Course Information

PHED 1164
Physical Fitness and Wellness
This Course is 100% online.

Instructor Information

Instructor Name: Bill Damuth
Office Location: Gym
Office Hours: By appointment.

Phone: 903-415-2620
Email: damuthb@grayson.edu

Preferred email through Canvas Inbox.

Course Prerequisites, Co-Requisites and/or Other Restrictions: No required prerequisites

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Course Description: This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.

Intended Learning Outcomes/Goals/Objectives (Program/Student Learning Outcomes):

Upon successful completion of this course, students will:

1. Describe how the components of physical fitness impact health and wellness.

2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.

3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.

4. Plan, implement, and evaluate a personal fitness program.

5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity

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Required Textbooks and Materials

Flynn, Scott; Jellum, Lisa; Howard, Jonathan; Moser, Althea; Mathis, David; Collins, Christin; Henderson, Sharryse; and Watjen, Connie, "Concepts of Fitness and Wellness, 2nd Edition" (2018). Nursing and Health Sciences Open Textbooks. 4. https://oer.galileo.usg.edu/health-textbooks/4 (Links to an external site.)

Materials Needed:

 Step Counter (students can use their phone, Fitbit, pedometer, anything that can count steps taken through out the day)

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Required Assignments & Academic Calendar
In case of inclement weather, emergency closings, or other unforeseen disruptions to scheduled classes, student must log onto their Canvas accounts for directions on where or how to continue their coursework.
The following timeline is subject to change at instructors discretion.

Week	Date	Topics, Readings, Assignments, Deadlines
1		Module 1 Discussion The 9 Dimensions of Wellness
2		Module 2 Discussion Exam 1
3		Module 3 Discussion FITT
4		Module 4 Discussion Exam 2

5		Module 5 Discussion Healthy Weight Management Reflection
6		Module 6 Discussion Exam 3
7		Module 7 Discussion Exam 4
8		Module 8 Discussion Final Project

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Evaluation and Assessments (Grading):
Grades notifications will be in the Canvas course shell. An overall view of grades will be available in the My Grades button in course. Quiz grades will be released immediately following the quiz. Specific feedback on assignments like module will be located in the assignment button under tab Graded.

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Grading Scheme

Name:		Range:
A	100%	to 89.5%
B	< 89.5%	to 79.5%
C	< 79.5%	to 69.5%

8.7.20

Name:		Range:	
D	< 69.5%	to 59.5%	
F	< 59.5%	to 0%	

Quizzes & Tests
There are online quizzes for each chapter. They are graded separately from the modules. They are open book, but have a time limit. You will be allowed two attempts at each quiz. They cover both the chapters, videos, lecture notes and the power points. You will not be able to take the quizzes after the due date unless you have a doctor's note. The last day to take the quiz is posted on the quiz and coincides with the end of the module. If you know ahead of time you will be gone or have difficulty, be sure to take them early. Do not wait until the last day as there are NO make-ups for computer problems, etc. Be sure that your Popup blocker is off when you take the quiz!

There is an orientation quiz over the syllabus and Start here links/material. There is a safety video quiz to be taken after watching the safety video in the Canvas menu.

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Introduce Yourself to the Class:
Create an introduction as a community building experience. In 5-7 sentences on the discussion board introduce yourself to the class. Upload an appropriate picture of yourself, if you want to! A picture in a bikini or of you holding a beer is not an appropriate picture. You will not get any credit for the picture if it is not appropriate.

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Grading Criteria for Discussions
1. Reply to the topic with an initial posting with 200 words in the discussion postings using references and in-text citation and then
2. Reply to 2 peers postings in 100 words each.
3. Initial posts are due Wednesday before due date of the chapter/module. The 2 peer posts are due the date the chapter module closes. A peer response that says, "Good job!" or "I agree" will not get credit. Your peer responses need to add to the conversation.
4. Each initial post has cited a resource and cited in the post and a reference in APA. Your posting will be graded according to the following criteria:

Full Credit	Half Credit	No Credit
~ post one comment and two responses ~demonstrate excellent	~post one comment and one response ~demonstrate average	~did not post or comment or response

8.7.20

knowledge and understanding of the question ~comment or response must be a minimum of 200 words ~comment and response must be respectful ~citation with reference ~complete postings by the deadline	knowledge and understanding of the question ~comment or response must be a minimum of 100 words ~comment or response must be respectful ~did not cite or reference source ~complete postings by the deadline	~did not complete postings by deadline (late postings will receive no credit) ~did not demonstrate knowledge of question ~did not comment or respond respectfully ~no source cited or referenced

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Methods of Instruction

An explanation of

(1) How will the instructor communicate with the students and how the students will communicate with each other?

