

**Instructor:** Pamela Rast, PhD, LAT, ATC

**Phone:** office – 817531-4876  
Cell – 817-683-6992

**Email:** prast@txwes.edu

**Course modality:** On-Line

**Meeting Times:** this course is asynchronous, it does not have specific meeting times scheduled.

**Office:** physical: SWR 109

**Office Hours:**

Face-to-Face: MTW: 3:00-5:00 pm;  
TTh: 9:00-10:00 am

Virtual: F: 8:00 – 11:00 am

on TEAMS at:

<https://teams.microsoft.com/l/meetup-join/19%3a34dde02350ed42fc877e685dfe66ebe2%40thread.tacv2/1628890837048?context=%7b%22Tid%22%3a%22efe13465-0a0e-48d4-a8b7-fb2eae86c0d0%22%2c%22Oid%22%3a%225c5237c4-02af-4fc4-9056-9f6106fda841%22%7d>

## Course Introduction

During the semester, you will have many opportunities to learn various concepts of health and wellness. One uniqueness of this course will be the opportunity to reflect on multiple concepts and how these concepts can be implemented in your health. Whether you consider yourself to be fit and healthy physically, mentally, and emotionally or, like many of us you have room to change this course will equip you with knowledge and skill to accept the challenge of change.

## Course Description

No prerequisites for this course.

Introduction of various methods for lifetime wellness, including workouts; some fitness, motor skills, and nutrition appraisal; lectures; discussions; and videos on important health information, with individualized counseling on each student's personal health and fitness needs.

Course Learning Objectives	GEC Competency Goals
<b>Objective 1:</b> To become knowledgeable of healthy lifestyle behaviors and benefits of physical activity	<b>Social Literacy</b> 8. An understanding of the social forces that influence individual and collective behavior, including economic, political, psychological, and sociological force
<b>Objective 2:</b> Establish foundation for maintaining one's health	<b>Social Literacy</b> 9. Awareness of the practices required and resources available to respond purposefully to social forces that affect one's physical, mental, and emotional health.
<b>Objective 3:</b> Understand role of nutrition in producing healthy body	Social Literacy 8.
<b>Objective 4:</b> To become aware of the practices required and resources available to respond purposefully to social forces that affect one's physical, mental, and emotional health	Social Literacy 9.

## Required Materials

### Textbook

**Title:** Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach, 12<sup>th</sup> edition **with**

**Connect Access**

**Author:** Corbin C., Welk G., Corbin W., Welk K.

**Publisher:** McGraw-Hill

**Edition:** 12<sup>th</sup> Edition

**Year:** 2019

**ISBN:** Textbook+Connect: 9781260515954



### Software/Apps/Equipment

**Software:** Microsoft Office suite – word & power point  
Adobe Acrobat Reader DC  
Ability to access and play You Tube Video  
McGraw-Hill Connect  
Blackboard

**Apps:** Microsoft Teams (Microsoft 365) for virtual office hours

**Hardware:** Webcam and microphone

## Instructional/Learning Methods and Technologies

The learning methods used in this course include the following:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Discussion forums and/or wikis  | <input type="checkbox"/> Collaborative assignments                    |
| <input checked="" type="checkbox"/> Synchronous (real-time) virtual meetings with peers and/or the instructor | <input checked="" type="checkbox"/> Independent homework assignments  |
| <input checked="" type="checkbox"/> Streaming video   | <input type="checkbox"/> Writing-intensive assignments                |
| <input checked="" type="checkbox"/> Quizzes   | <input type="checkbox"/> Clinical or field work                       |
| <input checked="" type="checkbox"/> Exams   | <input checked="" type="checkbox"/> Other: Independent Lab Activities |

## Student Workload Expectation

This course is a 2-credit hour course, which means that students are expected to engage in at least 300 minutes of course-related work or activity each week during the semester. These learning activities may include scheduled class lecture/discussion meeting times as well as time spent completing assigned readings, studying for tests and examinations, participating in lab sessions, preparing written assignments, and other course-related tasks.

