



**HPK 1338 Concepts of Physical Activity**  
**Summer I: June 6 – July 7**  
**Section 01W; 3 semester hours**

**INSTRUCTOR INFORMATION**

**Instructor: Sarah M. Mitchell, PhD, ATC, LAT**

Office Location: Nursing & Health Sciences 118

Office Hours: Available via phone or email

Office Phone: (903) 886-5543

Office Fax: (903) 886-5365

University Email Address: Sarah.Mitchell@tamuc.edu

Preferred Form of Communication: Email

Communication Response Time: 24-48 hours

**COURSE INFORMATION**

**Textbook(s) Required**

Corbin, C., Welk, G., Corbin, W., and Welk, K. (2019). Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach. (12<sup>th</sup> edition). New York, NY. McGraw-Hill.

ISBN: 978-1-259-91246-7

APA Resource: Purdue Online Writing Lab: <http://owl.english.purdue.edu/owl/resource/560/01/>

**Course Description**

This course is designed to acquaint students with basic knowledge, understandings, and values of physical activity as it relates to optimal and healthful living. This course also seeks to instill an appreciation and desire for a healthy and physically active lifestyle.

**Student Learning Outcomes**

- Promote an understanding of the importance for physical fitness within our society.
- Develop a fundamental understanding of the physiological basis of physical activity.
- Promote an understanding of the concepts of physical fitness, coronary heart disease, nutrition, low back pain, body mechanics, posture, obesity, stress, and the value of planned activity.
- Help the student become more knowledgeable of consumer health and physical fitness delivery systems.
- Provide an opportunity for each student to develop a lifetime physical fitness program.
- Provide an opportunity for each student to participate in a physical fitness activity that will aid in assessing his or her level of physical fitness.

*The syllabus/schedule are subject to change.*

## COURSE REQUIREMENTS

### Minimal Technical Skills Needed

Students must have working knowledge of and know how to use the MyLeo Online: D2L Brightspace learning management system, and Microsoft Word/Excel/PowerPoint. Students must utilize their University assigned email (Leo mail) for all course communications. All email communication from the instructor will be sent to the student's Leo mail.

### Student Responsibilities or Tips for Success in the Course

Students can expect to do well in this course when they log into the online course often, complete all assignments/quizzes/exams/discussions, and seek assistance when they do not understand course material. Students should also utilize all course resources provided through D2L, such as, course lecture notes, assignments, and course information. It is the students responsibly to have internet access, check this site frequently, and become familiar with how it works.

### Grading

Each assignment will be worth a pre-determined amount of points. Upon the completion of the course, grades will be calculated by adding up the total number of points each student has earned and dividing it by the total amount of points available in the course. This will produce a percentage of points earned (Ex. Student earned 850 points out a possible 1000 in the course:  $850/1000 = 85\%$  "B"). Grades will be assigned based upon the percentages below.

Grading Scale: A = 90-100%

Discussions: 25 points

B = 80-89%

Labs: 150 points

C = 70-79%

Quizzes: 350 points

D = 60-69%

Fitness Assessment Project: 75

F = 0-59

Total Points = 600

Students are expected to earn points toward their final grade during the course of the semester with the assignments and exams that are scheduled. Extra Credit Assignments WILL NOT be given at the end of the semester. All students are graded based on the exact same criteria and no exceptions will be made for individual assignments, tests, or final point values.

Student assignments will be graded in a timely manner, typically within one week of the assignment due date. Any questions or concerns about assignments/grades should be brought to the instructor's attention immediately (i.e. Do not wait until the end of the semester)

## ASSESSMENTS

### Discussions

Online discussions will take place during the term. You should post a minimum of 3 posts per discussion thread: one initial post answering the question and two response posts to your fellow classmates that further the discussion. All posts and comments must remain professional and courteous to your instructor and peers. Unless you are quoting someone else directly, language should be "G-rated." Each post should be a minimum of 100 words for initial posts and 50 for response posts.

*The syllabus/schedule are subject to change.*

## **Labs**

Students will be responsible for Lab assignments throughout the term. These labs are included in your textbook and will be posted in D2L. All Labs will have a “submission folder.” All assignments MUST be submitted as a WORD document (or PDF).

