

# Lifetime Health & Fitness

PE 231, 2021-22

Internet Course

**PLEASE NOTE: IF YOU DO NOT KNOW HOW TO ACCESS MOODLE, OR SEND A MOODLE MESSAGE, PLEASE GO TO A COMPUTER LAB OR LIBRARY ON CAMPUS WITHIN THE FIRST 7 DAYS OF THE TERM AND ASK FOR HELP. [You can also click here for written instructions, especially if you are continuing to quarantine.](#)**

**Instructor:** Kathleen Groven  
**Office:** AC 116G  
**Office Hours:** [By phone appt. or Zoom meeting](#)

**Contact:** If you are currently enrolled as a student in the course, the best way to contact me is via a [moodle message](#). You must be in Moodle to send a moodle message.

**Remember, your moodle messages are date and time stamped so do not panic if it takes me more than 24 hours to get back to you.**

**Phone:** (541) 990-2832  
Please leave a message if I do not answer.

**E-mail:** [grovenk@linnbenton.edu](mailto:grovenk@linnbenton.edu)

**Text:** [Open Education Resources](#)  
FREE, however, you will need internet access all hours on all days (24/7).

**[Course Description and Outcomes \(click this\)](#)**

## **Moodle and/or Printer Access**

It is the student's responsibility to have access to a computer and internet, 24 hours per day, 7 days per week.

**It is the student's responsibility to have a back up plan if their technology fails them.**

All students are encouraged to program the instructor's phone number into their phone (or write down and store in an accessible area). This will allow the student to contact the instructor if there is a technological difficulty with their internet.

If you are taking the online version of the course, nearly all assignments are uploaded electronically. It is very rare to submit a paper assignment, especially during COVID-19.

## Grading

Grades will be based on scores from **(Subject to change at instructor's discretion.)**:

1. **Final (1) exam:** Approximately 100+ points, and **may consist** of true/false, multiple choice, fill-in-the-blank, calculations, and short answers.

If you require additional time for your exams, please make arrangements **within the first two weeks of the term.**

2. **Lab Assignments/Papers/Food Log/Data Sheet/Waiver:**

Labs will be worth 5 - 50 points each\* (approximately 200+ points total).

Labs/Papers/Logs/Sheets/Waivers submitted within 24 hours of a deadline are not considered late. Typically, any coursework after the 24 hour grace period is not accepted. Please note, I am happy to consider personal situations that arise.

Access to a computer and internet are required, including weekends. Most labs are completed on your own time. One lab is completed in Albany, and/or Corvallis when we are not in COVID-19.

**\*Note:** Individuals may be excused from participation in labs if the student or instructor has legitimate concerns about the student's ability to complete that lab. Make arrangements with the instructor **PRIOR to the lab due date**, as there may be an alternate activity, which would provide similar experience or information. Excused labs that include a summary will earn points.

Missed labs will earn zero points.

3. **Cumulative Project:** The student will assess their current levels of health, and produce an effective plan for change or maintenance in the areas covered in class. The following plans will be included: Behavior Change (can be a Midterm Assignment), Exercise plan (can be a Midterm Assignment), personal Nutrition plan, and a Stress plan. Access to a computer and internet are required, including weekends (approximately 260+ points). Late plans are not accepted.
4. **Quizzes:** Short, on-line, quizzes (Quiz 5 is usually a Midterm Quiz). These cannot be made up if missed (approximately 140+ points). The quizzes are open book with a time limit once the quiz is launched. In addition, you can take the quiz a second time if you are unhappy with your score. However, the second attempt will not build on the first, and the scores are averaged. For example, you scored 8/20 on the first attempt and 18/20 on the second attempt. Your average score recorded is 13/20.
5. **Extra Credit Points:** Occasionally, extra credit points can be earned during the term. A maximum of 35 points are allowed (range is 10 to 35 points, total, during a term).

