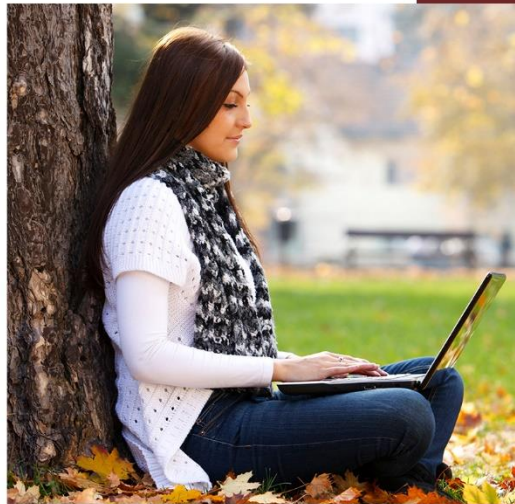
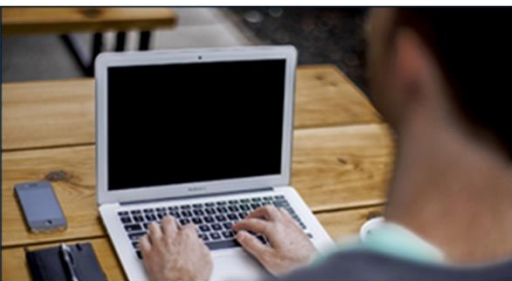
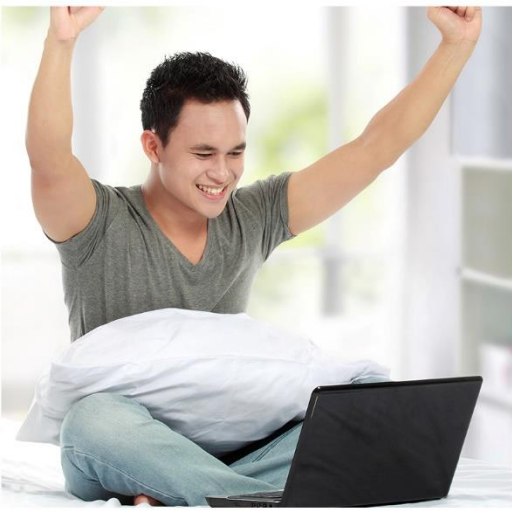


# SYLLABUS



**HLED 120 999 Fit for Life**  
**Fall 2020**

# HLED 120 999 Fit for Life

## Consortium of Adventist Colleges and Universities

### Interactive Online Format

This course follows an interactive online format and has Thursday deadlines. You are expected to login regularly during the course to participate in the online discussions. Please plan accordingly. **Please review the Dates & Deadlines widget on the right side of your course in LearningHub for the last day to withdraw for a full refund.**

### Instructor Contact

Please refer to course in LearningHub for the teacher contact information.

### Other Assistance

Username and password assistance	<a href="mailto:helpdesk@andrews.edu">helpdesk@andrews.edu</a>	(269) 471-6016
Enrollment and withdrawal questions	<a href="mailto:sderegister@andrews.edu">sderegister@andrews.edu</a>	(269) 471-6323
Technical assistance with online courses	<a href="mailto:dlit@andrews.edu">dlit@andrews.edu</a>	(269) 471-3960
Exam requests and online proctoring	<a href="mailto:sdeexams@andrews.edu">sdeexams@andrews.edu</a>	(269) 471-6566
Distance Student Services - any other questions	<a href="mailto:sdestudents@andrews.edu">sdestudents@andrews.edu</a>	(269) 471-6566

## Part 1: Course Information

### Course Descriptions

A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management and stress, as well as the principles of health according to the Bible and Ellen G. White will be studied. Practical tools will be given to help adopt and model healthier lifestyles.

### Required Text/Material

Corbin, Charles. *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach*. McGraw Hill; Tenth Edition (2013). ISBN-978-0-07-802256-2.

**NOTE:** Textbooks for online courses may be purchased from any supplier. For financial aid in payment, contact your financial advisor at the university where you are completing your degree. Andrews University degree students who have confirmed that funds are available will then purchase the books themselves and send receipts to their financial advisor for reimbursement.

### Credit Hours and Commitment

This course is offered for 1 semester credit; therefore it is expected that you will spend 45 hours total on this course, which translates to approximately 4 hours per week. Suggested schedule(s) to accomplish the work are included in this syllabus. Activities on this include working out, reading, accessing instructional materials, interacting with your instructor, and completing homework. Due to the physical fitness nature of the course, you must plan to progress steadily on a weekly basis to complete the course.

A recommended weekly schedule to divide your time is provided:

- Readings: 0.5 hours
- Labs: 0.5 hours
- Discussion forums: 0.5 hours
- Quizzes: 0.5 hours
- Other assignments: 1.5 hour

### **Student Learning Outcomes**

Upon successful completion of this course, you the student should be able to:

- SLO1: Evaluate his or her current level of physical fitness and develop a program for improvement.
- SLO2: Describe current issues related to physical, mental and spiritual fitness.
- SLO3: Articulate an understanding of health issues and the Seventh-day Adventist church prospective.

## **Part 2: Course Methods and Delivery**

### **Methods of Instruction**

Methods of instruction include assigned readings, video presentations, homework assignments, discussion forums and quizzes. This course also has a final exam. Regular participation in the course is essential to good performance.

### **Technical Requirements**

- Internet connection (DSL, LAN, or cable connection desirable).

### **LearningHub Access**

This course is delivered online through LearningHub at <http://learninghub.andrews.edu>

Your username and password are your Andrews username and password. You need to activate your username and password to access LearningHub.

Please do this online here:

<https://vault.andrews.edu/vault/pages/activation/information.jsp> if you haven't already. If you need assistance, call or email us: (296) 471-6016 or <mailto:helpdesk@andrews.edu>.

If you need technical assistance at any time during the course, or to report a problem with LearningHub, please email [dlit@andrews.edu](mailto:dlit@andrews.edu) or call (269) 471-3960.

## Part 3: Course Requirements

**Important Note:** This online class is **not** self-paced. You can arrange your schedule flexibly during each week, but you **MUST** participate each week. You are expected to “show up” to class by interacting in the discussion forums a minimum of two times per week. In addition, assignments are due regularly each week. Adequate Internet access during the duration of the course is critical for your participation. To be successful, plan to spend time daily on the course.

Activity and assignment details will be explained in detail within each learning module. If you have any questions, please contact your instructor.

### Assessment Descriptions

#### Quizzes

Quizzes are timed for 10-20 minutes depending on the number of questions and you only have one attempt. Know the textbook material well. You can use your book, but remember you only have 10-20 minutes.

#### Labs

All Labs can be found in each section of LearningHub. They will be described in detail.

#### FITT Project

The FITT Project can be downloaded from LearningHub

- a. Water Log – track water intake for 30 days
- b. Sleep Log – monitor sleep patterns for 2 weeks
- c. Activity Log – plan and execute a 4 week physical activity plan
- d. Evaluation Paper – One page review of FITT Project (See PDF)

#### Discussion Forum

Discussion forums are opportunities for you, the course instructor and your classmates to engage in robust online conversations. In some instances, where one student is enrolled in a course, discussions will be with the instructor. Those conversations are most often based on academic topics and questions. They are integral to the course and provide avenues for enriching knowledge as well as constructing knowledge through thoughtful dialogue with peers and instructors.

Some discussions are formal in nature and call for thorough scholarship. They hold to the same academic standards for originality and honesty as other academic work (e.g. papers, essays, quizzes and exams). Whenever appropriate, any idea or statement in a discussion forum that is not your own original work should be referenced, according to the style guide adopted by your academic discipline (e.g. APA, MLA, Chicago, etc.).

There may also be forums in the course in which the discussions are informal. Such discussions may include personal introductions and opportunities to know more about other participants in the course as well as academic topics. Informal forums are great for sharing interests, observations and encouragements with classmates.

For each forum in this course you will be required, unless otherwise instructed, to create an initial post and, at least, two replies to classmates. Course weeks [after the first week] begin on

Friday and end on Thursday. The initial post is due by 11:55 pm on Sunday of the week the discussion is assigned. Replies to classmates are due by 11:55 pm on Thursday of the week the discussion is assigned.

**Journals**

There are a total of four journals due. They must be 1 page typed and double-spaced, or a half page single-spaced. Another aspect of wellness is emotional wellness; sometimes writing can bring emotional healing.

**Exams**

There is one exam in this course. The final exam covers material from the entire course, is made up of multiple-choice questions, and is worth 49 points. You will be allowed 120 minutes to take this exam. This exam is worth 15% of your grade.

Follow prompts in the course space to set up your exam session. In each module that contains an exam, you will find what to review and what materials are allowed (if any) during the exam.

Please read the important information about taking exams and how online proctoring works at [www.andrews.edu/distance/students/exams.html](http://www.andrews.edu/distance/students/exams.html). Then follow the instructions that apply to your situation on the [exam request form](#) to set up your exam session.

Please note that an exam code is never released to the student. All students must present photo identification before each exam session. Exams can only be proctored after a deadline with approval directly from the instructor to the Testing Center ([sdeexams@andrews.edu](mailto:sdeexams@andrews.edu) or 269-471-6566). No exam is returned to the student for review. The instructor, to aid studying for future exams can provide feedback on exams.

**Schedule:**

All times in the schedule are for the U.S. Eastern Time Zone. All assignments are due Thursdays in the week assigned unless otherwise noted.

Week	Lessons	Readings	Assignments
Intro	These items will need to be completed before you will have access to the rest of the course	Orientation Course Overview Introductions Academic Integrity	Student Introductions Academic Integrity Quiz Academic Integrity Statement
1 Aug 24-27	Lifestyles for Health, Wellness, and Fitness	Concept 1: Health Wellness, Fitness and Healthy Lifestyles: An Introduction Concept 2: Self-Management and Self-Planning Skills for Health Behavior Change	Discussion Forum 1 Quiz 1 Lab 23B (1 lab) <b>Begin Sleep Log</b> Due Thurs, Sept 3, 11:55pm
2 Aug 28 – Sept 3	An Introduction to Physical Activity	Concept 3: Preparing for Physical Activity Concept 4: The Health Benefits of Physical Activity Concept 5: How Much Physical Activity Is Enough	Discussion Forum 2 Labs 3A, 3B & 4A (3 labs) Continue Sleep Log
3 Sept 4-10			Journal 1 Quiz 2 Continue Sleep Log
4 & 5 Sept 11-24 (two weeks)	The Physical Activity Pyramid	Concept 6: Moderate Physical Activity: A Lifestyle Approach Concept 7: Cardiovascular Fitness Concept 8: Vigorous Aerobic, Sports, and Recreational Activities Concept 9: Muscle Fitness and Resistance Exercise Concept 10: Flexibility	Discussion Forum 3 Lab 7A, 9B, 9C (3 labs) Quiz 3 Sleep Log Due  Due Thursday, Sept 24, 11:55pm
6 Sept 25 – Oct 1	Physical Activity: Special Considerations	Concept 11: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck Concept 12: Performance Benefits of Physical Activity	<b>Begin Water Log</b> Begin Activity Log
7 Oct 2-8			Discussion Forum 4 Lab 11A, 11B, 11C (3 labs) Continue Water & Activity Logs
8 Oct 9-15			Journal 2 Quiz 4 Continue Water & Activity Logs
9 Oct 16-22	Nutrition and Body Composition	Concept 13: Body Composition Concept 14: Nutrition Concept 15: Managing Diet and Activity for Healthy Body Fatness	Discussion Forum 5 Quiz 5 Lab 13C, 14A, 15B (3 labs) Continue Water & Activity Logs
10 & 11 Oct 23 – Nov 5 (two weeks)	Stress Management	Concept 16: Stress and Health Concept 17: Stress Management, Relaxation, and Time Management	Discussion Forum 6 Quiz 6 Lab 16A, 17B (2 labs) Journal 3 Continue Water & Activity Logs Due Thursday, Nov 5, 11:55pm
12 Nov 6-12	Avoiding Destructive Behaviors	Concept 18: The Use and Abuse of Tobacco Concept 19: The Use and Abuse of Alcohol Concept 20: The Use and Abuse of Other Drugs Concept 21: Preventing Sexually Transmitted Infections	Discussion Forum 7 Quiz 7 Continue Water & Activity Logs


Week	Lessons	Readings	Assignments
13 Nov 13-19	Making Informed Choices	Concept 22: Cancer, Diabetes, and other Health Threats Concept 23: Evaluating Fitness and Wellness Products: Becoming an Informed Consumer Concept 24: Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change	Discussion Forum 8 Quiz 8 Lab 22A (1 lab) Journal 4 Continue Water & Activity Logs
14 Nov 20-26 (Thanksgiving)			FITT Project (Water/Activity Log & Evaluation Paper Due) <b>Due Friday, Nov 27, 5:00 pm</b>
15 Nov 27 – Dec 3	Review for FINAL EXAM		
16 Dec 4-10	<b>PROCTORED FINAL EXAM</b> <b>(Needs to be due by Wednesday, December 9, 11:59 PM)</b>		

### Completing Assignments

All assignments for this course will be submitted electronically through LearningHub unless otherwise instructed.

