



HHPK 1338 01W, Concepts of Physical Activity

COURSE SYLLABUS: Winter Mini 2025

INSTRUCTOR INFORMATION

Professor: Kelly Featherston, PhD

Office Location: NHS 139

Office Hours: By appointment via phone or zoom

Office Phone: 903.886.5549

Office Fax: 903.886.5365

University Email Address: Kelly.Featherston@tamuc.edu

Preferred Form of Communication: email*

*Include first and last name along with course you are enrolled in. Emails should be professionally written.

Communication Response Time: within 24 hours (weekdays)

COURSE INFORMATION

Materials – Textbooks, Readings, Supplementary Readings

Textbook(s) Required (electronic copy available):

Welk, G., Corbin, C., Corbin, W., & Welk, K. (2023). *Corbin's Concepts of Fitness & Wellness: A Comprehensive Lifestyle Approach*. (13th edition). New York, NY. McGraw Hill. **ISBN10: 1264066678 | ISBN13: 9781264066674**

Available: <https://www.amazon.com/Corbins-Concepts-Fitness-Wellness-Comprehensive/dp/1265187711>

COURSE DESCRIPTION

This course is designed to provide information related to the need for continuing physical activity and its contribution to human well-being. Units of instruction will include procedures for assessing fitness levels in the various components of physical fitness and techniques used in developing physical fitness among students. The objectives of this course are as follows:

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

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

COURSE REQUIREMENTS

You will be expected to use D2L and to have a working knowledge of the Microsoft Office Suite or similar.

Instructional Methods

Independent learning, guided discovery, and direct instruction.

Evaluation

Sections 1-4 100 points per section

Midterm Exam 100 points

Final Exam 100 points

Grading Scale

540-600 pts - A

480-539 pts - B

420-479 pts - C

360-419 pts - D

0-359 pts - F

Section Quizzes, Assignments, and Participation

- Each section will contain several topics. Within each topic/chapter there will be instructional content, quizzes, and assignments (including discussion posts). It is expected that you will also read the chapters from the textbook.
- ALL parts of each section MUST be completed by the section "end date." Check dates and manage your time accordingly. You MUST do the 4 sections in order. Assignments, quizzes, etc, not submitted by the due date will receive a grade of ZERO. Late assignments will not be accepted. Again, plan ahead.

- The total point value for each section accounts for 16.67% of the course grade. The total point value for each section will be 100.
- Each exam is 100 points, there are 2. The total value for exams accounts for 33.3% of the course grade.

Submitting assignments

All assignments and discussions posts will be completed in D2L. If the assignment requires an outside document (work, excel, pdf), it must be titled appropriately.

For example, if one of the assignments is called “dietary record” and your last name is Williams, the document should be named “Williams dietary record.”

Include your full name and the assignment name at the top of all work.

Exam Information

This is a foundational class for your major, it is important that you are LEARN (not memorize) the content (review lecture and read your book). On the day of exam, you will have a 24-hour period to take your exam (plan ahead). Once you start the exam, you will have 75 minutes to complete it. Question format will include T/F, multiple choice, fill-the-blank, matching, short answer, and application. Communication with the instructor must be made at the beginning of the course (first 5 days) if there is a conflict with exam dates.

How to succeed in this class:

1. Turn in all assignments ON TIME in D2L (late work will NOT be accepted). Review assignment due dates and plan ahead.
2. Do quality work!
3. Proofread your work aloud. Points will be taken off for submitted work that includes: spelling, punctuation and sentence structure errors. No TEXT language.
4. Language between classmates in discussion posts should be respectful and G-rated.
5. Take responsibility for your own grade; I do not give you a grade—you earn a grade.
6. Grades, updated class outline and more in-depth assignment descriptions will be posted in D2L. CHECK IT
7. END DATES: The “end dates” listed for sections are the LAST chance to submit them. Please submit your work early. I DO NOT accept late assignments.
8. If you have a question or concern, e-mail me. Please include the course number in the subject of the e-mail (“HHPK 1338”) and the topic of the message. I will respond within 24 hours during the week.
9. Check your email regularly and ‘turn on’ notifications in D2L.
10. If you have a question or concern, communicate with me!

PLAGIARISM

- As commonly defined, plagiarism is using someone else's work as your own. This is not acceptable at the college level. If you use a source, put it in your own words and reference it.
- University level discipline action can be taken if you plagiarize, and it will impact your grade as well. If you have questions or need clarity, ask me.

AGENDA/SCHEDULE

Topics will be listed in D2L under each section.

Each section is worth 100 points (from discussions, assignments, labs, quizzes). Each exam is worth 100 points.

	Section	
1	Lifestyles for Health, Wellness, Fitness & Foundations of Physical Activity (Ch 1-6)	Section 1 due: December 20
2	Regular Physical Activity (Ch 7-12)	Section 2 due: December 27
3	Healthy Eating Habits & Stress (Ch 13-17)	Section 3 due: January 3
4	Destructive Behaviors & Consumer Choices (Ch 18-20; 24-25)	Section 4 due: January 9

MIDTERM EXAM 12/27

FINAL EXAM 1/10

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

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

Zoom Video Conferencing Tool

https://inside.tamuc.edu/campuslife/CampusServices/CITESupportCenter/Zoom_Account.aspx?source=universalmenu

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

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>

COURSE AND UNIVERSITY PROCEDURES/POLICIES

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/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>

[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>

Students with Disabilities-- 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
Velma K. Waters Library Rm 162

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

Fax (903) 468-8148

Email: 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.

A&M-Commerce Supports Students' Mental Health

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

AI Use in Courses

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

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.

