Scientific Principles & Practice of Health Related Fitness
PHED 1000

Syllabus – 8W2 Fall Semester – 2026
Online Canvas Course

INSTRUCTOR:
Brian McFarlin
Monday & Wednesday 1:30-2:15pm
brian.mcfarlin@unt.eduj

Student Helpdesk:

UIT Helpdesk
Sage Hall 130
940-565-2324
helpdesk@unt.edu

Prerequisites (recommended): None

Required Text:
Get Fit, Stay Fit 7th Edition. ISBN 978-0-8036-4464-9

Course Description:
Comprehensive presentation of the scientific fundamentals of developing a healthy lifestyle, including the epidemiology of disease and mortality in the United States, effects of physical activity and fitness on health, proper nutrition, addictive behaviors, prevention and treatment of obesity, mental health related to healthy lifestyles, and musculoskeletal health and disease. Instructional modalities include lecture, physical activity experiences, computer-assisted instruction using instructor-developed software, Internet resources and assessment of health risks and fitness.

UNT Core Curriculum:
PHED 1000 satisfies the Discovery category of the University Core Curriculum, which includes core learning objective of communication, critical thinking and empirical and quantitative skills as mandated by the Texas Higher Education Coordinating Board. These core objectives are achieved through the accomplishment of the student learning outcomes.

Course Objectives:

1. Be able to state at least 3 factors contributing to the health and disease status trends of the population of the United States.
2. Be able to name at least 5 diseases which can result from poor lifestyle habits.
3. Be able to apply the basic scientific principles of exercise physiology, nutrition, psychology, and epidemiology necessary for establishing and maintaining a lifestyle that is appropriate for healthier living.
4. Begin to develop and practice a lifetime physical activity program which includes formal exercise as well as alternative physical activities.
5. Access and utilize a variety of internet resources of health information.

Course Expectations:

1. This course offers you the flexibility to complete your assignments when you choose; however, such a structure requires you to use a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have any accessibility needs regarding the coursework, please feel free to inform me immediately, or call to discuss this concern.
3. If you have any questions or concerns about the content of the labs, for example, questions about general physical health or exercises, and so forth, please feel free to contact me to discuss. No part of the grade you receive is based on your physical ability to complete an exercise or any data relative to your present physical condition.
4. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.
5. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Technical Skill Requirements:

Students will need a computer with Internet access, Microsoft Word or a Word compatible program, and Adobe Acrobat Reader. Students must have the ability to send and receive email; some work can be completed by creating, sending and receiving documents. All work will be done on Canvas. As such, the ability to navigate Canvas, including the ability to post to discussion boards, will be necessary.

Netiquette:

Because of how important communication is in the online environment, I will expect each of you to log in to the course at least 3 evenly spaced times a week. Please check the Announcements area first, since that is where I will put important information. Communication online is different than that of face-to-face classes. Try to use good "netiquette" when communicating with your classmates. Remember that your fellow students can't see your facial expression, hear you giggling, or notice your gestures. All of these elements add to our face-to-face communication every day without us really noticing it. So, please keep this in mind when you are commenting on other's ideas, giving constructive criticism on a writing project, or just interacting with the class in general. I expect that everyone will treat the others in this class with the same respect that they would wish to be treated! However, I also have confidence from the start that this will happen. I have taught many classes, and I am usually the most surprised by how supportive of each other students can be. Realize that although you may never meet many of your classmates, you can still create lasting friendships in the online environment. You may also want to think about the fact that just because individuals take an online course, it doesn't mean that they are necessarily at a distance from each other. During your introductions, take a minute to let others know what town and state you live in. You may find that you have a classmate that you can meet at the local coffee shop and continue a conversation with.

ADA Statement:

When possible, and in accordance with 504/ADA guidelines, we will attempt to provide reasonable academic accommodations to students who request and require them. Please call the UNT Office of Disability Accommodation.

Academic Dishonesty Policy (copying, plagiarism, cheating) per UNT Policy 18.1.6:

Students are expected to conduct themselves in a manner consistent with the University's status as an institution of higher education. In the class setting, students shall follow their instructors' directions and observe all academic standards and requirements published in course syllabi and other course materials. A student is responsible for responding to an academic dishonesty report issued by an instructor or other University authority. If a student fails to respond after proper attempt at notification, the University may take appropriate academic actions in the absence of the student.

Any student found to be in violation of the academic dishonesty policy will be given a grade of zero for the assignment in question and reported to the UNT administration through the reporting mechanism approved in UNT policy 18.1.6 (Office of Academic Integrity).

Important Notice for F-1 Students taking Distance Education Courses

To read detailed Immigration and Customs Enforcement regulations for F-1 students taking online courses, please go to the Electronic Code of Federal Regulations website at http://ecfr.gpoaccess.gov. The specific portion concerning distance education courses is located at "Title 8 CFR 214.2 Paragraph (f)(6)(i)(G)" and can be found buried within this document.

