

Lifetime Health & Fitness (PE 231)

Fall 2021 Syllabus

Purpose of this Syllabus

This syllabus contains all the vital information about this course—what you'll be learning, what will be expected of you, and what you can expect from me. Essentially, this syllabus is a contract that states what is required of both of us during the term. It includes information about what we will be learning and how you will be evaluated (graded). Since this is a valuable document, you should study it and refer to it often.

Instructor & Course Information

- **Course Name:** Lifetime Health & Fitness
- **Course Number:** PE 231
- **CRN:** 22894
- **Instructor:** Daniel Roberson
- **Campus/Location:** Remote (on the internet)
- **Course Access:** Moodle. *All LBCC students have a Moodle account. Access with Single Sign-On ID and password.*
- **Class Time/Dates:** No specified class times. See “Course Calendar” and each week's module for weekly deadlines.
- Zoom or Telephone Office Hours: by appointment, please email
- **Phone:** (949) 547-2025 voice/text
- **E-mail:** robersd@linnbenton.edu

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 worksite 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.

Required 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.

Expectations

- Log into Moodle regularly (two times per week).
- Complete all assigned weekly readings and discussion forums.
- Complete all weekly assignments after carefully reading assignment instructions.
- Get the most out of your assignments by taking advantage of how they can help you in other classes.
- Check your LBCC student email at least 3 times per week.
- Contact the [Student Help Desk](#) when technical issues arise.
- Ask me questions when you have them. I'm always happy to help.
- Communicate when something isn't working for you.
- Problem-solve college navigation issues with my help and the help of your peers. When you encounter an issue, do something to resolve it.
- Support your fellow students.

Course Schedule

PE 231 Online is what's called an "asynchronous" class. This means that you are not expected to participate in any live class sessions but you will work on your own time to complete readings, assignments, and discussions by the weekly deadlines.

Although the weeks begin on Monday and end on Sunday, I will grant you access to the material on the previous Friday to accommodate those of you that would like to get a head start. Most weeks will follow the pattern below:

1. Every Friday at midnight (12:01 am), the upcoming week's material will be made available. This will include announcements, readings, discussions, and assignments.
2. Every Wednesday at 11:59 pm, the previous week's assignments, and the current week's initial discussion posts are due.
3. Every Sunday at 11:59 pm, your current week's discussion responses to two classmates are due.

Communication

Your instructor will send regular messages through Moodle. These will also appear as emails through your LBCC email account. You should access LBCC email regularly or have it forwarded to an email you do check regularly. If you send the instructor a Moodle message it is also received as an email and is most often replied to through email. If you are not sure how to use or forward your LBCC email, check with your instructor or the help desk in the LBCC Library.

Learning Outcomes

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

1. Define wellness and describe its dimensions.
2. Design an individual, comprehensive program for physical fitness.
3. Design an individual, comprehensive program for nutrition.
4. Design individual, comprehensive program for stress management.
5. Demonstrate the process for behavior change using an established behavior change model.
6. Evaluate or assess key indicators of health and fitness.

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 can be administratively withdrawn. The last day to drop or withdraw, (along with other important information) can be accessed here: [Academic Calendar](#)

Evaluation

Grading

Grades will be based on scores from:

- 1) Two (2) Exams: 50 pts each. (100 points total). Missed exams can be made up within one week and only with the instructor's approval. Prior arrangements must be made or, in the event of an emergency, students must contact the instructor the day of the exam or as soon after as possible. Makeup exams will be essay exams.

- 2) Assessment labs: (5-8 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. There is almost always a makeup opportunity for labs.

*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 if one isn't already stated in the instructions. 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, etc.) The student will assess and produce an individualized plan for change or maintenance in the areas covered in class. (approximately 100 points).
- 4) Reading Review Quizzes: Short online Moodle quizzes. (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 50 points).
- 5) Forums/Discussions: 15pts each (60 total). Online discussion questions and responses. For online forum posts - you must make an original post and peer replies on time for full credit. Late discussion board responses will only receive credit for the initial response.
- 6) Weekly Discussion Boards: 10pts each (100 total). Each week you will be required to post and respond to two (2) other student's posts based on the content read or watched. There will be a total of ten (10) graded discussion board posts.

Late Work

It is expected that you will turn in your work on time. Turning assignments in on time is an essential element of college success. I do understand that "life happens". Please talk to me if you are having difficulty meeting course deadlines. Late assignments are

worth about 80% of the total assignment point value. 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.

Grading Policy

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 = 89.5-100% of the total class points

B = 79.5-89.4%,

C = 69.5-79.4%,

D = 59.5-69.4%,

Less than 59.4% 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 more than 69.5% of the possible points for the class.

Remote Instructional Methods

In response to state recommendations related to the spread of COVID-19, the majority of fall courses will be offered remotely (on the internet). For our class, this means that you will access all course materials in your student Moodle account.

Learning Material & Assignments

Readings, links, and assignments will be organized by week in Moodle. You can access them at any time during the week as long as you have completed the work by the deadlines.

Technology Requirements:

You will need access to a computer and reliable internet. We recognize that technology may represent a barrier to some students during this period. LBCC offers several resources to students which may help you address these barriers. See LBCC's COVID-19 frequently asked questions for students. If you know your circumstances will make it difficult, please contact me as soon as possible so we can work together to find a solution.

College Policies

Disability services and personal emergency arrangements:

Students who may need accommodations due to documented disabilities, who have medical information that the instructor should know, or who need special arrangements in an emergency should speak with their instructor during the first week of class. If you believe you may need accommodations but are not yet registered with the Center for Accessibility Resources (CFAR), please visit the CFAR Website for steps on how to apply for services or call 541-917-4789.

Basic Needs

Any student who has difficulty affording groceries or accessing sufficient food to eat every day, or who lacks a safe and stable place to live, and believes this may affect their performance in the course, is urged to contact the Roadrunner Resource Center for support (resources@linnbenton.edu or visit us on the web www.linnbenton.edu/RRC under Student Support for Current Students). Our office can help students get connected to resources to help. Furthermore, please notify the professor if you are comfortable in doing so. This will enable them to provide any resources that they may possess.

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.

Know your rights and responsibilities

LBCC students have rights: the right to free speech, the right to assemble, the right of a free press, etc. LBCC students also have responsibilities to their community: the responsibility to participate and engage in class, the responsibility to advocate for their needs (ask for help), the responsibility to support a respectful teaching and learning environment, the responsibility to treat all persons with respect, the responsibility to be truthful and honest in all work and communications, and the responsibility to follow staff directions, local, state, and federal laws.

Rights and responsibilities balance together to create the best learning environment. For example, while you have free speech in the café or courtyard, in class the instructor decides whose turn it is to talk and what the topics for conversation will be. Students are free to believe what they believe, but instructors may require students to learn and recite concepts, principles, or theories for a class even if the student does not believe those concepts. You play a role in creating a positive community at LBCC.

Please review your rights and responsibilities (<http://linnbenton.edu/go/studentrights>).

If you believe a student is violating your rights, ask to be treated with respect. If that does not cure the situation, report to Associate Dean Dr. Lynne Cox, Takena Hall Rm. 107. If you believe a faculty member or LBCC employee is violating your rights, please report to Human Resources, Scott Rolen, Calapooia Center Rm. 108.

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 LBCC e-mail.