

PE 231 Lifetime Health and Fitness

Winter 2020

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Office Hours and Location:

Albany: AC 116g: Monday 2:00-2:30, Wednesday 12:00-1:00 & by appointment

Sweet Home Center: Monday 10:00-11:00 am

Lebanon Center: By Appointment

Course Materials

Required:

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**.

This course uses **Moodle** to access Open Education Resources, online readings, midterm exam and final exam. Grades will be available on moodle.

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.

Student Learning 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.

Class Policies

Behavior and Expectations

You are held accountable to the [Student Code of Conduct](#), which outlines expectations pertaining to academic honesty (including cheating and plagiarism), classroom conduct, and general conduct.

Use of cell phones: There may be times when we utilize personal cell phones for looking for information for an activity or an in class project. Use of cell phones for personal use beyond that is prohibited in this section of PE 231.

Attendance/Tardiness Policy

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access moodle and/or complete one meaningful class activity during the first week of classes will be administratively withdrawn.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

Attendance for this section of PE 231 is taken during each class. If you miss a class section it is up to you to find out what information was missed and if assignments are due the next class period. Not all in class activities can be made up outside of class. Absences will affect your grade.

Grading

Grades will be based on scores from:

- 1) Two (2) Exams: Approximately 50 points each. The midterm and final exams may be given on moodle.
- 2) Assessment labs: Labs will be worth 5-15 points each, if turned in on time. Most labs are in class activities that you must be in class to receive credit for.

*Note: Not all physical labs are required to complete the course. If you have any concerns about your ability to complete a lab (you don't have to disclose the reason) just let me know and I will give an alternate way to get the points for that assignment. We will make a cholesterol screening available at the Albany Campus and Benton Center but you are not required to participate in this lab if you are not able or don't want to. Students who want to do the

cholesterol screen should read the attached information and be prepared to sign a waiver during sign up or at the cholesterol screen. [Risks for cholesterol screen.](#)

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

4) Reading Review Questions: Short online Moodle quizzes or readings. (4-10 points 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 will not be reopened unless the issue is system wide. (Approximately 70 points total).

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 more than 70% of the possible points for the class.

Letter Grade	Percentage	Performance
A	90-100%	Excellent Work
B	80-89%	Good Work
C	70-79%	Average Work
D	60-69%	Poor Work
F	0-59%	Failing Work

Late Assignment Policy

All assignments must be turned in on time or early for full credit. Assignments more than 10 days late will not be graded. Weekly questions/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 that online work be attempted or submitted early in the open range so problems can be resolved before the cut off times.

College Policies

LBCC Email and Course Communications

You are responsible for all communications sent via Moodle and to your LBCC email account. You are required to use your LBCC provided email account for all email communications at the College. You may access your LBCC student email account through Student Email and your Moodle account through Moodle.

Disability and Access Statement

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.

Statement of Inclusion

To promote academic excellence and learning environments that encourage multiple perspectives and the free exchange of ideas, all courses at LBCC will provide students the opportunity to interact with values, opinions, and/or beliefs different than their own in safe, positive and nurturing learning environments. LBCC is committed to producing culturally literate individuals capable of interacting, collaborating and problem-solving in an ever-changing community and diverse workforce.

Title IX Reporting Policy

If you or another student are the victim of any form of sexual misconduct (including dating/domestic violence, stalking, sexual harassment), or any form of gender discrimination, LBCC can assist you. You can [report](#) a violation of our sexual misconduct policy directly to our Title IX Coordinator. You may also report the issue to a faculty member, who is required to notify the Coordinator, or you may make an appointment to speak confidentially to our Advising and Career Center by calling 541-917-4780.

Public Safety/Campus Security/[Emergency Resources](#):

In an emergency, call 911. Also, call LBCC Campus Security/Public Safety at 541-926-6855 and 541-917-4440.

From any LBCC phone, you may alternatively dial extension 411 or 4440. LBCC has a [public safety app](#) available for free. We encourage people to download it to their cell phones. Public Safety also is the home for LBCC's Lost & Found. They provide escorts for safety when needed. Visit them to learn more.

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 miss-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.

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Class Calendar or Schedule

Check Moodle weekly for weekly readings/quizzes
Some work will be online and on moodle

WEEK 1: Course intro, Wellness, balanced living, sustainability and behavior change.
Read Week 1 Readings/ weekly quiz/Behavior Change assignment

WEEK 2: Physical Activity and Exercise introduction.
Health Related Fitness components.
Read Week 2 Readings

WEEK 3: Health Related Fitness components continued.
Cardio-respiratory fitness
Muscular strength and Muscular Endurance.
Read Week 3 Readings

WEEK 4: Flexibility, Back Health & Body Composition. Read Week 4 Readings.

WEEK 5 Complete fitness components and exercise notes.
Injury prevention and treatment. Read Week 5 Readings
Late work for the first 4 weeks of the term will not be accepted after the midterm.
Exam #1 midterm (covers weeks 1-5) (Behavior Change, Fitness/Exercise, Injury Prevention).

WEEK 6: Intro chronic disease, Heart Health/Cancer/Diabetes/ Etc.
Read Week 6 Readings

WEEK 7: Nutrition: The basic nutrients/food groups. Food preparation, developing a healthy diet. Read Week 7 Readings.

WEEK 8: Complete basic nutrition, dietary guidelines and “diets”.
Read Week 8 Readings

WEEK 9: Complete weight control/ Intro Stress. Read Week 9 Readings.

WEEK 10: Stress management and practice relaxation techniques. Read Week 10 Readings.

WEEK 11 (Finals week) EXAM #2 (covers weeks 6-10) (See final exam schedule in Week 11 on Moodle site for exam time)

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, or through LBCC e-mail.

