

PE231 Lifetime Health and Fitness - Online

TERM: Spring 2020

INSTRUCTOR: Brad Carman

OFFICE: AC 107

OFFICE HOURS: email or by appointment online.

E-MAIL: Carmanb@linnbenton.edu-

COMMUNICATION: Instructor will send regular messages through Moodle. If there are class changes you will be notified with a moodle message as soon as possible. You should access moodle and your LBCC e-mail regularly to get important class information.

Course Description: Evaluates selected areas of the student's present health and fitness level. Provides information on each of 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 higher is suggested. Students must be willing to use (not necessarily own), a computer.

Outcomes: Upon completion of this course with a C or better, students should be able to:

Define wellness and describe its dimensions.

Design individual, comprehensive program for physical fitness.

Design individual, comprehensive program for nutrition.

Design individual, comprehensive program for stress management.

Demonstrate the process for behavior change using an established behavior change model.

Evaluate or assess key indicators of health and fitness.

TEXT: This course will utilize Open Educational Resources and online readings. There will be regularly assigned reading and reviews through Moodle but there is no text required to purchase

ATTENDANCE/ ADMINISTRATIVE WITHDRAWAL/ACADEMIC CALENDAR: Students who do not access moodle and/or complete one meaningful class activity during the first week of classes can be administratively withdrawn. The last day to drop or withdraw, (along with other important information) can be accessed in the Academic Calendar [linked here](#).

GRADING: Grades will be based on scores from:

1) Assessment labs: (2-15 points each) Labs are submitted through Moodle as an "assignment" and you will get the points for the lab as part of the points for the assignment.

*Note: If you have any concerns about your ability to complete a lab (you don't have to disclose the reason) just read the lab instructions carefully as there is usually an opportunity to submit an alternative to your actually physically doing the lab or using data about yourself.

2) Section Assignments: (Behavior Change/ Exercise Prescription/ Nutrition Plan/ Stress management) (10-20 points each) The student will assess and produce an individualized plan for change or maintenance in the areas covered in class.

3) Quizzes: Short online Moodle quizzes. (4-10pts each) The quizzes are open reading but, the quiz will only be available for a certain window of time to be completed. They can not be made up if missed. Technology issues should be addressed before the quiz closes as the quiz can be reset if there is a technology issue during the open range. Once the quiz closes on Sunday night, the quiz will not be reset or reopened unless there is a system wide issue.

4) Forum Discussions: About 10-20 pts each. Discussions done online after watching a video, evaluating a website or reading a case study. Original Forum posts are due Friday and Peer replies are due Sunday. You will not be able to see the posts of other students until 30 minutes after you have submitted your post. All posts and replies must be turned in on time for full credit. Late original posts can be submitted up to one week late but there will be a points deduction and no points for peer interactions. More than 7 days late = no credit.

Information to consider for online "forum" posts-

Guidelines for a productive and effective online classroom:

The discussion board is the student's space to interact with other students related to

current topics or responses to student's statements.

It's expected that each student will:

participate in a mature and respectful fashion.

Participate actively in the discussions, having completed the assignments and thought about each topic.

Pay close attention to what classmates write in their online comments. Ask clarifying questions, when appropriate. These questions are meant to probe and shed new light, not to minimize or devalue comments.

Think through and re-read comments before posting them.

Assume the best of others in the class and expect the best from them.

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

Disagree with ideas but, do not make personal attacks. Do not demean or embarrass others. Do not make sexist, racist, or homophobic, comments.

Be open to be challenged or confronted on your ideas or biases.

In an academic community, students, faculty, and staff each have responsibility for

maintaining an appropriate learning environment, whether online or in the classroom.

Students, faculty, and staff have the responsibility to treat each other with understanding, dignity and respect. Disruption of teaching, administration, research, and other institutional activities is prohibited by Oregon Administrative Rule 5760 01500015 and is subject to sanctions under The Student Code of Conduct.

All of your online communications need to be composed with fairness, honesty and tact.

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

Here are a couple of references that discuss-

a) writing'online:'<http://owl.english.purdue.edu/> or <http://www.powa.org/>

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

Grading Policy

All assignments must be turned in on time or early for full credit. There is a one week grace period where a late assignment will be worth partial credit. Assignments more than 7 days late may not be graded. Quizzes must be completed during the open date range. Once a quiz is closed it will not be reopened. Technology problems will not excuse late work unless the issue is system wide. It is recommended online work be attempted or submitted early in the open range so problems can be resolved before the cut off times. If a class is missed, plan to attend an office hour.

Grades will be a simple weighted mean (percentage of total points):

Assigned grades may include A – F letter grades, P or NP (pass/ no pass) or an “I” grade.

A-F grades will be assigned as follows:

A=90-100% of the total class points

B = 80-89.%,

C = 70-79.%,

D = 59-69%,

Less than 59% is a Failing grade.

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. A contract between the student and instructor must be signed to use this option.

For individuals who change grading to Pass/No Pass, a “P” grade can be issued for those individuals who earn at least 70% of the possible points for the class.

APPROXIMATE COURSE TIMELINE: Subject to change at instructor’s discretion.

WEEK 1 Course intro, Wellness, balanced living, sustainability and behavior change.

Read Week 1 Readings (located in the Quiz 1 link).

Work on Health Behavior Lab

See Moodle WEEK 1 for any additional assignments.

WEEK 2 Behavior change continued.

Physical Activity and Exercise introduction.

Health Related Fitness components.

Week 2 Readings (located in the Quiz 2 link).

Check Moodle (Week 2) for this week's assignments.

WEEK 3

Health Related Fitness components continued.

Cardiorespiratory fitness

Muscular strength and Muscular Endurance.

Week 3 Readings

Check Moodle (Week 3) for this week's assignments.

WEEK 4

Flexibility, Back Health & Body Composition

Week 4 Readings

Check Moodle (Week 4) for this week's assignments.

WEEK 5 Complete fitness components and exercise notes.

Injury prevention and treatment-

Week 5 Readings

Check Moodle (Week 5) for any additional assignments.

WEEK 6

Intro chronic disease, Heart Health/Cancer/Diabetes/ Etc.

Week 6 Readings

Check Moodle (Week 6) for this week's assignments.

WEEK 7

Nutrition: The basic nutrients/food groups. Food preparation, developing a healthy diet.

Week 7 Readings

Check Moodle (Week 7) for this week's assignments.

WEEK 8 Complete basic nutrition, dietary guidelines and "diets".

Week 8 Readings

Check Moodle (Week 8) for this week's assignments.

WEEK 9 Complete weight control/ Intro Stress.

Week 9 Readings

Check Moodle (Week 9) for this week's assignments.

WEEK 10 Stress management and practice relaxation techniques.

Health through the lifespan.

Week 10 Readings

Check Moodle (Week 10) for this week's assignments.

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 through a Moodle Announcement, and/or through LBCC e-mail.

Accessibility Resources

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.symplicity.com/public_report

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.

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, 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. Click [HERE](#) for a link to their web page.

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.