KINE 2010 Fundamentals of Strength and Conditioning

KINE 2010 Quick Links

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Instructor Contact

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Communication Expectations: Email or Canvas message is the preferred method of communication for this course. It is expected that you have read this syllabus prior to asking your professor questions through email or Canvas message. This is not to discourage your communication, which is absolutely encouraged, but to minimize questions that have already been answered here. Prior to messaging your professor, please check the syllabus for your answer. Additionally, there will be an FAQ discussion board in Canvas, where I will answer frequently asked questions. If the answer is not in either of these places, then move forward with the email/Canvas message. When you email, please include the course title, number, and section. Please view CLEAR’s Online Communication Tips (https://clear.unt.edu/online-communication-tips) for help and tips when communicating online. A typical response time on weekdays is 24 hours or less, but please do not expect the same response time over the weekends. Emails and Canvas messages sent over the weekend will usually not receive a response until the following Monday. I will not respond to emails asking for extra credit or grading leniency at the end of the semester. Grades will be posted in the Canvas gradebook within 24 hours of the assignment due date (with the exception of the program design project,
which will likely take 1 week), so you should be tracking your progress throughout the semester. Waiting until the end of the semester is far too late.

Welcome to UNT!

As members of the UNT community, we have all made a commitment to be part of an institution that respects and values the identities of the students and employees with whom we interact. UNT does not tolerate identity-based discrimination, harassment, and retaliation. UNT’s full Non-Discrimination Policy can be found in the UNT Policies section of the syllabus.

Course Description and Student Learning Objectives (SLOs)

Practical aspects of development of muscular strength and endurance, cardiorespiratory endurance, and flexibility including: proper strength and conditioning exercise techniques, safety, and basic exercise programming. Students who are successful in this course will:

1. **Understand** all aspects of developing strength, endurance, flexibility and mobility.
2. **Understand** and safely **apply** proper exercise technique.
3. **Apply** concepts learned to demonstrate the ability to **create** basic exercise programs.

Course Structure

This course is offered in a hybrid format (lecture modules online through Canvas and applied topics (exercise technique) on campus) 6/1 to 7/2. The online lectures are considered asynchronous, as such, you will be able to access the material at times of your choosing and there are no traditional meeting times. There are graded lecture modules and applied topics that will progress on a weekly basis. So, it is necessary to pay attention to this course on a weekly basis. The meeting times for the labs or applied section is dependent on your specific section and this is outlined below.

**Section 300** – Tuesday 9:30 -11:20 AM – PEB 103A
**Section 301** – Thursday 9:30-11:20 AM – PEB 103A

Course Prerequisites or Other Restrictions

There are no prerequisite courses for this course. This course will rely heavily on the ability to view material and complete assignments from a computer. The program design assignment will utilize MS Excel, so it is necessary that you have access to that software. As a UNT student, you do have access to that software in on-campus computer labs and/or you can download it for free on your own devices. Please view the UIT Student Help Desk information on how to install MS Office programs on your own devices (https://it.unt.edu/installoffice365).

Materials

  - Currently $17.99 on Amazon.com
- Supplementary materials and/or readings will be administered through Canvas

Teaching Philosophy

I believe the following proverb applies to the way many of us learn: “Tell me and I forget, teach me and I may remember, involve me and I learn.” As a result, I like to create an active learning environment for
learning. This is true with online and remote delivery courses as well. As a result, there will be many interactive portions in the lectures where you will be expected to click through and respond to prompts for activity. Similarly, your assignments will often require some more in-depth activity than simply answering questions.

Course Technology & Skills

Minimum Technology Requirements
- Computer
- Reliable internet access
- Speakers
- Microsoft Office Suite
  - Please view the UIT Student Help Desk information on how to install MS Office programs on your own devices (https://it.unt.edu/installoffice365).
- Canvas Technical Requirements (https://clear.unt.edu/supported-technologies/canvas/requirements)

Computer Skills & Digital Literacy
- Using Canvas
- Using email with attachments
- Downloading and installing software
- Using spreadsheet programs (MS Excel)

Technical Assistance
Part of working in the online environment involves dealing with the inconveniences and frustration that can arise when technology breaks down or does not perform as expected. Here at UNT we have a Student Help Desk that you can contact for help with Canvas or other technology issues.

