

# Lifetime Health & Fitness

PE 231

2019 Weekend Course

**PLEASE NOTE: IF YOU DO NOT KNOW HOW TO ACCESS MOODLE, GO TO A COMPUTER LAB ON CAMPUS WITHIN THE FIRST 2 DAYS OF THE TERM AND ASK FOR HELP.**

<b>Instructor:</b>	Kathleen Groven
<b>Office:</b>	AC 116G
<b>Office Hours:</b>	by appointment or any office hours posted on moodle
<b>Contact:</b>	If you are currently enrolled as a student in the course, the best way to contact me is via a moodle message. <b>Remember, your moodle messages are date and time stamped so do not panic if it takes me more than 24 hours to get back to you.</b> Please see below if you are not enrolled in one of my current courses.
<b>Phone:</b>	(541) 990-2832 (If I do not answer please send a page or message. Occasionally, my voicemail can fill due to an increase in volume during the beginning of the term, midterms, and finals.) Do not text me for any reason.
<b>E-mail:</b>	<a href="mailto:grovenk@linnbenton.edu">grovenk@linnbenton.edu</a> <b>Again, remember, your phone, email, and moodle messages are date and time stamped so do not panic if it takes me more than 24 hours to get back to you.</b>
<b>Text:</b>	Open Education Resources  FREE, however, you will need internet access all hours on all days (24/7).

## **Moodle and/or Printer Access**

It is the student's responsibility to have access to a computer and internet, 24 hours per day, 7 days per week.  
It is the student's responsibility to have a back-up plan if their technology fails them.

All students are encouraged to program the instructor's phone number into their phone (or write down and store in an accessible area). This will allow the student to contact the instructor if there is a technological difficulty

with their internet.

If you are taking the online or weekend version of the course, assignments are uploaded electronically.

**If you are taking the weekend course, it is highly recommended to bring a lap top to class.**

## **[Course Description and Outcomes \(click this\)](#)**

### **Grading**

Grades will be based on scores from **(Subject to change at instructor's discretion.)**:

1. **Final (1) exam:** Approximately 120+ points, and **may consist** of true/false, multiple choice, fill-in-the-blank, calculations, and short answers.

If you require additional time for your exams, please make arrangements **within the first week of the term.**

2. **Lab Assignments/Papers/Food Log/Data Sheet/Waiver:**

Labs will be worth 5 - 50 points each\*.

No late labs/papers are accepted (approximately 180+ points total).

Access to a computer and internet are required, including weekends. Most labs are completed on your own time, and MIGHT include travel to Albany, and/or Corvallis.

**\*Note:** Individuals may be excused from participation in labs if the student or instructor has legitimate concerns about the student's ability to complete that lab. Make arrangements with the instructor **PRIOR to the lab due date**, as there may be an alternate activity, which would provide similar experience or information. Excused labs that include a summary will earn points.

Missed labs will be worth zero points. **During the weekend courses, several labs are completed in-class only.**

3. **Cumulative Project:** The student will assess their current levels of health, and produce an effective plan for change or maintenance in the areas covered in class. The following plans will be included: Behavior Change, Exercise plan, personal Nutrition plan, and a Stress plan. Access to a computer and internet are required, including weekends (approximately 250+ points). Late plans are not accepted.
4. **Quizzes:** Short, on-line, quizzes. These can not be made up if missed (approximately 160+ points). The quizzes are open book with a time limit once the quiz is launched. In addition, you can take the quiz a second time if you are unhappy with your score. However, the second attempt will not build on the first, and the scores are averaged. For example, you scored 8/20 on the first attempt and 18/20 on the second attempt. Your average score recorded is 13/20.
5. **Extra Credit Points:** Occasionally, extra credit points can be earned during the term. A maximum of 20-35 points are allowed.

**APPROXIMATE TOTAL**

**710+- points**

Assigned grades may include A-F letter grades, P or NP (pass or no pass) if the student specifically requests pass/no pass, or an "I" grade. 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 "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.

## **Administrative Withdrawal**

Faculty may administratively withdraw a student for nonattendance during the first two weeks of the term. Nonattendance in a Weekend course is deemed as not completing the first online assignment. Students who do not attend 50% of the class sessions during the first or second week of classes can be administratively withdrawn. In addition, students registered in Weekend courses must log into moodle during the first week of the term to be considered as attending the course.

## **Disabilities Services**

Student who may need accommodations due to documented disabilities, which 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 the term. If you have not accessed services and think you may need them, please contact Disability services at 917-4789.