**APPROXIMATE TOTAL**

**700+- points**

Assigned grades may include A-F letter grades, P or NP (pass or no pass) if the student specifically requests pass/no pass, or an "I" grade. A-F grades will be assigned based on a percentage of the total possible points with 90% and above being an "A". 80-89% a "B", etc. For individuals who specifically

request pass/no pass grading a "P" grade can be issued for those individuals who earn more than 70% of the possible points for the class.

The "I" grade may be assigned at the instructor's discretion when: the student has completed 75% or more of the work in the course but is unable to finish the remaining work due to circumstances beyond the control of the student. An incomplete is not used to avoid a failing grade.

## **Administrative Withdrawal**

Faculty may administratively withdraw a student for nonattendance during the first two weeks of the term. **Nonattendance in an Internet course is deemed as not logging in within 48 hours of the term start date.** Students who do not attend 50% of the class sessions during the first or second week of classes can be administratively withdrawn. In addition, students registered in Weekend courses must log into Moodle during the first week of the term to be considered as attending the course.

## **Changes to the Syllabus:**

I reserve the right to change the contents of this syllabus due to unforeseen circumstances. You will be given notice of relevant changes in class, through a Moodle Announcement, and/or through LBCC e-mail.

## **Approximate Course Timeline:**

(Subject to change at instructor's discretion).

### **Week 1 or 2**

Read Topic 1: Wellness, Fitness, and Lifestyle Management.

**The following assignments are typically completed during Week 1:**

**Course Welcome Page, Syllabus, Send a Moodle Introduction, Lab 1, Reading #1, and Quiz 1 on Reading #1.** However, check moodle for the deadline for each term and/or class.

### **Week 1 or 2**

Read Topic 2: Cancer.

**The following assignments are typically completed during Week 2:**

**Labs 2 and/or 3, Behavior Change Assignment (or a Midterm Assignment), Cancer Risk Assignments, Quiz 2 on Reading #2, Cholesterol Screening (not available Spring 2020), and Waiver Form (sometimes Week 3).** However, check moodle for the deadline for each term and/or class.

### **Week 3**

Read Topic 3: Programming (Principles) of Physical Fitness and Cardiorespiratory Endurance

**The following assignments are typically completed during Week 3:**

**Physical Assessments, Rockport Walk/12-minute Run, Labs 3, 4, and/or 5, and Quiz 3 on Reading #3.** However, check moodle for the deadline for each term and/or class.

### **Week 4**

Read Topic 3: Muscular Strength and Endurance and Flexibility and Low-back Health.

**The following assignments are typically completed during Week 4:**

**V Sit and Reach Assessment (sometimes Week 3), and Quiz 4 on Reading #3.** However, check moodle for the deadline for each term and/or class.

### **Week 5: Midterm Week for Assignments and Quiz**

Re-read Topics 1, 2, and 3: Putting Together a Complete Fitness Program.

The following assignments are typically completed during Week 5: Behavior Change Plan Exercise Plan, Food Log, and **Quiz 5 on Reading #s 1, 2, and 3**. However, check moodle for the deadline for each term and/or class.

### **Week 6 or Week 8**

Read Topic 9: Body Composition and Weight Management.

The following assignments are typically completed during Week 6: Food Log and/or Reports (2-day Food Summary), and **Quiz 6 or 8 on Reading #9**. However, check moodle for the deadline for each term and/or class.

### **Week 7**

Read Topic 8: Nutrition.

The following assignments are typically completed during Week 7: Personal Nutrition Plan, and **Quiz 7 on Reading #8**. However, check moodle for the deadline for each term and/or class.

### **Week 8 or 6**

Read Topics 4, 5, 6, and 7: Stress and Heart Health.

The following assignments are typically completed during Week 8: Stress Plan, Stress Zone, Risk of Illness, Blood Pressure & Pulse, Cholesterol & Glucose, and **Quiz 8 or 6 on Reading #s 4, 5, 6, and 7**. However, check moodle for the deadline for each term and/or class.

