Health & Human Performance, Texas A&M University-Commerce
Fall 2024
HHPK 1338 01E: Concepts of Physical Activity
August 26, 2024 – December 13, 2024

COURSE LOCATION: NHS 161
COURSE TIME: MWF 10:00 am– 10:50 pm
INSTRUCTOR: Lauren Rhodes
OFFICE: NHS 136
OFFICE HOURS: Monday/Wednesday 1:00 pm – 3:30 pm or by appointment
PHONE: (903) 886-5549
FAX: (903) 886-5365
E-MAIL: Lauren.Rhodes@tamuc.edu
      * Include your first & last name in all email correspondence as well as the course you are enrolled in. I expect emails to be written professionally, meaning you should proofread before sending.

REQUIRED TEXT: Corbin, C., Welk, G., Lindsey ,R., & Corbin, W. (2023). *Concepts of Fitness & Wellness: A Comprehensive Lifestyle Approach.* (13th edition). New York, NY. McGraw Hill.
ISBN: 9781264066674

Course Description:

This course is designed to acquaint students with basic knowledge, understanding, 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.

Course Objectives:

The objectives of this course are as follows:

1. Promote an understanding of the importance for physical fitness within our society.

2. Develop a fundamental understanding of the physiological basis of physical activity.

3. 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.

4. Help the student become more knowledgeable of consumer health and physical fitness delivery systems.

5. Provide an opportunity for each student to develop a lifetime physical fitness program.

6. 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.

Grading:

Participation	10%
Exam 1	15%
Exam 2	20%
Exam 3	20%
Exam 4	20%
Final Exam	15%

Grade Scale:

A = 90 - 100
B = 80 - 89.9
C = 70 - 79.9
D = 60 – 69.9
F = 59.9 or below

A grade of C or above must be maintained in all courses of your major field and for teacher certification.

Course Requirements:

A. **Exams (70%):**
   Four (4) exams will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions.
   No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided within 3 days.

B. **Final Exam (15%)**
   The final exam is scheduled for the last class day. The final exam will be comprehensive.

C. **Participation (10%)**
   Students are expected to attend class on a regular basis AND contribute to discussions during class. I will make a note of those who enhance the course through quality contributions during discussions on a regular basis.

D. Extra Credit:

For extra credit, students may complete extra credit activities as offered by the instructor. Please do not ask for extra credit. That is up to the instructor's discretion. Extra credit opportunities are NOT guaranteed.

HHPK 1338 01E: Concepts of Physical Activity
Tentative Course Outline
Fall 2024

Week	Date	Class	Assignments Due
1	8/26	Intro to class & Syllabus	
	8/28	Concept 1: Health, Wellness, Fitness: Intro	
	8/30	Concept 1: Health, Wellness, Fitness: Intro	
2	9/2	Labor Day (no class)	
	9/4	Concept 2: Determinants of Lifelong Health	
	9/6	Concept 3: Skills for Health Behavior Change	
3	9/9	Concept 3: Skills for Health Behavior Change	
	9/11	Concept 4: Preparing for Physical Activity	
	9/13	Goal Setting Activity	
4	9/16	Concept 5: Health Benefits of Physical Activity	
	9/18	Concept 6: How Much Physical Activity is Enough?	
	9/20	Review for Exam 1	
5	9/23	EXAM 1 (Ch 1-5)	EXAM 1
	9/25	Concept 6: How Much Physical Activity is Enough?	
	9/27	Concept 7: Moderate Physical Activity	
6	9/30	Concept 7: Moderate Physical Activity	
	10/2	Concept 8: Cardiovascular Fitness	
	10/4	Concept 8: Cardiovascular Fitness	
7	10/7	Concept 9: Vigorous Aerobics, Sports, & Rec Activity	
	10/9	Concept 10: Muscle Fitness & Resistance Exercise	
	10/11	Concept 10: Muscle Fitness & Resistance Exercise	
8	10/14	Review for Exam 2	
	10/16	EXAM 2 (Ch 6-10)	EXAM 2
	10/18	Concept 11: Flexibility	
9	10/21	Concept 11: Flexibility	
	10/23	Application: Pilates & Yoga	
	10/25	Concept 23: Body Mechanics	
10	10/28	Concept 23: Body Mechanics	
	10/30	Concept 15: Performance Benefits of Physical Activity	
	11/1	Concept 16: Stress and Health	
11	11/4	Concept 16: Stress and Health	
	11/6	Concept 13: Body Composition	
		Review for Exam 3	
	11/8	EXAM 3 (Ch 11, 12, 13, 16, 23)	EXAM 3

12	11/11	Concept 13: Body Composition	
	11/13	Event/Guest Lecturer	
	11/15	Skinfold Analysis	
13	11/18	Concept 14: Nutrition	
	11/20	Concept 14: Nutrition	
	11/22	Concept 15: Nutrition	
14	11/25	Exam 4 (Ch 13, 14, 15)	EXAM 4
	11/27	Thanksgiving Break (no class)	
	11/29	Thanksgiving Break (no class)	
15	12/2	Concept 17: Stress Management	
	12/4	Concept 17: Stress Management	
	12/6	Review for Final	
	12/9	Final Exam (Comprehensive) Monday, December 9th 10:30am * Students are expected to be present on the date of the final exam.	Final Exam

* This schedule is tentative and subject to change

University Specific Procedures:

Pandemic Policies

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student getting access to missed content or completing missed assignments.

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
Texas A&M University-Commerce
Gee Library 162
Phone (903) 886-5150 or (903) 886-5835
Fax (903) 468-8148
StudentDisabilityServices@tamuc.edu

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).*

In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) leave the class area CLEAN, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

Academic Honesty Policy

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. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to http://www.plagiarism.org/. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**

AI Policy

Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors 'guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty

Nondiscriminatory Statement

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.

Campus Concealed Carry

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/34SafetyOfEmployeesAndStudents/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.

Counseling Center Services

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

Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

Course Policies

1. Students are expected to be in class, ready to participate, <u>on time</u>.

2. An "<u>excused absence</u>" 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.

   a. If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you MUST provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

      i. Participation in an activity appearing on the University's authorized activity list.
      ii. Death or major illness in a student's immediate family.
      iii. Illness of a dependent family member
      iv. Participation in legal proceedings or administrative procedures that require a student's presence.
      v. Religious Holy Day
      vi. Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
      vii. Required participation in military duty

3. Any student <u>missing an exam or assignment</u> without prior arrangement will receive a <u>score of zero</u>.

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. (your leo account)

5. While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT. This is a zero-tolerance policy. (Thanks!) . If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!

6. DUE DATES: The due dates listed for assignments are the LAST chance to submit them. I DO NOT accept late assignments.

7. If you have a question or concerns, TALK to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

Minimal Technical Skills Needed

Using the learning management system, using Microsoft Word, PowerPoint, and Excel, using university email, and using Google Docs / Slides.

TECHNOLOGY REQUIREMENTS

Browser support

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or **point** release of that major version) and the previous major version of iOS (the latest minor or **point** release of that major version). For example, as of June 7, 2017, D2Lsupports iOS 10.3.2 and iOS 9.3.5, but not iOS 10.2.1, 9.0.2, or any other version. Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- 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

- Current anti-virus software must be installed and kept up to date.

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/
  - Adobe Flash Player *(version 17 or later)* https://get.adobe.com/flashplayer/
  - Adobe Shockwave Player https://get.adobe.com/shockwave/
  - Apple Quick Time 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.

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**.**

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
Brightspace Support
Need Help?

Student 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 or click on the **Live Chat** or click on the words "click here" to submit an issue via email.

System Maintenance

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.