## **Nondiscrimination Policy**

[Click here](#) for the nondiscrimination policy for LBCC.

## **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.

## **Classroom Etiquette (when meeting face to face)**

Arriving late and/or engaging in personal conversations (including cell phone/text messaging) during lecture disrupt the class and should be avoided. Please turn cell phones off as a courtesy to the class unless their use is necessary in emergency situations. Please discuss all emergency situations with the instructor prior to the class meeting for each face to face interaction. Cell phones are to be stored in bags under the desk. In addition, students are expected to follow LBCC's code of conduct.

Next, the official LBCC College Cell Phone Policy is:

“Cell phone use by a student is not permitted in a classroom, restroom, locker room, staff office or work space, including text messaging, **without express permission prior to use.** Failure to stow (put away) cell phones prior to entering a restroom or locker room is a violation of college policy.”

Finally, you can use your lap top during class for course requirements **ONLY**. For example, you can access the course on moodle, chapter outlines, and the course readings.

## Tracking Deadlines

It is the student's responsibility to set up a system to track deadlines for the course.

I recommend that you set up a reminder 24 hours prior to a deadline.

Reminders can be in the form of a post it note, calendar, cell phone reminder, etc...

**Next, I recommend logging into moodle daily and looking at the PE 231 course on moodle.**

**Finally, if you miss a deadline then you need to take responsibility for your actions and accept the zero on your assignment, quiz, and/or exam.**

I am always open to reviewing an emergency situation. For example, you were in a car accident and entered a coma for 48 hours. After you awoke from the coma, you contacted me regarding your situation within a reasonable amount of time. Next, you would be required to provide proof of your coma. I will review your proof and then arrange a meeting with you. After our discussion, I will render a decision regarding your emergency.

## Approximate Course Time Line:

(Subject to change at instructor's discretion).

### Weekend 1

Read: Cancer OERs

**The following assignments are typically completed during Weekend 1: Course Welcome Page, Textbook Information Page, Send a Moodle Introduction, Cancer Lab, Cancer Risk Assignment, and Quiz on Cancer.** However, check moodle for the deadline for each term and/or class.

### Weekend 1

Read: Wellness, Fitness, and Lifestyle Management OERs

**The following assignments are typically completed during Weekend 1: Wellness Lab, Behavior Change Assignment, Cholesterol Screening, and Quiz 2 on Wellness, Fitness, and Lifestyle Management.** However, check moodle for the deadline for each term and/or class.

### Weekend 1

Read: Principles of Physical Fitness OERs

**The following assignments are typically completed during Weekend 1: Health Related Fitness Components Lab, and Quiz 3 on Principles of Physical Fitness.** However, check moodle for the deadline for each term and/or class.

### Weekend 1

Read: Cardiorespiratory Endurance and Muscular Strength and Endurance OERs

**The following assignments are typically completed during Weekend 1: Waiver Form, Rockport Walk or 12-minute Run, Endurance Labs, and Quiz 3 on Cardiorespiratory Endurance and Muscular Strength & Endurance.** However, check moodle for the deadline for each term and/or class.

### Weekend 1

Read: Flexibility and Low-back Health OERs

The following assignments are typically completed during Weekend 1: V Sit and Reach Lab, and **Quiz 4 on Flexibility and Low-back Health**. However, check moodle for the deadline for each term and/or class.

### Weekend 1

Read: Putting Together a Complete Fitness Program OERs

The following assignments are typically completed during Weekend 1: Exercise Plan, Food Log, and **Quiz 5 on Putting Together a Complete Fitness Program**. However, check moodle for the deadline for each term and/or class.

### Weekend 2

Read: Body Composition and Weight Management OERs

The following assignments are typically completed during Weekend 2: Food Log Reports, and **Quiz 6 on Body Composition and Weight Management**. However, check moodle for the deadline for each term and/or class.

### Weekend 2

Read: Nutrition OERs

The following assignments are typically completed during Weekend 2: Personal Nutrition Plan, and **Quiz 7 on Nutrition**. However, check moodle for the deadline for each term and/or class.

### Weekend 2

Read: Stress and Heart Health OERs

The following assignments are typically completed during Weekend 2: Stress Plan, and **Quiz 8 on Stress and Heart Health**. However, check moodle for the deadline for each term and/or class.