### **Week 9**

**Review the Cumulative Project Assignment, Catch up Week, and Prepare for the Final Exam.**

The Project contains plans for the following: The Behavior Change Plan (completed during Week 2 or 5), Exercise Plan (completed during Week 5 or 6), Personal Nutrition Plan (completed during weeks 5, 6, 7, and/or 8), and The Stress Plan (completed during week 8 or 9).

Thus, you should be focused on preparing for the Final Exam (YOUR PROJECT SHOULD BE DONE!) However, check moodle for the deadline for each term and/or class.

### **Week 10 and/or Final Exam**

FINAL EXAM (**Topics 1 thru 7**) and Wellness Summary Discussion

The **FINAL EXAM** is typically completed on moodle (Monday of Finals Week during Fall, Winter, and Spring; Summer is DIFFERENT). However, check moodle for the deadline for each term and/or class.

## Tracking Deadlines

It is the student's responsibility to set up a system to track deadlines for the course. I recommend that you set up a reminder 24 hours prior to a deadline. Reminders can be in the form of a post-it note, calendar, cell phone reminder, etc...

I am always open to a one-day extension without penalty. I realize each student has a different schedule. Also, schedules appear to be in flux due to the virus.

**I do recommend logging into moodle daily and looking at the PE 231 course on moodle. If you miss a deadline then you need to take responsibility for your actions and accept the zero on your assignment, quiz, and/or exam. However, I am always happy to review your situation when you miss a deadline. Feel free to reach out through a Moodle message anytime.**

I am always open to reviewing an emergency situation. For example, you were in a car accident and entered a coma for 48 hours. After you awoke from the coma, you contacted me regarding your situation within a reasonable amount of time. Next, you would be required to provide proof of your coma. I will review your proof and then arrange a meeting with you. After our discussion, I will render a decision regarding your emergency.

## Classroom Etiquette (when meeting face to face)

Arriving late and/or engaging in personal conversations (including cell phone/text messaging) during lecture disrupt the class and should be avoided. Please turn cell phones off as a courtesy to the class unless their use is necessary in emergency situations. Please discuss all emergency situations with the instructor prior to the class meeting for each face to face interaction. Cell phones are to be stored in bags under the desk. In addition, students are expected to follow LBCC's code of conduct.

Next, the official LBCC College Cell Phone Policy is:

“Cell phone use by a student is not permitted in a classroom, restroom, locker room, staff office or work space, including text messaging, **without express permission prior to use**. Failure to stow (put away) cell phones prior to entering a restroom or locker room is a violation of college policy.”

Finally, you can use your laptop during class for course requirements **ONLY**. For example, you can access the course on moodle, chapter outlines, and the textbook.

## Academic Honesty

Students are expected to be honest and ethical in their academic work. Academic dishonesty is defined as an intentional act of deception in one of the following areas:

Cheating- use or attempted use of unauthorized materials, information or study aids.

Fabrication- falsification or invention of any information

Assisting- helping another commit an act of academic dishonesty

Tampering- altering or interfering with evaluation instruments and documents

Plagiarism- representing the words or ideas on another person as one's own.

## Disabilities Services

LBCC is committed to inclusiveness and equal access to higher education. If you have approved accommodations through the Center for Accessibility Resources (CFAR) and would like to use your accommodations in this class, please talk to your instructor as soon as possible to discuss your needs. If you believe you may need accommodations, but are not yet registered with CFAR, please go to <http://linnbenton.edu/cfar> for steps on how to apply for services or call 541-917-4789.

## LBCC Comprehensive Statement of Nondiscrimination

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, gender, gender identity, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws. For further information see Board Policy P1015 in our [Board Policies and Administrative Rules](#). Title II, IX, & Section 504: Scott Rolen, CC-108, 541-917-4425; Lynne Cox, T-107B, 541-917-4806, LBCC, Albany, Oregon.