Communication between the instructor and students will primarily be through the course site in GC Canvas. Frequent announcements, comments in the course discussions, responses to email, as well as feedback on homework assignments will be provided regularly. Students will primarily communicate with one another through the course discussions tool. In addition, students have the option to use Canvas email.

(2) How will online participation be assessed and graded?

In an online course, regular routine participation is extremely important. Online participation is assessed through a variety of methods including timely submission of assignments as well as logging in and checking the course site regularly. In addition, active participation in the course discussions is required. Generally, you should plan to check the course site, review new course materials, and participate in the discussions, 3 to 4 times per week. According to the syllabus, part of the course grade will come from online course participation.

(3) How will the instructor monitor the online activities of the students?

Online course activities will be monitored through a variety of methods including active participation by the instructor in various course areas as well as utilization of the Course Tracking tool in GC Canvas. The Course Tracking tool provides detailed statistics for each student for various activities in the course.

(4) How will the standards of appropriate online behavior be maintained?

The instructor will monitor discussion boards and posts and will model appropriate behavior and provide feedback to students.

(5) The level of technical competence required of the students

Students are expected to have a basic understanding of personal computers, Internet browsing, desktop applications such as Microsoft Word, and file management (uploading, downloading, or sending files).

(6) What the minimum computer hardware and software requirements are for the class, and what department or college facilities are available to support these requirements for students who cannot afford to buy the technology?

8.7.20

Generally, personal computers purchased in the last 3 years should be adequate to access
GC Canvas. Software requirements include Microsoft Internet Explorer 7.x or higher (www.microsoft.com), the latest version of Sun JAVA (www.java.com), the latest updates to your operating system (Microsoft Windows XP or higher or Apple MAC OS X or higher), word processing program and the latest updates to your anti-virus and spyware protection. Students needing assistance with accessing instructional technology should contact the GC Help Desk.

(7) The alternative procedures for submitting work in the event of technical breakdowns
Please do not wait until the last minute to submit assignments! Allow enough time before the due date and time to submit your assignments. Should there be a technical problem, immediately notify the instructor via external email or internal Canvas mail. Computer labs on campus and public libraries can be alternative sites. Alternative arrangements, if permitted, will be discussed at that time.

(8) On-campus meeting requirements
There are none for this course.

(9) How will academic honesty be enforced.
An online tutorial of "What is Plagiarism?" will be reviewed and documentation of attendance will be necessary prior to the acceptance of any written work. Papers may be submitted to turnitin.com for analysis of work.

Computer Hardware and Software Requirements

Students are required to have access to a computer with internet access and a canvas account. It is highly recommended to use Google chrome or firefox browsers and not internet explorer. Students need to back any work that needs to be added, i.e. written assignments to a usb drive as well as your computer.

Students will also need to have a Grayson email account.
Canvas support link if you ever have a problem with your account.
https://www.google.com/url?client=internal-element-cse&cx=000151471922757043049:2_890c9cxx4&q=https://www.grayson.edu/employee-resources/teaching-and-learning/Services/syllabus.html&sa=U&ved=2ahUKEwiDsaaYxtDtAhUOP6wKHYhkB68QFjADegQIBxAB&usg=AOvVaw1fXG3fjPmx5ITSP3vUHiuh

Course & Instructor Policies
Makeup is ONLY available on an individual basis as determined by the instructor. No late work is accepted. Module dates overlap so you can finish one module early and get started on the next when it opens so get ahead of the due dates early on and then if something "comes up" you won't have a due date get by without your submission.
There will be no extra credit in this course so please stay on top of due dates.
Class attendance is taken by your submission of work. If you miss a full week of not logging in then I have to mark you as absent and that could be problematic for state financial aid is you are receiving it.