UIT Help Desk: UIT Student Help Desk site (http://www.unt.edu/helpdesk/index.htm)
Email: helpdesk@unt.edu
Phone: 940-565-2324
In Person: Sage Hall, Room 130
Walk-In Availability: 8am-9pm
Telephone Availability:
- Sunday: noon-midnight
- Monday-Thursday: 8am-midnight
- Friday: 8am-8pm
- Saturday: 9am-5pm
Laptop Checkout: 8am-7pm

For additional support, visit Canvas Technical Help (https://community.canvaslms.com/docs/DOC-10554-4212710328)

Rules of Engagement
Rules of engagement refer to the way students are expected to interact with each other and with their instructors. Here are some general guidelines:
• While the freedom to express yourself is a fundamental human right, any communication that utilizes cruel and derogatory language on the basis of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law will not be tolerated.
• Treat your instructor and classmates with respect in any communication online or face-to-face, even when their opinion differs from your own.
• Ask for and use the correct name and pronouns for your instructor and classmates.
• Speak from personal experiences. Use “I” statements to share thoughts and feelings. Try not to speak on behalf of groups or other individual’s experiences.
• Use your critical thinking skills to challenge other people’s ideas, instead of attacking individuals.
• Avoid using all caps while communicating digitally. This may be interpreted as “YELLING!”
• Be cautious when using humor or sarcasm in emails or discussion posts as tone can be difficult to interpret digitally.
• Avoid using “text-talk” unless explicitly permitted by your instructor.
• Proofread and fact-check your sources.
• Keep in mind that online posts can be permanent, so think first before you type.

See these Engagement Guidelines (https://clear.unt.edu/online-communication-tips) for more information.

Course Requirements, Assignments, Evaluation, & Late Work Policy

There are multiple types of assignments for this course and descriptions of each are below. Assignments are planned to follow the course readings, lecture, labs, and any discussions. They will reinforce and facilitate application of the material learned from the readings and class sessions. All assignments have tentative due dates that coordinate to their topic and it is expected that they will be turned in on time. The assignments are as follows:

Syllabus Quiz: (5 pts); Prior to viewing course material, you will need to successfully complete the syllabus quiz. You are allowed multiple attempts and you will need to receive a perfect score before continuing. This is designed to make sure you are aware of all aspects of this course and you fully understand what is expected of you.

Exams: (200 pts total, SLO #1); There will be two exams during the semester, and each will be worth 100 points. They are to be completed individually and there will be a time limit. Material discussed in course modules and from textbook readings will be covered on exams. Only one attempt will be allowed.

Module Quizzes: (50 points, 10 @ 5 pts each, SLO #1); Each module will have a short quiz designed to evaluate content retention, understanding, and application. You will be allowed two attempts at each quiz and the highest grade will be retained. These should also provide students with a self-assessment.

Practical Exam: (60 points, SLO #2); A practical exam will be completed to demonstrate competence in lifting technique, evaluation, and subject content. Only one attempt will be allowed.

Program Design: (50 pts, SLO #3); To demonstrate your mastery over subject content, you will be required to design and create a training program for a specific situation. You will need to retrieve your
program design scenario and then design two weeks of exercises that will help your assigned client to achieve their goals. Your program needs to be based on your assigned client’s goals, experience, and current fitness level.

<table>
<thead>
<tr>
<th>Assignment</th>
<th>Points Possible</th>
<th>Percentage of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Syllabus Quiz</td>
<td>5 points</td>
<td>1.36%</td>
</tr>
<tr>
<td>Module Quizzes (10 @ 5 pts each)</td>
<td>50 points</td>
<td>13.69%</td>
</tr>
<tr>
<td>Practical Exam</td>
<td>60 points</td>
<td>16.44%</td>
</tr>
<tr>
<td>Program Design Project</td>
<td>50 points</td>
<td>13.69%</td>
</tr>
<tr>
<td>Exams (2 @ 100 pts each)</td>
<td>200 points</td>
<td>54.79%</td>
</tr>
<tr>
<td>Tentative Total Points Possible</td>
<td>365 points</td>
<td>100%</td>
</tr>
</tbody>
</table>

**Late Work**

In rare cases, late assignments may be accepted for a reduced grade, but this is at the discretion of the professor. In extreme cases late assignments may be accepted for full credit, but this is entirely based on circumstances. If you are sick, have a medical or family emergency, etc. it is your responsibility to notify the professor in a timely manner and inquire about making up assignments. It is your responsibility to provide official documentation of any absence that is to be excused within 1 week of the missed class or assignment for illnesses and other emergencies. Routine medical visits should not be scheduled during class time.

**Grading**

Your final grade for this course will be based off of the percentages in the table below. The percentage is calculated by dividing the points you earned by the total points possible and then multiplying by 100 (your points/total points * 100). The tentative total points possible for this course is 365. While it is unlikely that that total will change, if the total points increased or decreased, that new value would be used. The final column in the table below represents the quality of work required to earn each letter grade.