To report: [linnbenton-advocate.symplcity.com/public\\_report](http://linnbenton-advocate.symplcity.com/public_report)

## Safety

Safety on our campus and in our communities is everyone's responsibility. By recognizing and reporting behavior at LBCC you believe to be a potential concern, you can help our LBCC community members get the assistance and services they might need. Incidents observed or persons of concern at LBCC can be reported online via the [reporting web link](#) found at <http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcc-care-threat-assessment-team> or by contacting LBCC Campus Public Safety office - 541-917-4440 or officer on duty - 541-926-6855 (7x24 cell phone).

## Basic Needs:

Any student who has difficulty affording groceries or food, or who lacks a safe and stable place to live, is urged to contact Amanda Stanley, [stanlea@linnbenton.edu](mailto:stanlea@linnbenton.edu), 541-917-4877. Students can also meet a Student Resource Navigator in the Roadrunner Resource Center (now located back behind the Advising Center). The navigator can connect students to resources.

## Unexpected and/or Extreme Emergencies and Illnesses

When unexpected and/or extreme emergencies and illnesses arise, students are at high risk for failing the course. I can be strict, and not allow consideration for the many issues that arise for an adult student. However, **I choose to be VERY understanding, and allow the student to request an Incomplete in the course.** The incomplete will allow the student to complete the course the next term. However, all students should discuss their options with their advisor or counselor on campus.

Next, **the student will need to provide ample proof to the instructor** of the unexpected and/or extreme emergency or illness within a reasonable amount of time determined by the instructor.

**In MANY cases**, it is reasonable to expect communication **within 24 hours** of the documented emergency or illness. If the student is in a coma within the 24 hour time period, the instructor will assess on a case by case basis. If the student is lost in the wilderness without cell phone reception, again, the instructor will also assess on a case by case basis. For myself, if I become ill, I am required to contact my employer **BEFORE** my shift was to start. This expectation is also reasonable to expect of a student with an illness. Please note: Due to COVID-19, you could find yourself very ill.

After assessing the proof, the instructor will determine if the student qualifies for Part 1 of an incomplete in the course. Part 2 requires the student to meet the LBCC guideline of earning 75% on submitted coursework. **AGAIN, make-ups are not available during the current term.** I am always open to you completing the course the following term if you provide adequate proof of your emergency and/or illness.

## Questions and/or Concerns

**Please contact me any day at any time with any question or concern. The best way to contact me is via moodle message.** Remember, do not panic if it takes me more than 24 hours to get back to you.

## WAIVER FORM

### WARNING OF RISKS

Participation in any **Physical Fitness, Exercise or Weight Training** class may involve injury of some type to either yourself or a fellow student. Such injury can include direct physical and possible crippling injury to one's body and the possibility of emotional injury experienced as a result of witnessing or actually accidentally inflicting injury to another. The severity of such injury can range from a minor injury to complete paralysis, or even death. Such injury can impair one's general physical and mental health and hinder one's future ability to earn a living and generally to enjoy life.

Injuries in a **Physical Fitness, Exercise or Weight Training** class can occur and you are encouraged to have a complete physical examination prior to attending class if you have any health problems or considerations due to injury, illness or age or a history of heart disease or high blood pressure, respiratory problems, skeletal or muscular injuries or ailments or are 30 lbs or more over your recommended weight based on a standard weight chart. Risks that may be encountered may include cardiac or respiratory distress; bone or joint injuries; back or muscle injury; slipping, tripping or falling; lifting, twisting, straining, spraining or breaking an appendage; or other trauma or injury. Injuries may result from the correct or incorrect performance of techniques or equipment used in class, from mis-fitted or worn equipment, from the administration of first aid, from failing to follow training, safety or other rules. This list is non-exhaustive and is provided by way of illustration of risks or injuries that may be incurred.

