



**UNIVERSITY OF
NORTHWESTERN**
ST. PAUL

OFFICE OF DUAL ENROLLMENT

PHE1065

Lifetime Fitness and Wellness

SUMMER 2022

SYLLABUS

Version: IS v7.4:01/22

University of Northwestern – St. Paul
Office of Dual Enrollment
3003 Snelling Avenue North
St. Paul, Minnesota 55113
de@unwsp.edu

© 2022 University of Northwestern – St. Paul

PHE1065 Lifetime Fitness and Wellness

University of Northwestern – St. Paul

COURSE DESCRIPTION

This course is an introduction to fitness and health principles with an emphasis on physical activity, nutrition, weight management and health related fitness concepts. Students will have the opportunity to assess their current levels of physical fitness, nutrition and activity patterns in order to develop a personalized health and fitness program. Students will be required to participate in a variety of physical fitness activities as well as the study of pertinent principles governing fitness.

Credits: 1

Prerequisites: None

INSTRUCTOR INFORMATION

Please see “Contacting the Instructor” on the course site.

COURSE OUTCOMES

At the end of this course, a successful student will be able to

- CO-1. Identify the significance of physical activity in the maintenance of a healthy lifestyle.
- CO-2. Develop the skills, interest, and identify the lifestyle habits to maintain an active lifestyle.
- CO-3. Design and implement a personal fitness program that perpetuates spiritual, mental, physical, and social well-being.
- CO-4. Identify pertinent health and wellness principles governing a healthy lifestyle and critically evaluate how cultural beliefs and practices pertaining to wellness compare and contrast to spiritual values and principles.

LICENSING APPROVED STANDARDS

8710.4700 Phy Ed

3.A.2 : - individual, dual, and team activities; lifetime fitness activities; fundamental gymnastics; rhythms and dance, for example, singing games and folk, square, ballroom, creative, contemporary, and modern dance; low organization, lead up, and cooperative games; aquatics; aerobics, body mechanics, conditioning exercises, and strength training;

3.B.1 : - the organic, skeletal, and neuromuscular structures of the human body and how these structures adapt and contribute to physical activity, motor performance, fitness, and wellness;

MATERIALS

Required Textbooks and Materials

Walters, Peter and John Byl (Eds.). *Christian Paths to Health and Wellness*, 2nd edition. Publisher: Champaign, IL: Human Kinetics. Year: 2013.

Provided by Student

For this course, students will need access to Microsoft Office (available at no cost to students through the University of Northwestern-St. Paul), a PDF reader, and a standard internet browser. Please refer to the Tech Requirements found in the Technology Help section at the top of the course site for the full requirements.

You are responsible for supplying/using appropriate attire for the exercise or activity. Loose fitting clothing allows you to move freely and comfortably, especially as your body temperature rises. When exercising outdoors, be sure to dress in layers which allow you to adjust your clothing for cold and warm temperatures.

GRADING POLICIES AND PROCEDURES

Course Grade Explanation

Assignments	Grade Points
Assignment Worksheets (10 x 15 points each)	150
Exercise Logs (8 x 20 points each)	160
Exam I	28
Exam II	28
Exam III	35
Discussion Forum	<u>12</u>
Total	413

Grading Scale Percentages

A	≥ 94	B	≥ 84	C	≥ 74	D	≥ 64
A-	≥ 90	B-	≥ 80	C-	≥ 70	D-	≥ 60
B+	≥ 87	C+	≥ 77	D+	≥ 67	F	< 60

Late Work

All assignments are due as described in the course syllabus and the course site. Students are responsible for meeting assignment deadlines. Late assignments will be automatically deducted one letter grade. The assignments will drop an additional grade per day it is late, up to a 50% deduction in grade; late assignments will not be accepted for a grade beyond one week past the original deadline. Forum discussion activities must be completed on time to earn points. Late forum posts will earn zero points. Students should contact the instructor via e-mail if an extenuating circumstance exists.

Feedback Expectations

Students should expect feedback for their submitted assignments within 5 days of the assignment due date or the time of their submission, whichever is later.

INSTITUTIONAL POLICIES AND SERVICES

Guidelines and Information

Students are responsible for all content of the DE Student Handbook. The most recent version of the DE Student Handbook is located on confluence.unwsp.edu and includes the following policies and procedures:

- Deadlines for Dropping or Withdrawing
- Student/instructor Communication
- Appeals, Exceptions, Disciplinary Process, & Grievances
- Assignments (late work and plagiarism)
- Examinations
- Grading System

Instructors may have course-related expectations that further detail the policies and procedures outlined in the DE Student Handbook. Any such expectations must be provided to students in writing (e.g., handout, course site posting) prior to or at the beginning of the class.

