

PE 231 Lifetime Health and Fitness

Spring 2019

Susan Peterson

peterssm@linnbenton.edu

Office Hours:

Albany: AC 116G

12:00-12:45 TTH

Welcome to PE 231

I will communicate with you through moodle and your LBCC email account. If you have not accessed your email account or moodle, please see me or check with the help desk in the LBCC library.

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.

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.

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**.

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access moodle and/or complete one meaningful class activity during the first week of classes will be administratively withdrawn.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](#)

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. (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).

Grading Policy: All assignments must be turned in on time or early for full credit. Assignments more than 7 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 online work be attempted or submitted early in the open range so problems can be resolved before the cut off times.

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=90-100% of the total class points

B = 80-89.9%,

C = 70-79.9%,

D = 60-69%,

Less than 60% 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 70% of the possible points for the class.

APPROXIMATE COURSE TIMELINE:
Subject to change at instructor’s discretion.
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)

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.

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.

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.

Safety

-- Safety on our campus and in our communities is everyone's responsibility. By recognizing and reporting behavior at LBCC you believe to be a potential concern, you can help our LBCC community members get the assistance and services they might need. Incidents observed or persons of concern at LBCC can be reported online via the [reporting web link](http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcc-care-threat-assessment-team) found at <http://www.linnbenton.edu/public-safety-emergency-planning-ehs/lbcc-care-threat-assessment-team> or by contacting LBCC Campus Public Safety office - 541-917-4440 or officer on duty - 541-926-6855 (7x24 cell phone).

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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