The purpose of this WARNING is to bring your attention to the existence of potential dangers associated with participation in this class and to aid you in making a voluntary and informed decision as to whether you (or your child or ward) should participate in this class or activity. As a student or a parent/guardian of a student, it is your responsibility to learn about and/or to inquire of teachers, physicians, attorneys or other knowledgeable persons about any concerns that you might have at any time regarding student safety and the safety of this class or club activity. You may seek legal counsel before signing this form. If you decide to participate, by your signature you hereby agree to indemnify and hold harmless Linn-Benton Community College including its officers, employees and agents against any/all claims, damages, demands, liabilities and costs incurred including attorney's fees, which might be made by the undersigned or any third party as a result of damage, injury or death suffered. This agreement shall be binding upon the heirs, successors and assigns of the undersigned. I understand and acknowledge that signing this agreement severely limits my legal rights, and as such, I have been encouraged above to seek legal counsel before signing.

IF UNDER 18 YEARS OF AGE, MUST BE SIGNED BY PARENT/GUARDIAN

Printed Name/ Signature

# **INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS LIABILITY WAIVER & INDEMNIFICATION FORM**

You will be participating in the following class/club/activity (“Activity”): Blood draw

I understand that the above described activity (Activity) has foreseeable and unforeseeable hazards and risks, including hazards and risks which cannot all be eliminated due to the nature of the Activity which may include but is not limited to infection, fainting and related injuries from such, soreness and/or bruising of arm, redness and swelling of vein, mental and/or emotional stress, and other related risks. I understand that participation in the Activity will expose me to these hazards and risks. I understand that I or another person may suffer injury because of these hazards and risks, and these injuries may cause physical, emotional, economic, or non-economic harm to me or another person.

By signing this document, I am making a voluntary and informed decision to expose myself to the hazards, risks, and injuries in any way caused by or related to my participation in the Activity. I understand that it is my responsibility to learn about risks, hazards, and injury inherent to the Activity. I intend to learn about and follow all safety procedures. Also, I understand that if at any time I have concerns about safety, health, hazards, risks, or injury related to the Activity, then it is my responsibility to inquire of knowledgeable persons about my concerns. By signing this document, I understand that I am waiving particular rights enumerated below.

To the fullest extent allowed by law, by signing this document, I hereby agree to waive, discharge, indemnify and hold harmless any and all claims, demands, liabilities, fees, and costs for damage, injury, or death related to the Activity and held by me or any third party against Linn-Benton Community College and its officers, employees, and agents. This agreement shall be binding upon your heirs, successors, and assigns. I understand and acknowledge that signing this agreement severely limits my legal rights, and I agree to waive those rights in consideration of participation in the Activity. I understand that I am not obligated to participate in this activity or to sign this form.

This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.

**READ BEFORE SIGNING:** By signing this document, you acknowledge the following: I have read and do understand page one (1) of **INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISK: LIABILITY WAIVER AND INDEMNIFICATION FORM**; and I am waiving particular rights enumerated on page one (1).

A complete copy of this form will be provided to me upon request.

**IF UNDER 18 YEARS OF AGE, MUST BE SIGNED BY PARENT/GUARDIAN**

Printed Name/ Signature



## Questions and/or Concerns

Please contact me any day at any time with any question or concern.

The best way to contact me is via [moodle message](#).

**Remember, do not panic if it takes me more than 24 hours to get back to you.**

**Currently, the following doesn't apply to our online course:**

### **Classroom Requirements for all students and faculty due to COVID -19**

Linn-Benton Community College has established rules and policies to make the return to the classroom as safe as possible. It is required for everyone to follow all of the campus rules and policies.

To participate in this class, LBCC requires all students to comply with the following:

#### MASKS REQUIRED AT ALL TIMES IN CLASSROOM

- Wear a mask or face covering indoors at all times. Your mask or face covering must be properly worn (fully covering nose and mouth and tight-fitting). Mesh masks, face shields, or face covering that incorporates a valve designed to facilitate easy exhalation are not acceptable. If you have a medical condition or a disability that prevents you from wearing a mask or cloth face covering, you must obtain an accommodation from CFAR (Center for Accessibility Resources) to be exempt from this requirement.
- State guidelines to not limit class size. Physical distancing accommodations can be made upon request and cleaning supplies are also available for personal use.