

Linn-Benton Community College
6500 Pacific Blvd SW
Albany, OR 97321

Instructor:

Cindy Falk

Class Location:

ONLINE

Credits:

3

E-mail: falkc@linnbenton.edu

Message phone:

541.917.4240

Office Location:

AC 111

Office Hours:

By appointment

Course Description

Evaluates selected areas of the student's present health and fitness level. Provides information on the wellness dimensions as they relate to physical fitness, back care, chronic disease, stress management, nutrition, weight management, behavior change, and lifestyle choices. Considers work-life balance and self-responsibility. Shows the student how to enter the work site as a fit and healthy individual and suggests ways to maintain that level of health. Placement in Writing 90 or above.

ADA

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 me as soon as possible to discuss your needs. or contact Center for Accessibility Resources @ 917.4789.

DISCRIMINATION

LBCC prohibits unlawful discrimination based on race, color, religion, ethnicity, use of native language, national origin, sex, sexual orientation, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

PE 231: Lifetime Health and Fitness

CRN's: 30439, 34763 Winter 2021

TEXT and Supplies:

Access to a computer and the internet

Flash drive for saving assignments (suggested as backup to laptop)

COURSE OUTCOMES: Upon successful completion of the class, with a C or better, the students will be able to:

- 1 - Define wellness and describe its dimensions
- 2 - Design individual comprehensive programs for physical fitness, nutrition, and stress management.
- 3 - Demonstrate the process for behavior change using the Trans-theoretical Model
- 4 - Evaluate or assess key indicators of health and fitness such as blood pressure, body composition, blood lipids, blood glucose, cardio-respiratory fitness, muscular endurance, and flexibility

DATES TO REMEMBER

Monday, January 11

Last day to drop or add classes

Monday, January 18

NO CLASSES – MLK Day

Monday, February 15

NO CLASSES – Presidents' Day

M – W, March 15-17

FINAL EXAMS

EVALUATION AND GRADING:

Attendance / participation

Class Assignments / labs

Quizzes -- various points

Projects -- various points

Behavior Change

Exercise Plan

Nutrition Plan

Stress Management Plan

Cholesterol Assessment

GRADING SCALE:

90% - 100% = A

80% - 89% = B

70% - 79% = C

60% - 69% = D

< 60% = F

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.

Attendance and Institutional Withdrawal: Students who do not access moodle and/or complete one class activity during the first week of classes can be administratively withdrawn. Please be advised that the College asks instructors to drop students if they do not "show up" the first week of class. Be sure to do this, so you are not dropped from the class.

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, 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. Here is the link to their web page -- <https://linnbentonccalbany.singlestoptechnologies.com/>

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.

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/lbcccare-threat-assessment-team> or by contacting LBCC Campus Public Safety office - 541-917-4440 or officer on duty - 541-926-6855 (7x24 cell phone).

THOUGHTS AND SUGGESTED GUIDELINES FOR ONLINE DISCUSSION

In an academic community, EVERYONE has the responsibility for maintaining an appropriate learning environment and to treat each other with understanding and respect. Following are some guidelines that will allow for this:

Participate in a mature and respectful fashion.

Pay close attention to what classmates write in their online comments. Ask clarifying questions, when appropriate. These questions are meant to further a discussion.

Think through and re-read your comments before posting them.

Value the diversity of the class. Recognize and value the experiences, abilities, and knowledge each person brings to class.

Disagree with ideas while being respectful of alternative ideas and beliefs.

Be openminded to being challenged on your ideas or biases.

Spelling and grammar are important in an online communication. What you put into an online communication reflects on your level of professionalism.

Week 1	What is wellness Changing Behavior Various assignments and activities listed in moodle
Week 2	Completion of changing behavior Behavior Change Plan Various assignments and activities listed in moodle
Week 3	Components of Fitness / fitness testing Various assignments and activities listed in moodle
Week 4	Components of Fitness / fitness testing Various assignments and activities listed in moodle
Week 5	Components of Fitness / fitness testing Various assignments and activities listed in moodle
Week 6	Components of Fitness / fitness testing Fitness Plan Various assignments and activities listed in moodle
Week 7	MID-TERM EXAM Essential Nutrients Various assignments and activities listed in moodle
Week 8	Nutrition Guidelines and Labels Nutrition Plan Various assignments and activities listed in moodle
Week 9	Managing Weight Health Issues Related to Lifestyle– Heart Disease, Diabetes, Cancer Various assignments and activities listed in moodle
Week 10	Managing Time and Stress Stress Plan Various assignments and activities listed in moodle
Week 11	FINAL EXAM