## **Quizzes**

DO NOT attempt to take the quizzes without reading the appropriate pages from the book first AND taking notes on the lectures and other reading assignments. The quizzes are timed, and you will not have time to be doing the assigned reading as you take the quiz. In addition, the lectures will not simply repeat what you have read in the book. DO NOT wait until the last minute to take the quizzes.

## **Fitness Assessment Project**

Students will complete fitness assessments as outlined in the project. Once students have their results, they will summarize their fitness levels, analyze their strengths/weaknesses, and make a plan to maintain or improve their fitness levels.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements.

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

YouSeeU Virtual Classroom Requirements:

<https://support.youseeu.com/hc/en-us/articles/115007031107-Basic-System-Requirements>

### **ACCESS AND NAVIGATION**

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](mailto:helpdesk@tamuc.edu).

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.

### **Communication and Support**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

*The syllabus/schedule are subject to change.*

## **Interaction with Instructor Statement**

Email is the best way to contact the instructor if you need assistance with any aspect of the course. Instructor will typically respond to emails within 24 hours (except on weekends and holidays). Students are also welcome to contact the instructor if they prefer a phone conversation.

## **COURSE UNIVERSITY PROCEDURES/POLICIES**

### **Attendance**

This is an online course and you can work at your own pace. All assignments have deadlines which must be met; however, you can submit any assignment at any time before the deadline. It is the student's responsibility to be aware of assignment due dates as the dates are posted on D2L. In the case of missing deadlines due to unavoidable or emergency situations, or illness (including Covid), the student must promptly notify the instructor via email explaining the circumstances. Prompt notification (within three days) is required to have an absence excused; additionally, written documentation may be required to have the absence excused. Assignment deadlines may be modified for students with excused absences. Technical and/or computer problems associated with D2L are not a valid excuse for turning in an assignment late. **NO LATE ASSIGNMENTS WILL BE GRADED.**

### **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.

### **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/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

### **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](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

*The syllabus/schedule are subject to change.*

### [Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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

### **ADA Statement for 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; Velma K. Waters Library Rm 162; Phone (903) 886-5150 or (903) 886-5835; Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@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.

### **Counseling Center**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

*The syllabus/schedule are subject to change.*

**COURSE OUTLINE / CALENDAR**

<b>Section</b>	<b>Lecture Titles</b>	<b>Textbook Reading Assignment</b>	<b>Required Assignments</b>	<b>Due Date</b>
1	Health, Wellness, Fitness, and Healthy Lifestyles	Chapter 1	Lab 1A Quiz 1	Section 1 due: June 13, 11:59p
	Determinants of Lifelong Health, Wellness and Fitness	Chapter 2	Lab 2A Quiz 2	
	Self-Management Skills for Health Behavior Change	Chapter 3	Lab 3A Quiz 3	
	Preparing for Physical Activity	Chapter 4	Lab 4A & 4C Quiz 4	
	Health Benefits of Physical Activity	Chapter 5	Lab 5A Quiz 5	
	How Much Physical Activity is Enough?	Chapter 6	Lab 6A Quiz 6	
	Introduction Discussion & Discussion 1			
2	Adopting an Active Lifestyle	Chapter 7	Quiz 7	Section 2 due: June 20, 11:59p
	Cardiorespiratory Endurance	Chapter 8	Lab 8A Quiz 8	
	Vigorous Aerobics, Sports, & Recreational Activities	Chapter 9	Lab 9A Quiz 9	
	Muscle Fitness & Resistance Exercise	Chapter 10	Quiz 10	
	Flexibility	Chapter 11	Quiz 11	
	Discussion 2 Introduction to Fitness Assessment Techniques for Project			
3	Body Mechanics: Posture, Questionable Exercises, and Care of the Back/Neck	Chapter 12	Lab 12A Quiz 12	Section 3 due: June 27, 11:59p
	Performance Benefits of Physical Activity	Chapter 13	Quiz 13	
	Body Composition	Chapter 14	Lab 14B Quiz 14	
	Nutrition	Chapter 15	Quiz 15	
	Managing Diet and Activity for Healthy Body Fatness	Chapter 16	Lab 16A & 16B Quiz 16	
Discussion 3				
4	Stress and Health	Chapter 17	Lab 17B Quiz 17	Section 4 due: July 5, 11:59p
	Stress Management, Relaxation, and Time Management	Chapter 18	Lab 18C Quiz 18	
	Discussion 4 Fitness Assessment Project Due			

*The syllabus/schedule are subject to change.*