<table>
<thead>
<tr>
<th>Letter</th>
<th>%</th>
<th>Work Quality</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>89.5-100</td>
<td>Superior</td>
</tr>
<tr>
<td>B</td>
<td>79.5-89.4</td>
<td>Above Average</td>
</tr>
<tr>
<td>C</td>
<td>69.5-79.4</td>
<td>Average</td>
</tr>
<tr>
<td>D</td>
<td>59.5-69.4</td>
<td>Below Average</td>
</tr>
<tr>
<td>F</td>
<td>&lt;59.5</td>
<td>Well Below Average</td>
</tr>
</tbody>
</table>

I will not respond to emails about extra credit or leniency in grading at the end of the semester as there already is an extra credit opportunity outlined in the course evaluation section below.

**Course Evaluation**

Student Perceptions of Teaching (SPOT) is the student evaluation system for UNT and allows students the ability to confidentially provide constructive feedback to their instructor and department to improve the quality of student experiences in the course. The survey will be made available during weeks 13, 14.
and 15 of the fall and spring semesters. Students will receive an email from "UNT SPOT Course Evaluations via IASystem Notification" (no-reply@iasystem.org) with the survey link. Students should look for the email in their UNT email inbox. Simply click on the link and complete the survey. Once students complete the survey, they will receive a confirmation email that the survey has been submitted. Please take a screenshot of this confirmation. This screenshot can be uploaded to specific module on Canvas for 3 points of extra credit. For additional information on SPOT, please visit the SPOT website at www.spot.unt.edu or email spot@unt.edu.

Other Course Policies

Attendance and Class Participation Policy
It is expected that students will be active participants and prepared for each lecture module of this hybrid delivery course. This means that you have already read the accompanying textbook chapter prior to viewing the module material. This online course uses a mixture of teaching methods such as, presentation with screen capture lecture, interactive lecture, and various forms of labs, discussions, group assignments. Make up assignments are given only in extreme cases and missing assignments will have adverse effects on your overall grade. Active participation in this class is expected. There will be many activities and discussions over the course of this semester and your participation is required. All class activities are designed to reinforce, and support topics and concepts and a lack of participation will likely be a detriment to your overall grade.

COVID-19 Impact on Attendance
While attendance/participation is expected as outlined above, it is important for all of us to be mindful of the health and safety of everyone in our community, especially given concerns about COVID-19. Please contact me if you are unable to participate because you are ill, or due to a related issue regarding COVID-19. It is important that you communicate with me prior to being absent so I may make a decision about accommodating your request to be excused from class.

If you are experiencing any symptoms of COVID-19 (https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html) please seek medical attention from the Student Health and Wellness Center (940-565-2333 or askSHWC@unt.edu) or your health care provider PRIOR to coming to campus. UNT also requires you to contact the UNT COVID Hotline at 844-366-5892 or COVID@unt.edu for guidance on actions to take due to symptoms, pending or positive test results, or potential exposure. While participation is an important part of succeeding in this class, your own health, and those of others in the community, is more important.

Class Materials for Remote Instruction
The UNT fall schedule requires all courses to have fully remote instruction beginning November 28th. Full remote instruction is required for this course due to the class size, meeting space size, and inability to realistically practice social distancing. Information on how to be successful in a remote learning environment can be found at https://online.unt.edu/learn.

Statement on Face Covering
Consistent with CDC guidelines and state policy, individuals are not required to wear face coverings on UNT’s campuses. Non-vaccinated individuals are strongly encouraged to wear a face covering until further notice. The use of face coverings has proven to reduce the spread of diseases, including COVID-
19. All students and faculty are welcome to wear a face covering in class or on campus to protect themselves and others from COVID-19.

Examination Policy
Exams are delivered online in Canvas, but that does not mean they are open book. You should not be using notes or any other aid during exams. Exams have strict time limits to discourage any cheating and remove the ability to look up of answers. You will receive a grade of 0 if you miss an exam. Please refer to the late work policy above if you feel you have an excusable absence. If you lose internet connection or have a technical issue during an exam, you should contact the UNT Student Helpdesk as soon as you can. You should also contact me but have the documented Student Helpdesk ticket so that I know it is a legitimate claim. Make-up exams will only be given for excused absences.

Assignment Policy
Due dates for each assignment are visible in Canvas and appear in the schedule attached to this syllabus. These dates are tentative and subject to change. You should see weekly reminders of upcoming due assignments when you view the course home page, but it is your responsibility to plan ahead. All assignments for this course will be completed in Canvas and only one will require an upload. You must upload your program design assignment in the appropriate Canvas module. Only MS Excel files will be accepted. If you need help with access to MS Excel, please refer to the Minimum Technology Requirements and Technical Assistance sections above.