## Part 4: Grading Policy

### Graded Course Activities

Percent %	Description
20	Labs
15	Final Exam
15	Quizzes
10	Forum Questions (FQ)
10	Journals
	FITT Project
10	<ul style="list-style-type: none"> <li>• Evaluation Paper</li> <li>• Activity Log</li> <li>• Sleep Log</li> <li>• Water Log</li> </ul>
10	
5	
5	
100	Total Percent Possible

### Viewing Grades in Learning Hub

- Click into the course.
- Click on the **Grades** link in Administration Block to the left of the main course page.

### Letter Grade Assignment

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	88-89%
B	83-87%
B-	80-82%

Letter Grade	Percentage
C+	78-79%
C	73-77%
C-	70-72%
D	60-69%
F	0-59%

## Part 5: Course Policies

### Withdrawal and Incomplete Policies

The current withdrawal policy can be found online at <https://www.andrews.edu/distance/students/gradplus/withdrawal.html>. The incomplete policy is found online at <http://www.andrews.edu/weblmsc/moodle/public/incompletes.html>.

### Late Work

Due dates are listed both in the LearningHub course space and in the syllabus. Late work will have 10% of the earned points deducted.

### Maintain Professional Conduct Both in the Classroom and Online

The classroom is a professional environment where academic debate and learning take place. Your instructor will make every effort to make this environment safe for you to share your opinions, ideas, and beliefs. In return, you are expected to respect the opinions, ideas, and beliefs of other students—both in the face-to-face classroom and online communication. Students have the right and privilege to learn in the class, free from harassment and disruption.

### Netiquette

In this course you will communicate with your classmates and instructor primarily in writing through the discussion forum and e-mail.

"Online manners" are generally known as "netiquette." As a general rule, you should adhere to the same classroom conduct that you would "off-line" in a face-to-face course. Some examples of proper netiquette are:

1. Avoid writing messages in all capital letters. THIS IS GENERALLY UNDERSTOOD AS SHOUTING.
2. Be careful what you put in writing. Even if you are writing an e-mail message to one person, assume that anyone could read it. Though you may send an e-mail to a single person, it is very easy to forward your message to hundreds or thousands of people.
3. Grammar and spelling matter. Online courses demand the same standard of academic communication and use of grammar as face-to-face courses.
4. Never use profanity in any area of an online course. The transcripts of online course discussion forums, e-mail, and chat sessions are savable.
5. When responding to messages, only use "Reply to All" when you really intend to reply to all.
6. Avoid unkindly public criticism of others. Publicly criticizing others in an inappropriate way is known as "flaming." Consider this course a practice forum for selecting your verbiage thoughtfully and professionally.
7. Use sarcasm cautiously. In the absence of nonverbal cues such as facial expressions and voice inflections, the context for your sarcasm may be lost, and your message may thus be misinterpreted.
8. In a face-to-face setting, our tone of voice and facial expressions may convey as much of our meaning as the words we use. In a written message, the subtext of your meaning may be confused or misinterpreted. Write clearly. Use active verbs.

***[Source: University of Maryland, Communications Department]***



**Academic Accommodations**

Students who require accommodations may request an academic adjustment as follows:

1. Read the Andrews University Disability Accommodation information at <https://www.andrews.edu/services/sscenter/disability/>
2. Download and fill in the disability form at <http://www.andrews.edu/services/sscenter/disability/accommodationsreqform.pdf> . Preferably type answers. To save a digital copy, 1) print to file and save or 2) print and scan. Email the completed form and disability documentation (if any) to [success@andrews.edu](mailto:success@andrews.edu) or fax it to (269) 471-8407.
3. Email [sdestudents@andrews.edu](mailto:sdestudents@andrews.edu) to inform the School of Distance Education that a disability has been reported to Student Success.

**Commitment to Integrity**

As a student in this course, and at the university, you are expected to maintain high degrees of professionalism, commitment to active learning, participation in this course, and integrity in your behavior in and out of this online classroom.

**Commitment to Excellence**

You deserve a standing ovation based on your decision to enroll in, and effectively complete this course. Along with your pledge of “commitment to Integrity” you are expected to adhere to a “commitment to excellence.” Andrews University has established high academic standards that will truly enhance your writing and communication skills across the disciplines and in diverse milieu with many discourse communities in the workplace.

**Honesty**

Using the work of another student or allowing work to be used by another student jeopardizes not only the teacher-student relationship but also the student’s academic standing. Lessons may be discussed with other students, tutors may help to guide a student’s work, and textbooks, encyclopedias and other resource materials may be used for additional assistance, but the actual response must be the student’s own work. A student who gives information to another student to be used in a dishonest way is equally guilty of dishonesty.

Any violation of this policy will be taken before the Higher Education Academic and Curriculum Committee for appropriate punitive action.