



## **HHPK 1338.02E**

Concepts of Physical Activity – 3-semester hour credit

Fall 2025

Tuesday and Thursday (12:30pm – 1:45pm)

NHS #160B

### **INSTRUCTOR INFORMATION**

Instructor: Henry H. Ross, EdD  
Office: NHS #110  
Office Hours: Monday and Wednesday – 8:00am – 11:00am, and 3:00pm – 4:00pm  
Tuesday and Thursday – 8:00am – 10:00am and 3:00pm – 4:00pm  
Friday – 10:00am – 11:50am (after 1:00pm by appointment only)  
E-mail Address: [Henry.Ross@etamu.edu](mailto:Henry.Ross@etamu.edu)

### **COURSE INFORMATION**

#### **Required Text:**

Corbin, C., Welk, G., Corbin, W., Lindsey, R., and Corbin, W. (2025). Concepts of Physical Fitness and Wellness: A Comprehensive Lifestyle Approach (13th edition). New York, NY. McGraw-Hill Publishers. **ISBN# 1266654666**

#### **Course Description**

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

## Student Learning Outcomes

**Course Objectives:** *The student will.....*

1. To promote an understanding of the importance for physical fitness within our society.
2. To develop a fundamental understanding of the physiological basis of physical activity.
3. To 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. To help the student to become a more knowledgeable consumer of health and physical fitness delivery systems.
5. To provide an opportunity for each student to develop lifetime physical fitness program.
6. To provide an opportunity for each student to participate in a physical fitness activity that will aid in assessing his/her level of physical fitness.

## GRADING

### Grades and Evaluation Procedures:

There will be five exams equally spaced throughout the semester. All exams will be administered online via the D2L System. The exams will not be comprehensive and will only cover material from the respective chapters during the semester. The exams may include multiple choice, short answer, and essay questions that cover content from the class lectures and readings. No “make-up” exams are available unless due to extenuating circumstances (i.e. death of an immediate family member, hospitalization, severe illness, etc.) and **the student has requested and received written approval** from the instructor to take the exam at a later date. It is your responsibility to secure technology (a functional computer and reliable internet service) that is conducive to taking exams online via the D2L University System. Using a cell phone and/or an I-Pad have not proven to be reliable when taking exams online via the D2L System. There are also a series of lab assignments that are expected to be turned in on time. (Labs may be hand-delivered or scanned and sent via E-mail if the student chooses not to attend class). ***[On time is considered as: prior to the beginning of class. Labs should not be done in class. If labs are turned in more than 5 minutes after the scheduled time for the class to begin, half of the total points for the lab will be deducted. If assignments are scanned and emailed, they should show that they were sent at a date/time prior to scheduled class time.]***

**Reading:** To help facilitate class discussions, it is absolutely necessary that class readings be read – and read on time.

**Grading Scale:**

Final grading will tentatively be done on a percentage based on the total points possible.

Exam #1 =	100 points
Exam #2 =	100 points
Exam #3 =	100 points
Exam #4 =	100 points
Exam #5 =	100 points
Labs completed	100 points
<hr/>	
Total	600 points

**TENATIVE FINAL POINT SCALE**

Points	Average	Grade
540 - 600	90% - 100%	A
480 - 539	80% - 89%	B
420 - 479	70% - 79%	C
360 - 419	60% - 69%	D
359 pts. and below	59% and below	F

***\* If you drop the class, and you are not passing the course, the grade assigned will be Dropped Failing.***

**COURSE OUTLINE / CALENDAR**

**Course Calendar Fall 2025:** *(subject to modification)*

DATE	CHAPTERS Read and Review	Topics to Cover	Assignments and Due Dates
8/26		Introduction/Syllabus/Understanding The Relationship Between Physical Activity and Health	
8/28	Concept #1	Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction	Lab 1A
9/2	Concept #2	Determinants of Lifelong Health, Wellness, and Fitness	Lab 2A
9/4	Concept #3	Self-Management Skills for Health Behavior Change	Lab 3A
9/9	Concept #4	Preparing for Physical Activity	Labs 4A and 4C
<b>9/11</b>		<b>No Class</b>	