### Weekend 2

**Review the Cumulative Project Assignment and Prepare for the Final Exam.**

The Project contains plans for the following: The Behavior Change Plan (completed during Weekend 1), Exercise Plan (completed during Week 2), Personal Nutrition Plan (completed during weeks 1 and 2), and The Stress Plan (completed during weekend 2).

Thus, you should be focused on preparing for the Final Exam  
(YOUR PROJECT SHOULD BE DONE!)

### Weekend 2

FINAL EXAM

Check moodle for the deadline for each term and/or class.

# Unexpected and/or Extreme Emergencies and Illnesses

When unexpected and/or extreme emergencies and illnesses arise, students are at high risk for failing the course.

I can be strict, and not allow consideration for the many issues that arise for an adult student.

However, **I choose to be VERY understanding, and allow the student to request an Incomplete in the course.**

**Again, I am always open to discussing the option for an Incomplete in the course** when a student cannot attend their scheduled class. The incomplete will allow the student to complete the course the next term. However, all students should discuss their options with their advisor or counselor on campus.

Next, **the student will need to provide ample proof to the instructor** of the unexpected and/or extreme emergency or illness within a reasonable amount of time determined by the instructor.

**In MANY cases**, it is reasonable to expect communication **within 24 hours** of the documented emergency or illness. If the student is in a coma within the 24 hour time period, the instructor will assess on a case by case basis. If the student is lost in the wilderness without cell phone reception, again, the instructor will assess on a case by case basis.

For myself, if I become ill, I am required to contact my employer **BEFORE** my shift was to start. This expectation is also reasonable to expect of a student with an illness.

**Again, proof is required.** After assessing the proof, the instructor will determine if the student qualifies for Part 1 of an incomplete in the course. Part 2 requires the student to meet the LBCC guideline of earning 75% on submitted coursework. **AGAIN, make-ups are not available during the current term.**

**Again,** I am always open to you completing the course the following term if you provide adequate proof of your emergency and/or illness.

## Questions and/or Concerns

**Please contact me any day at any time with any question or concern.**

**Remember, your message is date and time stamped so do not panic if it takes me more than 24 hours to get back to you.**

**Continue to page down...there is more to the syllabus.**

## 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.

A complete copy of this form will be provided to me upon request.

IF UNDER 18 YEARS OF AGE, MUST BE SIGNED BY PARENT/GUARDIAN

Printed Name/ Signature

# **INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISKS LIABILITY WAIVER & INDEMNIFICATION FORM**

You will be participating in the following class/club/activity (“Activity”): Blood draw

I understand that the above described activity (Activity) has foreseeable and unforeseeable hazards and risks, including hazards and risks which cannot all be eliminated due to the nature of the Activity which may include but is not limited to infection, fainting and related injuries from such, soreness and/or bruising of arm, redness and swelling of vein, mental and/or emotional stress, and other related risks. I understand that participation in the Activity will expose me to these hazards and risks. I understand that I or another person may suffer injury because of these hazards and risks, and these injuries may cause physical, emotional, economic, or non-economic harm to me or another person.

By signing this document, I am making a voluntary and informed decision to expose myself to the hazards, risks, and injuries in any way caused by or related to my participation in the Activity. I understand that it is my responsibility to learn about risks, hazards, and injury inherent to the Activity. I intend to learn about and follow all safety procedures. Also, I understand that if at any time I have concerns about safety, health, hazards, risks, or injury related to the Activity, then it is my responsibility to inquire of knowledgeable persons about my concerns. By signing this document, I understand that I am waiving particular rights enumerated below.

To the fullest extent allowed by law, by signing this document, I hereby agree to waive, discharge, indemnify and hold harmless any and all claims, demands, liabilities, fees, and costs for damage, injury, or death related to the Activity and held by me or any third party against Linn-Benton Community College and its officers, employees, and agents. This agreement shall be binding upon your heirs, successors, and assigns. I understand and acknowledge that signing this agreement severely limits my legal rights, and I agree to waive those rights in consideration of participation in the Activity. I understand that I am not obligated to participate in this activity or to sign this form.

This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.

**READ BEFORE SIGNING:** By signing this document, you acknowledge the following: I have read and do understand page one (1) of **INFORMED ACKNOWLEDGMENT OF HAZARDS AND RISK: LIABILITY WAIVER AND INDEMNIFICATION FORM**; and I am waiving particular rights enumerated on page one (1).

A complete copy of this form will be provided to me upon request.

**IF UNDER 18 YEARS OF AGE, MUST BE SIGNED BY PARENT/GUARDIAN**

Printed Name/ Signature