The paragraph reads:
(G) For F–1 students enrolled in classes for credit or classroom hours, no more than the equivalent of one class or three credits per session, term, semester, trimester, or quarter may be counted toward the full course of study requirement if the class is taken on-line or through distance education and does not require the student's physical attendance for classes, examination or other purposes integral to completion of the class. An on-line or distance education course is a course that is offered principally through the use of television, audio, or computer transmission including open broadcast, closed circuit, cable, microwave, or satellite, audio conferencing, or computer conferencing. If the F–1 student's course of study is in a language study program, no on-line or distance education classes may be considered to count toward a student's full course of study requirement.
University of North Texas Compliance

To comply with immigration regulations, an F-1 visa holder within the United States may need to engage in an on-campus experiential component for this course. This component (which must be approved in advance by the instructor) can include activities such as taking an on-campus exam, participating in an on-campus lecture or lab activity, or other on-campus experience integral to the completion of this course.

If such an on-campus activity is required, it is the student's responsibility to do the following:

1. Submit a written request to the instructor for an on-campus experiential component within one week of the start of the course.
2. Ensure that the activity on campus takes place and the instructor documents it in writing with a notice sent to the International Student and Scholar Services Office. ISSS has a form available that you may use for this purpose.

Because the decision may have serious immigration consequences, if an F-1 student is unsure about his or her need to participate in an on-campus experiential component for this course, s/he should contact the UNT International Student and Scholar Services Office (telephone 940-565-2195 or email internationaladvising@unt.edu) to get clarification before the one-week deadline.

Evaluation:

Final grades will be determined based on the total number of points that you accumulate during the semester. Final letter grades will be determined using the grading scale provided below.

Component	Points
Learning Module Quizzes (8 @ 20 pts each)	160
Class Discussions (3, 30 pts each)	90
Laboratory Module Reports (7 @ 20 pts each)	140
Personal Health Reflection	80
Final Exam	200
Total	**670**

Grading Scale

A: 670-603 points
B: 602-536 points
C: 535-469 points
D: 468-402 points
F: 0 - 401 points

Note: Students will not be allowed to take an Incomplete in this course due to poor planning on their part. If you find you do have a legitimate reason for an Incomplete, please talk with me as soon as possible to discuss the situation and to identify the documentation that will be required to support your request. Please consult the UNT catalog to review conditions under which an incomplete may be granted.

Grading

Personal Health Reflection*:*

Over the course of the semester, you will accumulate a great deal of relevant information about your current health status. The personal health reflection is meant to help you: 1) Synthesize what you learned through the semester and 2) Make a plan for continued progress in the future. This reflection should be approximately 500 words. Full credit will be given if all components are met. Points will be deducted for missing components. While word counts that are slightly below the 500-word goal may still receive full credit if all components are addressed, submissions of 250 words should expect to receive 50% credit and submissions of 100 words should expect to receive 20% credit etc. **NO late submission will be allowed.**

Discussion forums:

For the purposes of the topics in this class, it is useful to have regular class discussions on Canvas. On the date assigned on the syllabus, I will post a topic to start the discussion. Students in the course are expected to post responses to the original post or posts of other students in the class. During the discussion process, you should treat your peers, and the instructor in a respectful manner. **Students who do not observe this rule will be banned from the discussion forum without notice.** Discussions will be available beginning at 6:00 am and expire at 11:59 pm on the dates shown below. In order to receive full credit for a discussion, you need to make at least three posts. There should be 1 post with your well thought out response to the article. In general, an adequate response should take 150 words. This primary response is worth 15 points. You should also have 2 responses to your classmate's posts, each consisting of 50-75 words. These posts are each worth 7.5 points. Full credit of 30 points will be given to those meeting these criteria and not violating the rules of netiquette. Partial credit for posts will not be given to posts not meeting these criteria. **If you miss a discussion, NO make-up will be offered.**

Learning Modules*:*

During the course of this semester, you will complete a series of 8 learning modules. Each learning module will consist of four main components: 1) Lecture, 2) Quiz, 3) Self-guided Laboratory, and 4) Laboratory Submission. You will have until the due date at 11:59 PM to complete and finalize all your learning module grades. Please make note of the release and availability dates listed on the tentative course schedule (see page 5). All due dates are found within Canvas.