8.7.20

Class Attendance and Participation
Attendance and Participation Academic success is closely associated with regular class attendance and course participation. All successful students, whether on campus or online, are expected to be highly self-motivated. All students are required to participate in courses regularly and are obliged to participate in class activities and complete and submit assignments following their faculty' instructions. Students taking courses during compressed semester time frames such as mini-mester, summer sessions, and 8-week courses should plan to spend significantly more time per week on the course. Responsibility for work missed because of illness or school business is placed upon the student. Instructors are required to include in their syllabi the attendance policy for the courses(s) they teach. The college considers absences equal to or greater than 15% of the course's requirements to be excessive.

In order for students to be counted as having attended a class before the census date, the following guidelines are to be used: • Physical attendance in class with an opportunity for instructor and student interaction • Submission of an academic assignment • Completion of an exam, interactive tutorial, or computer-assisted instruction • Attendance at a study group assigned by the faculty • Participation in an online discussion in the class • Contact with a faculty member to ask a question

Student Conduct & Discipline
Since this course is 100% online this will not be an issue, however you need to be aware of netiquette.

1.Netiquette, or Internet etiquette, are procedures for sustaining polite, professional and effective communication in an online environment and e-mail exchanges. Instructors and learners will exhibit appropriate netiquette when interacting with each other. Written communication will be conducted using standard corporate English.
2.Here are some basic rules:
•Keep questions and comments relevant to the discussion topic. If another participant posts a comment or question off topic, do not reply. The instructor will reply privately to the participant.
•Treat others in the forum in a courteous and respectful manner. Model the same standards of behavior online that you would follow in a face-to-face discussion.
•Avoid "net speak/text speak," i.e.: "u," "r," "omg," and "lol."
•Do not use ALL CAPS when posting as this is considered, "shouting." Do not "flame" others in the forums. Flaming is the "act of responding in a highly critical, sarcastic, or ridiculing manner."

An **explanation** of

(1) How the instructor will communicate with the students and how the students will communicate with each other;
Communication between the instructor and students will primarily be through the course

site in GC Canvas. Frequent announcements, comments in the course
discussions, responses to email, as well as feedback on homework assignments will be
provided regularly. Students will primarily communicate with one another through the
course discussions tool. In addition, students have the option to use Canvas mail and the
discussion board to talk to each other within the course shell.

(2) How online participation will be assessed and graded;
In an online course, regular routine participation is extremely important. Online
participation is assessed through a variety of methods including timely submission of
assignments as well as logging in and checking the course site regularly. In
addition, active participation in the course discussions is required. Generally, you should
plan to check the course site, review new course materials, and participate in the discussions,
numerous times per week.

(3)   How the instructor will **monitor the online activities** of the students;
Online course activities will be monitored through a variety of methods including active
participation by the instructor in various course areas. Included but not limited to; responding to
students posts on the discussion board, regular announcements for class, as well as emailing as
needed.

(4)   How the **standards of appropriate online behavior** will be maintained;
The instructor will monitor discussion boards and posts and will model appropriate
behavior and provide feedback to students. Netiquette has been mentioned earlier in the syllabus.

(5)   The level of **technical competence** required of the students;
Students are expected to have a basic understanding of personal computers, internet
browsing, desktop applications such as PowerPoint, Canvas navigation, Email access, Microsoft
Word, and file management(uploading, downloading, or sending files).

(6)   What the minimum **computer hardware and software requirements** are for the class, and
      what department or college facilities are available to support these requirements for students
      who cannot afford to buy the technology;
Generally, personal computers purchased in the last three years should be adequate to
access GC Canvas. Software requirements include Microsoft Internet Explorer 7.xor
higher (www.microsoft.com), the latest version of Sun JAVA (www.java.com), the latest
updates to your operating system (Microsoft Windows XP or higher or Apple MAC OS
X or higher), word processing program and the latest updates to your antivirus
And spyware protection. Students needing assistance with accessing instructional technology
should contact the GC Help Desk. For more information, visit www.grayson.edu and
select the Help Desk link.

(7)   The **alternative procedures for submitting** work in the event of technical
      breakdowns;
Please do not wait until the last minute to submit assignments! Allow enough time
before the due date and time to submit your assignments. Should there be a technical
problem, immediately notify the instructor via external email or internal Canvas

8.7.20

messages. Computer labs on campus and public libraries can be alternative sites. Alternative arrangements, if permitted, will be discussed at that time.

(8)   The **on-campus meeting requirements**, if any;
There are none for this course

(9)   How **academic honesty** will be enforced.
Papers may be submitted to turnitin.com or another plagiarisms tool to verify your work is your own. If you get caught plagiarizing, a 0 will be your grade on the plagiarized work.

Academic Integrity
The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, and the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts. Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the college's policy on plagiarism (see GC Student Handbook for details). Grayson College subscribes to turnitin.com, which allows faculty to search the web and identify plagiarized material.

Plagiarism is a form of scholastic dishonesty involving the theft of or fraudulent representation of someone else's ideas or words as the student's original work. Plagiarism can be intentional/deliberate or unintentional/accidental. Unintentional/Accidental plagiarism may include minor instances where an attempt to acknowledge the source exists but is incorrect or insufficient. Deliberate/Intentional plagiarism violates a student's academic integrity and exists in the following forms:
- Turning in someone else's work as the student's own (such as buying a paper and submitting it, exchanging papers or collaborating on a paper with someone else without permission, or paying someone else to write or translate a paper)
- Recycling in whole or in part previously submitted or published work or concurrently submitting the same written work where the expectation for current original work exists, including agreeing to write or sell one's own work to someone else
- Quoting or copy/pasting phrases of three words or more from someone else without citation, • Paraphrasing ideas without citation or paraphrasing incompletely, with or without correct citation, where the material too closely matches the wording or structure of the original
- Submitting an assignment with a majority of quoted or paraphrased material from other sources
- Copying images or media and inserting them into a presentation or video without citation,

8.7.20

- Using copyrighted soundtracks or video and inserting them into a presentation or video without citation
- Giving incorrect or nonexistent source information or inventing source information
- Performing a copyrighted piece of music in a public setting without permission
- Composing music based heavily on someone else's musical composition.

Finish with actions or penalties for plagiarism for your course. (and use of Turn-it-in)
This course has a no tolerance policy; anyone found cheating will be punished to the fullest extent.

- Don't cheat, lie, or steal. Plagiarism is all three. The bottom line on plagiarism is this--if the IDEA (not the words used to express it, but the idea) is not yours or is not common knowledge, you must identify the source. If in doubt, identify the source.
- The first offense will result in a ZERO (0) on the assessment and a formal notification to University (see Incident Report form for more details).
- The second offense will result in removal from the class and a failing grade assigned.

Student Responsibility
You have already made the decision to go to college; now the follow-up decisions on whether to commit to doing the work could very well determine whether you end up working at a good paying job in a field you enjoy or working at minimum wage for the rest of your life. Education involves a partnership that requires both students and instructors to do their parts. By entering into this partnership, you have a responsibility to show up for class, do the assignments and reading, be engaged and pay attention in class, follow directions, and put your best effort into it. You will get out of your experience here exactly what you put into it – nothing more and nothing less.

TITLE IX

GC policy prohibits discrimination on the basis of age, ancestry, color, disability, gender identity, genetic information, national origin, race, religion, retaliation, serious medical condition, sex, sexual orientation, spousal affiliation and protected veterans status.

Furthermore, Title IX prohibits sex discrimination to include sexual misconduct: sexual violence (sexual assault, rape), sexual harassment and retaliation.

For more information on Title IX, please contact:

- Dr. Molly M. Harris, Title IX Coordinator (903)463-8714
- Ms. Logan Maxwell, Title IX Deputy Coordinator - South Campus (903) 415-2646
- Mr. Mike McBrayer, Title IX Deputy Coordinator - Main Campus (903) 463-8753
- Website: http://www.grayson.edu/campus-life/campus-police/title-ix-policies.html
- GC Police Department: (903) 463-8777- Main Campus) (903-415-2501 - South Campus)
- GC Counseling Center: (903) 463-8730
- For Any On-campus Emergencies: 911

**Grayson College is not responsible for illness/injury that occurs during the normal course of classroom/lab/clinical experiences.

**These descriptions and timelines are subject to change at the discretion of the Professor.

** Grayson College campus-wide student policies may be found at the following URL on the College website: https://www.grayson.edu/currentstudents/Academic%20Resources/index.html