HHPK 200.01W   20096   Course Syllabus

Instructor Information		
Professor:	Dr. Betty Block	
Office:	Field House 211	
Phone:	903.886.5553	
Email:	betty.block@tamuc.edu	
Office Hours:	Virtually (or by appointment)	

Catalog 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 proedures for assessing wellness leels in the various components of health and strategies used in developing lifetime wellness among sudents. (3 credit hours).

General Information

This online course requires that you, the student, take responsibility for your own learning. Please do not hesitate to contact me should you have questions. Communication is the key to success.

Course Objectives

Objectives:

1. Develop an understanding of wellness and fitness concepts and their 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 and Grading

Exams:

A total of 4 examinations and 1 comprehensive final exam will be administered. You will also be given quizzes and participate in discussions. Each are 10% of your grade.

Assignments & Discussions:

All assignments and discussions are due before or by 11:59pm on the specified due date. Late assignments will NOT be accepted and no extra credit assignments will be available. Assignments and discussions will be worth 10 points each.

Grading Procedure

Exam #1	10%
Exam #2	10%
Exam #3	10%

A	100 – 90%
B	89 – 80%
C	79 – 70%
D	69 – 60%
F	59% and below

Textbook

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.

Tentative Course Schedule

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

Week	All Assignments Due by 11:59pm on the Due Date
Week 1	eCollege Tutorial Due Syllabus Quiz Introduction Discussion
Week 1	Lab 1.2/Discussion/Chapter 1 Quiz
Week 2	Lab 2.1/Discussion/Chapter 2Quiz
Week 3	Lab 3.1& 3.6/Chapter 3 Quiz
Week 4	**Exam 1: Chapters 1, 2, & 3**
Week 5	Lab 4.1 & 4.2/Discussion/Chapter 4 Quiz
Week 6	Lab 5.1 & 5.4/Discussion/Chapter 6 Quiz
Week 7	Lab 6.1 & 6.2/Discussion/Chapter 6
Week 8	**Spring Break**
Week 9	Activity summary/ **Exam 2: Chapters 4, 5, & 6**
Week 10	Lab 7.1 & 7.2 /Discussion/Chapter 7 Quiz
Week 11	Lab A8.1 & A8.2/Chapter 8 Quiz (No discussion)
Week 12	Lab 9.2 & 9.4/discussion/Chapter 9 Quiz
Week 13	**Food Log/ Exam 3: Chapters 7, 8, & 9**
Week 14	Lab A10.6/Discussion/chapter 10Quiz
Week 15	**Quiz 11/Exam 4: Chapters 10 & 11**

Week 16	**Comprehensive Final Exam**

eCollege and MyLeo email will be our primary form of communication.

The virtual office will be the primary method of communication between student and instructor.

Other methods of communication include email and phone. General communication addressing the entire class will be posted on the Announcements page and email while personal communication will be via your LEO 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!

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 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)

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

Interaction with Instructor Statement

Visit me at my office, make an appointment, or email me with questions. I will respond within 24 hours.

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, 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.

COURSE AND UNIVERSITY PROCEDURES/POLICIES

Course Specific Procedures/Policies
I will be available to answer and questions that you might have regarding the assignments and will respond to your emails in a timely manner. Please be disciplined and keep up with your labs. They are critical to success!

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.

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/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 162
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.

What Should Students Do First?

Students should begin by:

- Thoroughly reviewing the syllabus
- Order your textbook
- Take the eCollege student tutorial
- Familiarizing yourself with the course layout
- Take the syllabus quiz
- Introduce 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 all assignments, quizzes, and respond to posted online course discussion questions.

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.

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 (XP or newer) and a recent version of Microsoft Internet Explorer (6.0, 7.0, or 8.0).

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.