## Course Requirements

### Submitting and Returning Assignments

#### Assignment Submission

- Submit all of your assignments via Blackboard.
- Use the standard Microsoft® Office programs such as Word, PowerPoint, and Excel (available to



you through your txwes.edu Office 365 account) to complete your assignments unless assignment directions specify that you should use a different file format.

- Use the following guidelines when formatting your documents:
  - Semester project must be done in APA format
  - File name should include your name and document title (ex. RastP Semester Project)
- **Late assignments** will be accepted only one day (24 hours) after the due date and will receive an automatic letter grade deduction. *For example, if a paper is due on Sunday @ 11:59pm and it is not received by the instructor when designated then it is considered late. The student has until Monday @ 11:59 pm the following day to turn in the assignment (for a grade deduction), thereafter the Blackboard submission portal will close, no late assignment will be accepted and a grade of F will be assigned.*
- Any student scheduled to travel (representing the University), on a date when an assignment is due must turn in required work prior to absence.

#### Assignment Feedback

- I will provide feedback on assessments within **7-14 days** after submission. (If feedback may be delayed due to instructor illness or other unforeseen life/societal events I will make you aware as soon as possible.)
- 

- My feedback will be provided in the form of comments on the assignment in the BlackBoard **Grade Book**, **e-mail** feedback, or a **grade**.
- Your grades will be posted to the Blackboard Grade Center.

#### Communication with the Instructor

- To contact me with questions and concerns related to this **course via e-mail or Teams APP**. Communications sent after 5pm on a business day (M-F) will be addressed within 24 hours. Communications sent after 5pm on Saturday/Sunday will be addressed Monday.
- When e-mailing please be sure to include in the subject line or e-mail body **the course you are enrolled in and your name**.
- **Send questions of a personal nature to me via email**. I will respond to emails within 24 hours.

#### Quizzes and Exams

- Faculty are required to take reasonable precautions to ensure that the student who registers in a distance education course is the same student who participates in and receives credit for the course or program. These methods may include, but are not limited to (1) a secure login and passcode; (2) proctored examinations; and (3) new or other technologies and practices that are effective in verifying student information.
- **Your exams will be monitored using the camera on your device.**
- Exams will consist of 20 multiple choice/true false question worth 1 point each.

#### Lab Assignments

- You will complete 8 laboratory assignments from McGraw-Hill Connect as outlined in the syllabus.

#### Ice Breaker/Discussion Boards

- In order to engage with other class members during this online class you will have the opportunity to discuss various questions related to the course. You will first submit your post to

answer the question and then will respond to 2 other classmates' responses. This experience allows you to share ideas and learn from your fellow classmates.

### Collaborative Session

- During the semester there will be four collaborative sessions held with an opportunity to cover material, ask questions, or have discussion. These times and dates will be set after the first week. You will need to complete the collaborative survey so that appropriate times can be set. You will need to [attend synchronously](#) or view the recording of the entire collaborate session (with prior instructor approval). After your participation you will be required to respond to various questions specific to the content covered to receive credit for the assignment and attendance for the associated week

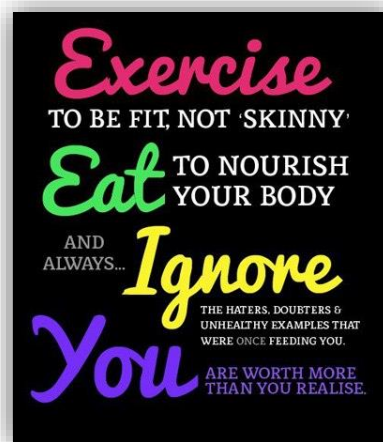
### Individual Project

- During the semester, you will have the opportunity to pick a concept from the textbook that interests you and that could help you improve your health and wellness. This project is divided up into three parts over the course of the semester. You will write in APA format, an essay describing why you chose that concept and how you will try to apply that in your life throughout the semester. At the end of the semester, you will write a reflection essay discussing how you applied that concept to your life and how it impacted your health and wellness.

## Evaluation & Grading

All grades will be made available to students in Blackboard.