The University is committed to providing a reliable online course system to all users. However, in the event of any unexpected server outage or any unusual technical difficulty which prevents students from completing a time sensitive assessment activity, the instructor will extend the time windows and provide an appropriate accommodation based on the situation. Students should immediately report any problems to the instructor and contact the UNT Student Help Desk: helpdesk@unt.edu or 940.565.2324 and obtain a ticket number. The instructor and the UNT Student Help Desk will work with the student to resolve any issues at the earliest possible time.

Instructor Responsibilities and Feedback
It is my responsibility to help you grow, learn, and progress through the course material. Even though this is an asynchronous delivery course, I will be available all along the way. You are not teaching yourself. Assignments, quizzes, exams, and projects should have clear instructions and expectations, but you should reach out to me if you have any questions or issues. As mentioned earlier you can expect a response to emails within 24 hours on weekdays, but emails sent over the weekend likely won’t get a response until the following Monday. I recognize that you work hard on your assignments and would like rapid feedback. I think you deserve this, so I make it a priority to have grades and feedback available within 24 hours of due dates. The one exception to this is your Program Design Project, which will likely take a week.

Syllabus Change Policy
While a change is unlikely, the instructor does reserve the right to alter the syllabus. Any changes will be communicated to students and an updated version will be provided.

Class Schedule
The class schedule is tentative and subject to change at any time. It will be available on Canvas and you should check it often.
<table>
<thead>
<tr>
<th>Week</th>
<th>Lecture Modules &amp; Topics</th>
<th>Lab/Applied Topics</th>
<th>Items Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>6/1 - 6/4</td>
<td>Intro, WR Etiquette, Module 1</td>
<td>Deadlifts &amp; Variations</td>
<td>Syllabus Quiz, Forum, Module 1 (6/4)</td>
</tr>
<tr>
<td>6/7 - 6/11</td>
<td>Modules 2, 3, &amp; 4</td>
<td>Squats &amp; Variations</td>
<td>Modules 2-4 (6/11)</td>
</tr>
<tr>
<td>6/14 - 6/18</td>
<td>Exam 1, Modules 5 &amp; 6</td>
<td>Upper Body Pull</td>
<td>Exam 1, Modules 5 &amp; 6 (6/18)</td>
</tr>
<tr>
<td>6/28 - 7/2</td>
<td>Modules 9 &amp; 10, Exam 2</td>
<td>Lab Practical</td>
<td>Modules 9 &amp; 10 (7/1), Lab Practical (on lab day), Exam 2 (7/2)</td>
</tr>
</tbody>
</table>

*Note: All items are due by 11:59 pm on the date indicated unless otherwise specified.

**UNT Policies**

**Academic Integrity Policy**

Academic Integrity Standards and Consequences. According to UNT Policy 06.003, Student Academic Integrity, academic dishonesty occurs when students engage in behaviors including, but not limited to cheating, fabrication, facilitating academic dishonesty, forgery, plagiarism, and sabotage. A finding of academic dishonesty may result in a range of academic penalties or sanctions ranging from admonition to expulsion from the University. [Insert specific sanction or academic penalty for specific academic integrity violation.]

**ADA Policy**

UNT makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide a student with an accommodation letter to be delivered to faculty to begin a private discussion regarding one’s specific course needs. Students may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. For additional information see the **ODA website** (https://disability.unt.edu/).

**Prohibition of Discrimination, Harassment, and Retaliation (Policy 16.004)**

The University of North Texas (UNT) prohibits discrimination and harassment because of race, color, national origin, religion, sex, sexual orientation, gender identity, gender expression, age, disability, genetic information, veteran status, or any other characteristic protected under applicable federal or state law in its application and admission processes; educational programs and activities; employment policies, procedures, and processes; and university facilities. The University takes active measures to prevent such conduct and investigates and takes remedial action when appropriate.

**Emergency Notification & Procedures**

UNT uses a system called Eagle Alert to quickly notify students with critical information in the event of an emergency (i.e., severe weather, campus closing, and health and public safety emergencies like chemical spills, fires, or violence). In the event of a university closure, please refer to Canvas for contingency plans for covering course materials.

**Retention of Student Records**

Student records pertaining to this course are maintained in a secure location by the instructor of record. All records such as exams, answer sheets (with keys), and written papers submitted during the duration
of the course are kept for at least one calendar year after course completion. