

PE 231- Online Lifetime Health & Fitness

Instructor : Richard Gibbs

Office : AC 103

Office Phone : 541-917-4244 (don't hesitate to call or drop by if you have a question)

Office Hours : **Mon & Wed** 12-1 PM, **Tues** 10:30-11:30 AM & **Thur.** 1-2 PM

I have an open door policy. If the door is open come on in and we can visit. Don't hesitate to call me and leave a message if I am not here.

E-MAIL : gibbsr@linnbenton.edu ([this is the best way to communicate with me - make sure you share your name, the exact class you are in and a brief description of your question](mailto:gibbsr@linnbenton.edu))

Text : "Fit & Well - Core Concepts and Labs in Physical Fitness and Wellness," **11th Edition**, Fahey, Insel & Roth -. **Required** (We use the **digital version** of this book)

Course Description

This class evaluates selected areas of the student's present health and fitness level. The class provides information on each of the seven wellness dimensions as they relate to physical fitness, back care, heart health, stress management, nutrition, weight management, behavior change, and lifestyle choices. It 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 or completion of writing 50 is suggested. Students must be willing to use (not necessarily own), a computer.

Course Outcomes

- 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 transtheoretical model.

4) Evaluate or assess key indicators of health and fitness such as blood pressure, body composition, blood lipids, blood glucose, cardiorespiratory fitness, muscular strength/endurance, and flexibility.

Each area above incorporates hands-on and applicable experiences that will help motivate students plan for the future and remain healthier throughout their lives. This class ultimately facilitates students to increase their lifespan (how long a person lives), and their healthspan (how long a person lives healthily).

Assignments

McGraw Hill Connect website: There are numerous assignments with **specific due dates** also found in the [McGraw Hill Connect website](#). The benefit of these assignments are you can access them **as many times as you want before they are due** and earn the highest possible score. *The LearnSmart area* is designed to be a learning management system that can even adapt to your needs. *Your final grade from all these assignments will be added to your other assignments for your ultimate final grade.*

Chapter Review Quizzes: Short, **Moodle** (online) quizzes. These are found **each week** in the [Moodle website](#) portion of the class and you will have a couple of days to take them. The quizzes are **open book** but, the quiz will only be available for a short window of time to be completed. **They cannot be made up if missed.** Technology issues should be addressed **before** the quiz closes as the quiz will not be reopened unless the issue is system wide.

Blood Draw Assignment - One of the most important assignments we do in class is to assess Heart Health. This assignment will help you understand cholesterol and glucose results. It is designed to have a personal application to your heart health.

Healthy Lifestyle Plan - The student will assess and produce an effective plan for change or maintenance in the areas covered in class. You will follow the instructional steps found in the [Moodle Website](#) provided to complete a personal a thorough plan to improve the following areas:

Behavior Change Plan

Exercise Plan

Nutrition Plan

Stress Mgt. Plan

Final - There is a short written final found in the [Moodle Website](#) accessing your overall knowledge and evaluation of your work and the class. It is not cumulative nor do you need to study for it as it is an assessment of your thoughts and opinions.

Late assignments will decrease in point value 10% for each day it is late. NO ASSIGNMENT will be accepted one week after the deadline.

Extra Credit: **1.** Find a high quality video clip on a topic related to our class. Provide the internet address & a brief explanation of why it is a quality example of health information. In order to earn the points, it must be a worthwhile video. **2.** I am a collector of humor (jokes, comics, puns, stories etc.). I will reward 2 points for each submitted joke etc. up to 10 points. This includes the URL's of Humor sites. The only requirement is that the jokes etc. must be tactful, i.e., not dirty or offensive and it must be funny. **3.** You may write a 3-5 page paper on a topic related specifically to our class to be okayed by the teacher before you begin it. You are to cite your references (do not just copy something from the internet).

Assignment Point Values

[Approximate McGraw Hill Assignments ~600 points](#)

Chapter Review Quizzes 120 points

Behavior Change Plan 25 points

Exercise Plan 25 points

Nutrition Plan 20 points

Stress Mgt. Plan 20 points

Blood Draw Assignment 25 points

Final 40 points

Assignments Total 235 Moodle points

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 Center for Accessibility Resources

Student who may need accommodations due to documented disabilities, who have medical information which the instructor should know, or who need special arrangements in an emergency, should speak with the instructor during the first week of class. If you have not accessed services and think you may need them, please contact Disability services at 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, marital status, disability, veteran status, age, or any other status protected under applicable federal, state, or local laws.

(for further information <http://po.linnbenton.edu/BPsandARs/>)

ADMINISTRATIVE WITHDRAWAL: Faculty may administratively withdraw a student for nonattendance during the first two weeks of the term. Students who do not attend 50% of the class sessions during the first or second week of classes will be administratively withdrawn.

CLASSROOM ETIQUETTE: Arriving late and/or engaging in personal conversations (including cell phone & texting) disrupts the class and is to be avoided. **Please turn cell phones off** as a courtesy to the class unless there use is necessary in an emergency.

COURSE TIMELINE : Subject to change at instructor's discretion.

Week 1 – Introduction, Chapter 1 material

Week 2 - Chapter 1 material continued

Week 3 - Chapter 11 Cardiovascular Health

Week 4-6 - Chapters 2 - 7 Building & Assessing Physical Fitness, Developing Flexibility & Muscular Fitness etc.

Week 7 - Chapter 8 Nutrition

Week 8 - Chapter 9 Weight Management

Week 9 - Chapter 10 Stress

Week 10 – Chapter 12 Cancer - Finalizing assignments & wrap up

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.