



HPK 1338 02E, Concepts of Physical Activity

COURSE SYLLABUS: Spring 2025

MWF 12:00-12:50 pm, NHS 163

INSTRUCTOR INFORMATION

Professor: Dr. Kelly Featherston, Assistant Professor

Office Location: NHS 139

Office Hours: T/TH 12:15-2:00; Wednesdays 8:45-12:00

Office Phone: 903.886.5549

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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:

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. ISBN is print 9781266655135 eBook ISBN 9781266655005

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, peer teaching, direct instruction.

Student Responsibilities or Tips for Success in the Course

How to succeed in this class:

1. Be in class every day, with your **cell phone off** and your brain engaged! It is YOUR responsibility to sign-in for attendance at the **beginning of class (first 5 minutes only)**.
2. Study the assigned material before every class! It is expected that you purchase and read the text (**bring to class**).
3. Turn in all assignments ON TIME in D2L (late work will NOT be accepted). Assignment due dates will be at the start of the class time.
4. All assignments submitted in D2L should use the following format when saved: "yourlastname HHPK ###" At the top of the document, include your name, class #, and the name of the assignment. Docs or other format must be accessible.
5. 10% will be taken off for assignments turned in without class attendance.
6. Do quality work!
7. Proofread your work aloud. Points will be taken off for submitted work that includes: spelling, punctuation and sentence structure errors. No TEXT language.

8. Take responsibility for your own grade; I do not give you a grade—you earn a grade.
9. If you are late or absent, it is your responsibility to obtain any missed information. Connect with a classmate prior to asking the instructor about missed content.
10. On activity/lab days, students need to be dressed appropriately for activity (comfortable/athletic clothes, APPROPRIATE/MODEST clothing, and proper gym shoes, NO FLIP FLOPS, SANDALS or CROCS). Full length shirts are required.
11. Be ready to move! Participation is required. Activity accommodations can be made.
12. Absences, late assignments, missed exams or other will ONLY be considered in the event of medical or immediate family EMERGENCIES. Events must be communicated within 3 days and documentation will be requested (date, time, location required). Communication is key.
13. Grades, updated class outline and more in-depth assignment descriptions will be posted in D2L. CHECK IT
14. Volunteer opportunities, experiential learning, and extra credit may be offered throughout the semester. Take advantage, do not ask for extra credit/points the last week of classes.
15. Be respectful to all. PG 13 classroom language, prepare for your future in a professional setting. A warning will be given, but if the behavior continues YOU will be asked to leave.
16. Students who are unprepared for class may be asked to leave.

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 (40%):

Four (4) exams will be given to determine student progress and assist students in learning.

B. Final Exam (20%)

The final exam is scheduled during finals week. 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. Attendance and participation will be tracked and monitored. It is the student's responsibility to check in for class daily. Partial attendance will not count for credit towards grade.

D. Assignments & Quizzes (30%)

Labs and assignments will be assigned throughout the semester, deadlines and full descriptions will be available in D2L. Assignments and labs will be due at the beginning of class on the assigned date (12:00pm). Handwritten assignments will NOT be accepted unless they are tied to a textbook lab assignment. All assignments and quizzes will be submitted in D2L. Labs can be found in the textbook (e-book).

****No make-up exams or quizzes will be given, unless arrangements are made prior to the assessment, or a verifiable medical excuse is provided within 3 days. Late assignments will not be graded.***

COURSE OUTLINE / CALENDAR

Course outline subject to change/ Please access the specific outline on D2L.

HHPK 1338 02E: Concepts of Physical Activity**Tentative Course Outline****Spring 2025**

| Wk | Date | Class | |
|----|----------------------------|--|---|
| 1 | M 1/13 W 1/15 F 1/17 | Intro to class & Syllabus Concept 1: Health, Wellness, Fitness: Intro Concept 2: Determinants of Lifelong Health* | |
| 2 | M 1/20 W 1/22 F 1/24 | MLK Day (no class) Concept 3: Skills for Health Behavior Change Concept 4: Preparing for Physical Activity* | W Syllabus Quiz F Recreation Center Assign DUE |
| 3 | M 1/27 W 1/29 F 1/31 | Goal Setting Activity (NHS 175/gym) Concept 5: Health Benefits of Physical Activity Concept 6: How Much PA is Enough?* | |
| 4 | M 2/3 W 2/5 F 2/7 | Concept 6: How Much Physical Activity is Enough? Activity (gym) Overflow Day/Possible Review | |
| 5 | M 2/10 W 2/12 F 2/14 | EXAM 1 (Ch 1-6) Concept 7: Adopting an Active Lifestyle Concept 7: Adopting an Active Lifestyle | M EXAM 1 |
| 6 | M 2/17 W 2/19 F 2/21 | D2L Activity Concept 8: Cardiorespiratory Endurance Concept 9: Vigorous Aerobics, Sports, & Rec Act | W Lab 8B DUE |
| 7 | M 2/24 W 2/26 F 2/27 | Concept 10: Muscle Fitness & Resistance Exercise Concept 10: Muscle Fitness & Resistance Exercise Overflow Day/Possible Review | |

The syllabus/schedule are subject to change.

| | | | |
|------------------------|----------------------------|---|--|
| 8 | M 3/3 W 3/5 F 3/7 | EXAM 2 (Ch 7-10) Concept 11: Flexibility Concept 12: Adv Fitness Training | M EXAM 2 |
| Spring Break Mar 10-14 | | | |
| 9 | M 3/17 W 3/19 F 3/21 | D2L Activity Concept 13 Body Composition Concept 14: Nutrition and Healthy Eating | F Lab 14A+ Calculate DRI Assign |
| 10 | M 3/24 W 3/26 F 3/28 | Concept 14: Nutrition and Healthy Eating Concept 15: Weight Control Overflow Day/Possible Review | |
| 11 | M 3/31 W 4/2 F 4/4 | EXAM 3 (Ch 11-15) Concept 16: Stress and Health Concept 17: Stress-Management Strategies | M EXAM 3 |
| 12 | M 4/7 W 4/9 F 4/11 | D2L Activity Concept 17: Stress-Management Strategies Concept 18, 19, 20: Destructive Behaviors | W Lab 16A + 16B DUE |
| 13 | M 4/14 W 4/16 F 4/18 | Concept 18, 19, 20: Destructive Behaviors <i>ETAMU Annual Research Symposium – no class**</i> D2L activity | |
| 14 | M 4/21 W 4/23 F 4/25 | Concept 24: Consumer Choices Concept 25: Lifestyle Changes Overflow Day/Possible Review | |
| 15 | M 4/28 W 4/30 F 5/2 | Exam 4 (Ch 16-20; 24, 25) Review for Final Overflow Day/Possible Review | M EXAM 4 |
| | | Final Exam (Comprehensive) Friday, May 9 th 8:00-10:00; See university exam schedule | Final Exam |

* This schedule is tentative and subject to change

TECHNOLOGY REQUIREMENTS

LMS

All course sections offered by East Texas A&M University 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](#).

The syllabus/schedule are subject to change.

<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 East Texas A&M University 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

East Texas A&M University
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

East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University 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 East Texas A&M University campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

East Texas A&M University Supports Students' Mental Health

The Counseling Center at East Texas A&M University, 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

East Texas A&M University 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.

