

PHED1000: Scientific Principles & Practice of Health Related Fitness

Canvas Online

Winter 2019 – 3W

INSTRUCTOR:

Dr. Brian McFarlin
Office Hours by Appointment
Use Canvas message

TEACHING ASSISTANT:

Melody Gary
Office Hours by Appointment
Use Canvas message

Prerequisites (recommended):

None

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. To learn the scientific evidence concerning the health and disease status of the population of the United States.
2. To learn the scientific evidence that supports the interaction between lifestyle and disease.
3. To learn and 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. To learn to develop and practice a lifetime physical activity program which includes formal exercise as well as alternative physical activities.
5. To learn to 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 chose; however, such a structure requires you to take a lot of self-discipline to make sure that you do not miss deadlines.
2. If you have special learning needs, please inform me immediately.
3. If at any point during the semester you are unhappy with your performance in this class, please contact me **immediately**.
4. **Academic dishonesty** will not be tolerated (i.e., copying, plagiarism, cheating) and will result in a failing grade for the semester.

Technical Support

Student Helpdesk:

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

Technical Skill Requirements

Add information on any technical skills that students will need in order to be successful in the course. For example, downloading and uploading files, sending and receiving emails, or using Canvas. Some specialized courses may require students to have skills in specific software (for example, SPSS, or SQL). Be sure to list as much information here as possible so that students will know if there are skills they need to brush up on before the course begins.

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 others 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 actually have a classmate that you can meet at the local coffee shop and continue a conversation with.

To learn more about online etiquette, visit the following Web site:

<http://www.albion.com/netiquette/corerules.html>

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 (<http://disability.unt.edu/about>) for more details.

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: <http://frwebgate.access.gpo.gov/cgi-bin/get-cfr.cgi?TITLE=8&PART=214&SECTION=2&TYPE=TEXT>

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	% of Final Grade
Learning Module Quizzes (9 @ 20 pts each)	180	25%
Class Discussions (3, 40 pts each)	120	16%
Laboratory Module Reports (8 @ 20 pts each)	160	22%
Personal Health Reflection	80	11%
Final Exam	200	26%
Total	740	

Grading Scale

- A:** >90% of total points
- B:** 80-89% of total points
- C:** 70-79% of total points
- D:** 60-69% of total points
- F:** <60% of total 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.

Learning Modules:

Similar to a traditional classroom setting, you will need to watch 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.) or the Canvas Mobile App. You may watch the lecture as many times as you like. A printable “storyboard” version of the lecture is also available for download in PDF format in the same folder where you will find the online lecture. There will be nine learning modules completed during this class.

Unit Quizzes:

After you have watched the Online Learning Module for a given topic, you are required to take a quiz (10 questions, 2 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. Once you “unlock” a learning module and its associated quiz, these will remain open for the remainder of the semester. During the semester, you will take a total of 10 quizzes worth 20 points each. **You have until August 2nd to finalize your learning unit quiz grades.** In leaving the quizzes available all semester, you should be able to use these as a study tool to prepare for the final exam.

Note: In order to “unlock” new learning modules, you have to get at least 60% of the questions correct on the previous learning module (at least 12 out of 20 points). For example, in order to unlock learning module 2, you have to get 60% correct on learning module 1. In order to unlock learning module 1, you will have to get 100% correct on the syllabus quiz.

Discussions:

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, the TA will post a topic to start the discussion. Students in the course are expected to post responses to the original TA’s post or posts of other students in the class. During the discussion process, you should treat your peers, the TA, 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. At the conclusion of each discussion, the top 10 students who made the most posts will receive 5 points extra credit. **If you miss a discussion, NO make-up will be offered.**

Discussion Dates

Discussion One: 12/20/18 – 12/22/18
Discussion Two: 1/2/2019 – 1/3/2019
Discussion Three: 1/7/2019 – 1/8/2019

Self-Guided Laboratory Activities & Reports:

Over the course of the semester, you will complete a self-guided laboratory activity associated with each learning module. These activities have been designed to give you practical experience with a given topic in class. **You have until January 9th, 2019 to finalize your learning unit quiz grades.**

Personal Health Reflection:

Over the course of the semester you will accumulate a great deal of relevant information about your current health status. A final culmination of that will be you writing a 1-page reflection (~500 words) indicating what you have learned about your personal health and how you would like to improve it in the future. **This assignment will be due on January 10th, 2019, NO late submission 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 format will be similar in style to the quiz questions. The final exam will consist of 80 questions worth 2.5 points each. 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 January 11th, NO make-up will be offered.**

How do I get answers to my Questions?

Dr. McFarlin is here to help you achieve success in this class. Unfortunately, it is very difficult from a time perspective for me to apply 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 Ms. Gary directly via Canvas messages.

Tentative Order of Topics:

Start Date	Lecture & Laboratory	Discussion	Due Date
December 17 th	Online Orientation & Syllabus Quiz		January 7 th
December 17 th	LM1: Health in a Changing Society		January 9 th
December 18 th	LM2: Your Family Health History & Chronic Disease		January 9 th
December 19 th	LM3: Active Living in the 21 st Century and Beyond		January 9 th
December 20 th	Discussion 1		December 22 nd
December 31 st	LM4: Physical Activity for Cardiovascular Health		January 9 th
January 1 st	LM5: Physical Activity for Neuromuscular Health		January 9 th
January 2 nd	Discussion 2		January 3 rd
January 2 nd	LM6: Stress Management & Sleep		January 9 th
January 3 rd	LM7: Nutrition		January 9 th
January 4 th	LM8: Body Composition & Weight Management		January 9 th
January 7 th		Discussion 3	January 8 th
December 17 th	Personal Health Reflection		January 10 th
Final Exam			January 10th and 11th

Course Due Dates Summary

1. Online Orientation & Syllabus Quiz = Due January 9th, 2019
2. Online Learning Module Quizzes = Due January 9th, 2019
3. Online Laboratory Exercises = Due January 9th, 2019
4. Online Discussions = Due December 22nd 2018; January 3rd & 8th, 2019
5. Personal Health Reflection = Due January 10th, 2019
6. Online Final Exam = Due January 11th, 2019

Note: The following information is designed to help the class run smoothly. The instructor reserves the right to make additions and adjustments as necessary. Some of the 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.