Assignment Category	Number of Graded Items	Point Value per Item	Total Points
Syllabus Quiz	1	5	5
Discussions	3	10	30
Assignments	9	5	45
Collaborate Response	3	10	30
Unit Exams	5	20	100
Individual Project (3 parts)	3	20	60
<b>Total Course Points:</b>			<b>270</b>





Final Grade	Final Points	/ Average
A	241.7-270	/ 89.5%-100%
B	214.7-241.6	/ 79.5% - 89.4%
C	187.7-114.5	/ 69.5% - 79.4%
D	160.7-187.6	/ 59.5% - 69.4%
F	Below 160.7	/ < 59.5%

## Course Policies

### Academic Integrity

- Cheating, plagiarism (submitting another person's material as one's own), or completing assignments for another person who will receive academic credit are not permitted. This includes the use of unauthorized books, notebooks, or other sources in order to secure or give help during an examination, the unauthorized copying of examinations, assignments, reports, or term papers, or the presentation of unacknowledged material as if it were the student's own work. Disciplinary action may be taken beyond the academic discipline administered by the course instructor. [Read the University's Academic Integrity Policy.](#)

### Online and Hybrid Class Attendance

Attendance via participation is critical to a student's success in Online and Hybrid Classes. **When an online or hybrid class student does not participate in three (3) consecutive online activities or does not submit three (3) consecutive assignments or does not complete two (2) consecutive Exams AND has not communicated with the instructor about the student's participation, the instructor must drop the student from the class using the Faculty Initiated Student Withdrawal process.** Each instructor determines the specific number of consecutive activities or assignments that will initiate the withdrawal, according to the requirements of the particular online or hybrid class.

### Other University Policies

- Links to selected University policies are available in [Blackboard under the Student Resources tab](#). The current Texas Wesleyan University [Catalog](#) and [Student Handbook](#) contain all University policies.

*Note: Course syllabi are intended to provide students with basic information concerning the course. The syllabus can be viewed as a "blueprint" for the course. Instructors will inform students of any changes concerning examinations, the grading or attendance policies, or changes in project assignments.*



## Fall 2021 Schedule: EXS 1220-30

Week: Dates Unit/Concept	Learning Activities	Assessments (Due Dates)
<b>Week 1:</b> 8/23 – 8-29 Concept 1	SEE/Read PDF	<ul style="list-style-type: none"> <li>• <b>Assignment:</b> Collaborate Meeting Time Survey Due (Wed. 8/25 by 11:59 pm)</li> <li>• <b>Smart Book Orientation</b> Video Due (Sun. 8/29 by 11:59 pm)</li> <li>• <b>Syllabus and Netiquette Quiz</b> Due</li> </ul>
<b>Week 2:</b> 8/30-9/5 Concepts 2 & 3	<b>Read:</b> Concept 2 and 3	<ul style="list-style-type: none"> <li>• <b>Collaborate #1</b> Day&amp; Time TBD Based on Class Survey</li> <li>• Assignment: Lab 3A (due Sun. 9/5 by 11:59 pm)</li> <li>• Discussion Board 1: Introduce yourself Ice Breaker (due Wed. 9/1 by 11:59 pm)</li> <li>• Discussion 1 Response x2 (due Sun. 9/5 by 11:59 pm)</li> </ul>
<b>Week 3:</b> 9/6-9/12 <b>Exam 1</b>		<ul style="list-style-type: none"> <li>• SB Extra Credit 1-3 due before exam opens</li> <li>• <b>Exam 1: Concepts 1-3 Due Wed. 9/8</b> (Opens M 9/6)</li> <li>• <b>Project Part 1</b> (due Sun. 9/12 by 11:59 pm)</li> </ul>
<b>Week 4:</b> 9/13-9/19 <b>Unit 2:</b> Concepts 4 & 7	<b>Read:</b> Concept 4 and 7	<ul style="list-style-type: none"> <li>• Assignment: Lab 4A &amp; B (Sun. 9/19)</li> </ul>
<b>Week 5:</b> 9/20-9/26 Concept 8	<b>Read:</b> Concept 8	<ul style="list-style-type: none"> <li>• Discussion Board 2 (due Wed. 9/22 by 11:59 pm)</li> <li>• Discussion Response x2 (due Sun. 9/26 by 11:59 pm)</li> <li>• Assignment: Lab 8A &amp; B (due Sun 9/26 by 11:59 pm);</li> <li>• <b>Collaborate #2</b> Day&amp; Time TBD Based on Class Survey</li> </ul>
<b>Week 6:</b> 9/27-10/3 Concept 9 <b>Exam 2:</b>	<b>Read:</b> Concept 9	<ul style="list-style-type: none"> <li>• SB Extra Credit 4, 7-9 due before exam opens</li> <li>• <b>Exam 2: Concepts 4, 7, 8, 9 Due Wed. 9/29</b> (Opens M 9/27)</li> </ul>
<b>Week 7:</b> 10/4-10/10 <b>Unit 3:</b> Concepts 14 & 15	<b>Read:</b> Concept 14 & 15	
<b>Week 8:</b> 10/11-10/17 Concept 16	<b>Read:</b> Concept 16	<ul style="list-style-type: none"> <li>• <b>Project Part II</b> (due Sun. 10/17 by 11:59 pm)</li> <li>• <b>Collaborate #3</b> Day&amp; Time TBD Based on Class</li> </ul>



