



**Course Syllabus: Spring 2026  
US 397.01W  
Active Living & Us**

**Online Asynchronous**

**INSTRUCTOR INFORMATION**

**Instructors of Record:** Autumn Johnson, MS, Executive Director of Wellbeing & Assessment

**Office Hours:** Office hours will be by appointment (online or in-person) with Autumn.

**Email Address:** [autumn.johnson@etamu.edu](mailto:autumn.johnson@etamu.edu)

**Preferred Form of Communication:** Email

**Communication Response Time:** Response time will be within one business day.

**COURSE INFORMATION**

**Materials:** Readings and Supplementary Readings to be provided throughout the course

**Course Description:** Prioritize your health and wellbeing through regular physical activity. Participants will engage in physical activities of their choice, develop habits that contribute to long-term health, and learn about university wellness resources. Participants will also have access to an online fitness platform with over 1,200 fitness, nutrition, and wellness classes and videos anytime, anywhere; creating a personalized wellness experience. This class is designed as an independent study, allowing participants to complete this course based on their own schedule.

**Student Learning Outcomes:** By the end of this course:

1. Participants will develop strategies for overcoming barriers to regular physical activity.
2. Participants will evaluate the impact that physical activity has on their mood, productivity, and stress levels.
3. Participants will know three ETAMU healthy resources available to faculty and staff.
4. Participants will discover an exercise (or nutrition skill) that they may consider incorporating into their health routine.

**Disclaimer:** Participation in physical activity involves inherent risks, including potential for injury. By taking part in this class, participants acknowledge these risks and understand that they are

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not eligible for workers' compensation benefits for any injuries or incidents that may occur while fulfilling the requirements for this course.

## COURSE REQUIREMENTS

### Instructional Methods/Activities/Assessments

Participants will need at least 75 points to receive a grade of Satisfactory in the course. Participants can earn points in the following ways:

| Points                        | Activity/Assignment   |
|-------------------------------|---|
| 10                            | Complete the Week 1 Survey (Jan 12-16)  |
| 10                            | Complete the Week 2 Survey (Jan 17-23)  |
| 10                            | Complete the Week 3 Survey (Jan 24-30)  |
| 10                            | Complete the Week 4 Survey (Jan 31 – Feb 6)   |
| 10                            | Complete the Week 5 Survey (Feb 7-13)   |
| 10                            | Complete the Week 6 Survey (Feb 14-20)  |
| 10                            | Complete the Week 7 Survey (Feb 21-27)  |
| 10                            | Complete the Week 8 Survey (Feb 28 – Mar 6)   |
| 1 (Max 5)                     | <p>Comment on a Discussion Board (1 point for each comment or reply, up to 5 points)</p> <p>The goal is to get to know other faculty and staff, and maybe even find others who can keep you motivated or workout with you.</p>  |
| 1 (Max 40)                    | <p>One point each time you do any physical activity. This is reported on the weekly survey.</p> <p>The goal is to meet the CDC recommendations for physical activity:</p> <ul style="list-style-type: none"> <li>• 150 minutes of moderate intensity cardio or 75 minutes of vigorous intensity cardio AND</li> <li>• 2 days of muscle strengthening activities.</li> </ul>   |
| Bonus Pts<br>2 (Max 10)       | <p>Bonus Points. (Since you may not be in Commerce regularly)</p> <p>One check-in at a Campus Recreation program. (2 points for each game/event from Jan 12 – Mar 6, up to 10 points) Programs can include:</p> <ul style="list-style-type: none"> <li>• Intramural sports game (<a href="#">Sign up</a> for a league, tournament, etc. and each game played equals 5 points.)</li> <li>• Nutrition workshop/event (Sign up on <a href="#">ManeSync</a>.)</li> <li>• Group fitness class (<a href="#">Sign up</a> for an event or a class.)</li> <li>• Outdoor adventure event (Trips are limited to students, but <a href="#">events on-campus</a> are open to faculty and staff.)</li> </ul> <p>Programs are free, and are advertised on the Faculty/Staff Announcements email. Programs may require registration, details are in the announcement.</p> |
| <b>135 TOTAL<br/>Possible</b> | <b>Satisfactory Grade = 75 points and above</b>   |

## GRADING

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**Course Grades:** The overall grade in the class will be assigned as either S (Satisfactory) = 75-135 points, or U (Unsatisfactory) = 0-74 points.

## 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 the 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)

### 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).

## COURSE AND UNIVERSITY PROCEDURES/POLICIES

### Course-Specific Policies and Procedures

**Attendance:** Attendance, preparation, and full participation are expected and required in this class.

**Grades of Incomplete:** A grade of Incomplete (X) will not be given in this class.

**Late Work:** Under normal circumstances, late work is not accepted in this class.

### University-Specific Policies and 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>

#### ETAMU 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>

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

**AI Use Policy:**

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.

**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](mailto: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](http://www.tamuc.edu/counsel)

**COURSE OUTLINE**

| Date            | Topic                            | Assignment               |
|-----------------|----------------------------------|--------------------------|
| Week 1, Jan. 12 | Habit Building & Reflection      | Week 1 Report via Survey |
| Week 2, Jan. 19 | ETAMU Resources                  | Week 2 Report via Survey |
| Week 3, Jan. 26 | Flexibility & Functional Fitness | Week 3 Report via Survey |
| Week 4, Feb. 2  | Cardio                           | Week 4 Report via Survey |
| Week 5, Feb. 9  | Muscle Strengthening             | Week 5 Report via Survey |
| Week 6, Feb. 16 | Nutrition                        | Week 6 Report via Survey |
| Week 7, Feb 23  | Benefits of Physical Activity    | Week 7 Report via Survey |
| Week 8, Mar 2   | Trying Something New             | Week 8 Report via Survey |