Traditional undergraduate students enrolled in DE courses are subject to the traditional undergraduate student handbook for all non-course-specific policies and procedures.

Academic Integrity

Plagiarism is theft—steal of someone else’s words or ideas. It is claiming another’s work as one’s own. This would also include the following:

- Using the words or work of a former or current student in this class
- Recycling previously submitted assignments from a previous course attempt
- Using outside literature support sites such as, but not limited to, SparkNotes, Enotes or Schmoop that provide literary analysis of the texts we read throughout the semester

Students found plagiarizing are subject to discipline. The standard response ranges from loss of credit for the plagiarized assignment to earning an immediate “F” for the course to being placed on disciplinary probation. We should be committed to conducting ourselves with integrity in all things. Please refer to the DE Student Handbook for more detailed information about UNW’s honesty and integrity policies.

In every course, students are required to view the Understanding Plagiarism video and complete the Understanding Plagiarism Quiz prior to completing any of the course content. These items are part of the course orientation.

Academic Achievement

UNW students requesting academic accommodations in association with the Americans with Disabilities Act (ADA) are directed to notify [Disability Services](#) to begin the application process. Academic Achievement also provides the following: [Writing Tutoring](#), [Subject Tutoring](#), advocating, transitional skill building, [Academic Coaching](#) (organization, time management, test taking, etc.).

Contact Academic Achievement for more information: AcademicAchievement@unwsp.edu | 651-628-3316 | N4012 (Revised 07/21).

Support Services

Links to support services are available found in the Student Services section at the top of the course site.

COURSE POLICIES AND INFORMATION

Email and Announcements

Students are responsible to regularly check their Northwestern student email and the announcements in the course site in order to receive updates and information.

Attendance

Students are expected to participate in all course activities. Students must contact the faculty member in advance or as soon as possible if unable to participate in all or part of the course activities for a given week because of a medical (which includes having to quarantine or isolate due to COVID-19 exposure or confirmed illness), family, or work-related emergency. Students should refer to their course syllabus and/or faculty member for specific requirements. Students who do not participate in course activities and fail to withdraw from the course will receive a failing “F” grade.

Submission Standards

All written assignments should adhere to the following DE guidelines. Documents should be in the following format **unless directed differently by the syllabus or course instructor**:

- Submitted on the course site in Microsoft Word document format (.doc or .docx)
- Set in a traditional typeface 12-point font
- Double-spaced (unless the syllabus instructs otherwise)
- Set with one-inch margins
- Formatted in APA style for in-text citations and reference page (LIT1100 may ask for MLA documentation style)
- Labeled and submitted with the following information (APA papers require this information on a cover sheet, as detailed in A Pocket Style Manual): Student Name, Course Code and Title, Instructor Name, and Date.

Critical Response to Alternate Viewpoints

When students are reading or viewing course materials, they may encounter viewpoints, words, or images that their instructors would not use or endorse. Students should know that materials are chosen for their value in learning to read, write, and view critically, not because the materials are necessarily Christian.

ASSIGNMENTS

See the course site for complete details on the assignments.

Textbook Reading and Study

It is critical that you fully comprehend the material in the textbook. This type of study involves engaged, focused reading.

Review Questions, Application Activities, and Assignment Worksheets

Remember that carefully working through all of the Review Questions and Application Activities assists in preparing you for the exams.

Answers to Assignment Worksheets should include:

- Strong discussion of the details in my own words
- Correct grammar
- No spelling mistakes
- Clean/legible format

Exercise Logs

Since this course helps you develop a plan for a permanent lifestyle change, keep track of your physical activity on eight different weeks of the course. Exercise Log forms are available on the course site where

you also find a Sample Log already filled in so you can see the kinds of information recorded. Save these forms to your computer and fill in the information for each of these weeks.