Week: Dates Unit/Concept	Learning Activities	Assessments (Due Dates)
<b>Week 9:</b> 10/18-10/24 <b>Exam 3:</b> <b>Unit 4:</b> Concept 10	<b>Read:</b> Concept 10	<ul style="list-style-type: none"> <li>SB Extra Credit 14, 15 &amp; 16 due before exam opens</li> <li><b>Exam 3: Concepts 14, 15, &amp; 16 Due Wed. 10/20 (Opens M 10/18)</b></li> </ul>
<b>Week 10:</b> 10/25-10/31	<b>Read:</b> Concept 11 & 12	<ul style="list-style-type: none"> <li>Assignment: Lab 11A (due Sun. 10/31 by 11:59 pm)</li> </ul>
<b>Week 11:</b> 11/1-11/7 Concepts 10-12 <b>Exam 4:</b>	<b>Review:</b> Concept 10 - 12	<ul style="list-style-type: none"> <li><b>Collaborate #4</b> (Day&amp; Time TBD Based on Class Survey)</li> <li>SB Extra Credit 10-12 due before exam opens</li> <li><b>Exam 4: Concepts 10-12 Due Wed. 11/3 (Opens M 11/1)</b></li> </ul>
<b>Week 12:</b> 11/8-11/14 <b>Unit 5:</b> Concepts 17 & 18	<b>Read:</b> Concept 17 & 18	<ul style="list-style-type: none"> <li>Assignment: Lab 18A (due Sun. 11/14 by 11:59 pm)</li> </ul>
<b>Week 13:</b> 11/15-11/21 Concepts 19 & 20	<b>Read:</b> Concept 19 & 20	<ul style="list-style-type: none"> <li><b>Discussion Board 3 (due Wed. 11/17 by 11:59 pm)</b></li> <li><b>Discussion Response x2 (due Sun. 11/21 by 11:59 pm)</b></li> </ul>
<b>Week 14:</b> 11/22-11/28 <b>Thanksgiving Break</b>	<b>Read:</b> Concept 21 & 22	<ul style="list-style-type: none"> <li>No Assignments</li> </ul>
<b>Week 15:</b> 11/29-12/5 Concepts 21 & 22 <b>Exam 5</b> Concept 23	<b>Read:</b> Concept 23	<ul style="list-style-type: none"> <li>SB Extra Credit 17-22 due before exam opens</li> <li><b>Exam 5: Concepts 17-22 Due Wed. 12/1 (Opens M 11/29)</b></li> <li>Assignment: Concept 23 Reading Quiz (due Sun. 12/5 by 11:59 pm)</li> </ul>
<b>Week 16:</b> 12/6-12/12 Concept 24	<b>Read:</b> Concept 24	<ul style="list-style-type: none"> <li>Assignment: Lab 24A (due Wed. 12/8 by 11:59 pm)</li> </ul>
<b>Final Project: 12/12</b>		<ul style="list-style-type: none"> <li><b>Project Part III (due Sun. 12/12 by 11:59 pm)</b></li> </ul>