1. **LM Lectures:** The lectures are in voice narrated PowerPoint format, which has been converted to run on a standard web browser (i.e. Edge, Firefox, Chrome, Safari, etc.). You may watch the lecture as many times as you like. There will be eight learning modules completed during this class. If you experience difficulties accessing the lectures, please be sure that you have received the required 100% on the syllabus quiz, AND that the date listed in the syllabus has passed. Lectures will not be posted until the date listed in the syllabus. If you have completed these requirements and you are still unable to access the lecture, please post a question in the discussion forum for assistance. If you have access to the lecture but are having difficulties getting the lecture to play correctly, please contact the UIT helpdesk at 940-565-2324.
2. **LM Quizzes:** After you have watched the Online Learning Module for a given topic, you are required to take a Canvas quiz (5 questions, 4 points per question) to test your level of knowledge. You will be allowed an unlimited number of attempts to take each quiz. Your grade will be reported as the "highest"

of your attempts. Please note that each time you attempt the quiz you will be given a random set of question from the quiz question bank and you will not be provided the answer to the questions that you miss. During the semester, you will take a total of 8 quizzes worth 20 points each. You should be able to use these quizzes as a study tool to prepare for the final exam. **Note: After the quiz closes, all students that did not submit a quiz attempt will be given a score of zero (0). After the due date, no other make-ups will be allowed.**

3. **LM Self-Guided Laboratory:** After you have completed the learning module quiz, you will "unlock" access to the self-guided laboratory instructions. This module will give you a brief overview of the laboratory and then provide you directions you will need to use to complete the laboratory activity, including location in the textbook and general guidance. The laboratory activities have been designed to provide you practical learning experiences and applications for the learning objectives for a given learning module. You can take notes of the lab answers in any format that works for you - handwritten notes, electronic notes on a Word document, etc... Since you have purchased the textbook, you may also write your answers in the textbook, but that may hinder you if you wish to sell it later on. You will be submitting your answers through the laboratory submission template in each module. It may look like a quiz, but it is a place to record your answers to questions relating to the lab(s) you have just completed, so keep your notes (in whatever format) handy.
4. **LM Laboratory Submission:** Once you have completed your self-guided laboratory exercise, you will use the link in the learning module folder to enter the information you collected on yourself. You will not be required to "upload" the laboratory forms, but rather just enter the numbers that you collected or calculated (depending on what the laboratory directions required). These lab modules will be graded on completion. You will receive full credit for completing each lab component. No credit will be given for incomplete lab submissions. **If you fully enter all the information from your laboratory correctly you should receive a grade of 30/30 for completing the lab. Any unsubmitted labs will be given a grade of zero (0), and no make-ups will be allowed.**

Canvas Final Exam:

The final exam for this course is cumulative and will be composed entirely of questions from previous quizzes. The exam will be completed on Canvas. The final exam will consist of questions in a similar format as the LM quizzes. You will be allowed 2 attempts to take the final exam. Your grade will be reported as the "highest" of your two attempts. **If you fail to complete the final exam by the due date and time, NO make-up will be offered.**

Should you feel that there is a problem that I have not addressed to your satisfaction or feel you have been unfairly evaluated in this class: We at the KHPR department work together to make sure you have every opportunity to learn, and to be recognized for that learning. If you feel that is not occurring, please contact our Assistant Chair: Dr. Karen Weiller at Karen.Weiller@unt.edu.

How do I get answers to my Questions?

I am here to help you achieve success in this class. Unfortunately, it is very difficult from a time perspective for me to reply to individual e-mail questions about course content. Also, there is a good chance that several of your classmates may have a similar question as you. Thus, if you have a question concerning lecture material, please post these in the discussion forum on Canvas. This will allow all students in the course to view my responses. If you have grade-related questions, you are welcome to e-mail me directly via Canvas e-mail. **Please send all e-mails from your UNT e-mail account as e-mails generated from external accounts will not be answered.** Additionally, this course has laboratory modules centered around physical activity. If you have any concerns about any of the assignments or feel for any reason that you should not complete an assignment, please contact me so that an alternate assignment can be arranged.

Tentative Order of Topics:

Release Date	Lecture	Laboratory	Discussion
October 12th	Online Orientation & Syllabus Quiz		
October 19th	LM1: Health in a Changing Society	Lab 1	
October 26th	LM2: Your Family Health History & Chronic Disease	Lab 2	
November 2nd	LM3: Active Living in the 21st Century and Beyond	Lab 3	
November 2nd			Discussion 1
November 9th	LM4: Physical Activity for Cardiovascular Health	Lab 4	
November 9th	LM5: Physical Activity for Neuromuscular Health	Lab 5	
November 16th			Discussion 2
November 16th	LM6: Stress Management & Sleep	Lab 6	
November 30th	LM7: Nutrition	Lab 7	
November 30th			Discussion 3
December 7th	Personal Health Reflection		
December 7th	Final Exam		

Note: The information in this schedule is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the textbook content, writings, lectures, films, or presentations in this course may include material that conflicts with the core beliefs of some students. Please review the syllabus carefully to see if the course is one that you are committed to taking. If you have a concern, please discuss it with me at your earliest convenience.