You may want to have a paper copy of the form or a small notebook with you when you exercise so you can record the necessary information immediately. Complete a minimum of 150 minutes of exercise per week in one of these two options:

- 5 days of 30 minutes of exercise each or
- 6 days of 25 minutes of exercise each

The type of exercise is entirely up to you as long as you are maintaining a Rating of Perceived Exertion (RPE) of a 12–13, or a heart rate count of 120–130 beats per minute. Quality work for the Exercise Logs should include:

- Date
- Exercise Heart Rate (take heart rate in the middle of your workout—count for 30 seconds and multiply by 2)
- Type
- Distance (if applicable)
- Time
- RPE
- *Encouraged, but optional information:* Weight/appropriate waist measurement (one waist measurement per week)

Exams

The exams are open-book, not timed and taken through the course site. Exams happen at the end of Weeks 4, 11, and 15. Since the exams cover the textbook reading and reviewing, go through the material thoroughly.

COURSE SCHEDULE

Format

Everything needed to successfully complete this course in fifteen weeks is explained on the course site. Each assignment has been designed to work together during each week. When studying, be sure to follow the suggested format explained for each lesson.

For this course, students will have access to the entire course from the start of the semester. Students are responsible to manage their time to complete the course on time. If there are any due dates, they will be listed in the syllabus or the course site, and students are responsible to meet them. Otherwise, the entire course should be completed by the last day of the course.

Generally, for college-level work, students should expect to have an average of 2.5 hours of homework per week.

The last official class day in Week 15 varies from semester to semester. Please refer to the Semester Calendar found in the Academic Information section at the top of the course site for the actual last day of class. All course work must be completed and submitted by that day.

Due Dates

All written assignments (outlined below) are to be submitted on the course site by 11:59 p.m. CT on Sundays at the end of each week in which they are assigned, unless otherwise noted.

For any questions regarding these assignments, contact the instructor.

Orientation

- Read the Getting Started Page
- Participate in the Introductions Forum
- View and Complete Understanding Plagiarism Presentation and Quiz
- Complete Student Responsibilities Exercise

Week 1

- Read the Welcome from your Course Author.
- Read Chapter 2 in your textbook.
- Complete Pre-Fitness Survey.
- Review the Sample Exercise Log.
- Begin your personal exercise routine and exercise for at least 25 minutes for 6 days or 30 minutes for 5 days.
- Record your exercise routine on the Exercise Logs 1 and 2 document (submit in Week 2).
- Complete Chapter 2 part of the “Chapters 2, 3, 4a, and 4b Assignment Worksheet” (submit in Week 3).

Week 2

- Read Chapter 3 in your textbook.
- Complete Chapter 3 part of the “Chapters 2, 3, 4a, and 4b Assignment Worksheet” (submit in Week 3).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on the Exercise Logs 1 and 2 document.
- Submit Exercise Logs 1 and 2.

Week 3

- Read Chapter 4 in your textbook.
- Complete Chapter 4a and 4b parts of the “Chapters 2, 3, 4a, and 4b Assignment Worksheet.”
- Submit the Chapters 2, 3, 4a, and 4b Assignment Worksheet.

Week 4

- Complete Exam I (Chapters 2-4).

Week 5

- Read Chapter 5 in your textbook.
- Complete Chapter 5 Assignment (submit in Week 7).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on Exercise Logs 3 and 4 (submit in Week 6).

Week 6

- Read Chapter 6 in your textbook.
- Complete Chapter 6 Assignment (submit in Week 7).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on Exercise Logs 3 and 4.
- Submit Exercise Logs 3 and 4.

Week 7

- Submit Assignments for Chapters 5 and 6.

Week 8

- Read Chapter 7 in your textbook.
- Complete Chapter 7 Assignment (submit in Week 10).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on Exercise Logs 5 and 6 (submit in Week 9).

Week 9

- Read Chapter 8 in your textbook.
- Complete Chapter 8 Assignment (submit in Week 10).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on Exercise Logs 5 and 6.
- Submit Exercise Logs 5 and 6.

Week 10

- Submit Assignments for Chapters 7 and 8.

Week 11

- Complete Exam II (Chapters 5-7).

Week 12

- Read Chapter 9 in your textbook.
- Complete Chapter 9 Assignment (submit in Week 14).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on Exercise Logs 7 and 8 (submit in Week 13).

Week 13

- Read Chapter 10 in your textbook.
- Complete Chapter 10 Assignment (submit in Week 14).
- Continue to exercise for at least 30 minutes for 5 days or 25 minutes for 6 days.
- Record your exercise routine on Exercise Logs 7 and 8.
- Submit Exercise Logs 7 and 8.

Week 14

- Complete Post-Fitness Survey.

- Submit Assignments for Chapters 9 and 10.

Week 15

The final week varies in length based on the semester. Please refer to the Semester Calendars found in the Academic Information section at the top of the course site for details.

- Complete Exam III (Chapters 8-10).