-virus software must be installed and kept up to date.

- You will need some additional free software for enhanced web browsing. Ensure that you download the free versions of the following software:
 - Adobe Reader
 - Adobe Flash Player
- 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:
<https://secure.ecollege.com/tamuc/index.learn?action=technical>

ACCESS AND NAVIGATION

Pearson LearningStudio 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:
<http://www.tamuc.edu/myleo.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@tamuc.edu.

It is strongly recommended that you perform a “Browser Test” prior to the start of your course. To launch a browser test, login to Pearson LearningStudio, click on the ‘myCourses’ 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 in the use of Pearson LearningStudio.

Technical assistance is available 24 hours a day/ 7 days a week.

If at any time you experience technical problems (e.g., you can't log in to the course, you can't see certain material, etc.) please contact the Pearson LearningStudio Help Desk, available 24 hours a day, seven days a week.

The student help desk may be reached by the following means 24 hours a day, seven days a week.

- **Chat Support:** Click on '*Live Support*' on the tool bar within your course to chat with an Pearson LearningStudio Representative.
- **Phone:** 1-866-656-5511 (Toll Free) to speak with Pearson LearningStudio Technical Support Representative.
- **Email:** helpdesk@online.tamuc.org to initiate a support request 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. You will then be able to get assistance via online chat, email or by phone by calling the Help Desk number noted below.

Note: Personal computer 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, an Internet cafe, or a bookstore, such as Barnes & Noble, 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
2. helpdesk@online.tamuc.org or 1-866-656-5511
3. Students **MUST** file their problem with the helpdesk and obtain a helpdesk ticket number
4. Once a helpdesk ticket number is in your possession, students should email me to advise me of the problem and to provide me with the helpdesk ticket number
5. At that time, I will call the helpdesk to confirm your problem and follow up with you

PLEASE NOTE: Your personal computer/access problems are not a legitimate excuse for filing a ticket with the Pearson help desk. You are strongly encouraged to check for compatibility of your browser **BEFORE** the course begins and to take the Pearson LearningStudio tutorial offered for students who may require some extra assistance in navigating the Pearson LearningStudio platform. **ONLY** Pearson LearningStudio based problems are legitimate.

Internet Access

An Internet connection is necessary to participate in discussions and assignments, access readings, transfer course work, and receive feedback from your professor. View the requirements as outlined in Technology Requirements above for more information.

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 <https://leo.tamuc.edu>.

Learner Support

Go to the following link [One Stop Shop](#)- created to serve you by attempting to provide as many resources as possible in one location.

Go to the following link [Academic Success Center](#)- focused on providing academic resources to help you achieve academic success.

COMMUNICATION AND SUPPORT

Interaction with Instructor Statement

As this is an online course, the preferred mode of communication with the professor is email.

Responses will generally occur within 24 hours unless on the weekend. Virtual Office hours are listed above.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Policies

- 1 Students are expected to submit materials on time.
- 2 Any student missing an exam or assignment without prior arrangement will receive a score of zero.
- 3 E-college will be used extensively in this web-enhanced class. Get familiar with it immediately.
- 4 You MUST check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (leo account)
- 5 DUE DATES: The due dates listed for assignments are the LAST chance to submit them. Please turn in your work early. I DO NOT accept late assignments.
- 6 If you have a question or concern, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me. Please do not contact me at home or send me any forwarded e-mails (jokes, stories, etc). Thanks!

University Specific Procedures

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

StudentDisabilityServices@tamuc.edu

Nondiscrimination notice:

A&M–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

Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).

Course Policies and Expectations

A requirement of this course is that you are teaching students or have made arrangements to obtain access to a group of students that you can teach.

One of the biggest hazards in a distance learning environment is getting behind. Although you get to choose when to work during the week, you must complete your lessons on time! You must complete the activities within the specified time period to get credit. If you find yourself getting behind, due to an emergency or unexpected circumstance, let me know as soon as possible.

Requirements must be completed consecutively; for example, Week 1 assignments must be completed before Week 2 and Week 2 assignments must be completed before Week 3, etc. All assignments must be submitted to receive a passing grade..

You will not be able to make up missed assignments unless you have a documented excuse that meets the criteria established by University Policy. Please let the instructor know immediately of any emergency situation.

Graduate students are expected to apply basic rules of grammar and spelling to written work, including during the use of the Discussion Board and e-mail correspondence. If a student's work in this class indicates that remediation is needed in these skills, students will be informed of these opportunities and be expected to take advantage of them.

POLICY ON ACADEMIC DISHONESTY

The issue of academic dishonesty—which includes plagiarism, cheating, and other forms of misconduct—serves as a significant problem in higher education. While some forms of cheating do no more than compromise an individual student’s integrity, other forms of cheating, most notably plagiarism, constitute a violation of federal law.

Examples of academic dishonesty and plagiarism include:

1. Submitting work taken directly from a book, journal, or other written sources without proper citation.
2. Submitting work directly taken from another student without authorized collaboration.
3. Submitting work as the requirement for more than one course.
4. Submitting uncited work from internet sources (i.e., book reviews, website information).
5. The use of crib sheets or unauthorized reproduction of course examinations, or otherwise consulting class notes or study sheets without instructor consent during an exam.

Plagiarism Software Policy

“Your professor may elect to use a plagiarism detection service in this course, in which case you will be required to submit your paper to such a service as part of your assignment.”

For this course, each student is expected to submit work that constitutes his/her own effort, research, preparation, and production. Academic dishonesty will be dealt with in accordance with the guidelines and policies as outlined in the University Catalog, and will result in action ranging from reprimand from the instructor, to receiving a grade of ‘F’ in the course, to formal action taken by the university, which could result in being expelled from the school. These actions will be taken upon both to the perpetrator(s) of the offense as well as to any individual who assists another student in violating this policy.

Please note: Intent to deceive does not have to be present to be considered academic dishonesty. Please consult the course instructor if you are unsure of proper citation or assignment guidelines.

STUDENTS WITH DISABILITIES

The Americans with Disabilities Act, requires that reasonable accommodations be provided for students with physical, sensory, cognitive systems, learning and psychiatric disabilities. Please inform the instructor during the first week of class to discuss any such accommodations for this course.

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 [\(\(http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEm](http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEm)

ployeesAndStudents/34.06.02.R1.pdf) and/or consult your event organizer). 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.

ONLINE COURSE GUIDELINES

1. Electronic or equipment failure: It is your responsibility to maintain your computer and related equipment in order to participate in the online portion of the course.
2. Equipment failures will not be an acceptable excuse for late or absent assignments.\
3. Document archiving: You are responsible for making sure your assignments, including attachments, are received before the deadline. Naming conventions and software type:
4. You are responsible for submitting the assignment with the required naming convention, correct file extension, and using the software type and version required for the assignment.
5. Late assignments:
6. eCollege uses electronic dating to close (the Assignment Drop Box, Postings, and Assessments/Quizzes), so late (Assignments, Postings and Quizzes) cannot be submitted.
7. Classroom equivalency: Discussion threads, e-mails, and chat rooms are all considered to be equivalent to classrooms, and student behavior within those environments shall conform to the Student Code. Specifically:
8. Posting photos or comments that would be off-topic in a classroom are still off-topic in an online posting.
9. Off-color language and photos are never appropriate.
10. Using angry or abusive language is called “flaming”, is not acceptable, and will be dealt with according to the Student Code.
11. Do not use ALL CAPS, except for titles, since it is the equivalent of shouting online, as is overuse of certain punctuation marks such as exclamation points !!!! and question marks ?????.
12. Course e-mails, e-journals, and other online course communications are part of the classroom and as such, are University property and subject to GRAMA regulations and the Student Code. Privacy regarding these communications between correspondents must not be assumed and should be mutually agreed upon in advance, in writing.

NON CONTRACT NOTE

“Note: The syllabus is not a binding legal contract. It may be modified by the instructor when the student is given reasonable notice of the modification. “