<b>**9/16</b>	<b>Exam #1</b>	<b>Exam #1 (Chapters 1-4)</b>	
9/18	Concept #5	The Health Benefits of Physical Activity	Lab 5A
9/23	Concept #6	How Much Physical Activity is Enough	Lab 6A
9/25	Concept #7	Adopting an Active Lifestyle	<b>Start Lab 7A due 10/2/25</b>
9/30	Concept #8	Cardiorespiratory Endurance	Lab 8A
<b>10/2</b>	<b>Exam #2</b>	<b>Exam #2 (Chapters 5-8)</b>	Lab 7A (due)
<b>**10/7</b>	Concept #9	Vigorous Aerobics, Sports, and Recreational Activities	Lab 9A
10/9		<b>No Class</b>	
10/14	Concept 10	Muscle Fitness and Resistance Exercise	
10/16	Concept #11	Flexibility	
10/21	Concept #12	Advanced Fitness Training	Lab 12B
<b>**10/23</b>	<b>Exam #3</b>	<b>Exam #3 (Chapters 9-12)</b>	
<b>10/28</b>	Concept #13	Body Composition and Health	Lab 13B
10/30	Concept #14	Nutrition and Principles of Healthy Eating	Lab 14B
11/4	Concept #15	Principles of Effective Weight Control	Lab 15B
11/6	Concept #16	Stress and Health	Lab 16A
11/11		<b>No Class</b>	
<b>**11/13</b>	<b>Exam #4</b>	<b>Exam #4 (Chapters 13-16)</b>	
11/18	Concept #17	Stress Management Strategies	Lab 17B
11/20	Concept #18	The Use and Abuse of Tobacco and Other Nicotine Products	Lab 18A
11/25	Concept #22	Cancer, Diabetes, and Other Health Threats	Lab 22A

<b>11/27</b>		<b>No Class (Thanksgiving)</b>	
12/2	Concept #24	Making Informed Consumer Choices	Lab 24A
12/4	Concept #25	Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change	Lab 25A
12/8-12/12	<b>Final Exam Week Exam #5</b>	<b>Exam #5 (Chapters 17, 18, and 23-25)</b>	

## **COURSE AND UNIVERSITY PROCEDURES/POLICIES**

### **Course Specific Procedures/Policies**

#### **Class Procedures:**

The class will be taught using several instructional approaches. About 88% of the class time will be spent in lecture format in which discussions will be held and 12% of the class time will be spent on practicing the concepts learned in class. Guest speakers, films, demonstrations, and videos will be used depending on need and availability. The instructor has the right to modify the outline of the course. Therefore, it is essential that the student attend class, or if absent, find out about course changes and what may have been missed.

#### **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. 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
Device	Operating System	Browser	Supported Browser Version(s)

Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or <b>point</b> release of that major version) and the previous major version of iOS (the latest minor or <b>point</b> release of that major version). For example, as of June 7, 2017, D2L supports 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](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/) <https://get.adobe.com/reader/>
  - [Adobe Flash Player](https://get.adobe.com/flashplayer/) (version 17 or later) <https://get.adobe.com/flashplayer/>
  - [Adobe Shockwave Player](https://get.adobe.com/shockwave/) <https://get.adobe.com/shockwave/>
  - [Apple Quick Time](http://www.apple.com/quicktime/download/) <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@etamu.edu](mailto:helpdesk@etamu.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 ETAMU 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

D2L runs monthly updates during the last week of the month, usually on Wednesday.

The system should remain up during this time unless otherwise specified in an announcement. You may experience minimal impacts to performance and/or look and feel of the environment.

### **Interaction with Instructor Statement**

Students can expect a response to email messages and/or phone calls within 24 hours from the time that your communication was sent. All assignments will be graded and grades posted in a timely manner. Office hours are posted.

## **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.etamu.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: [Netiquette](#)

<http://www.albion.com/netiquette/corerules.html>

### **ETAMU Attendance**

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.etamu.edu/admissions/registrar/generallInformation/attendance.aspx>

<http://www.etamu.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](#)

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

[Graduate Student Academic Dishonesty 13.99.99.R0.10](#)

<http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/graduate/13.99.99.R0.10GraduateStudentAcademicDishonesty.pdf>

## **AI Use in Courses**

East Texas A&M 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

## **Tobacco and Vape Policy**

In the interest of the health and wellness of the entire community—the campus officially become tobacco and vape free **January 1, 2020**. Here is a link to the rule: <http://www.etamu.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.05.99.R1.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**

East Texas A&M University

Gee Library- Room 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.etamu.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 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.etamu.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 campuses. Report violations to the University Police Department at 903- 886-5868 or 9-1-1.

### **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.

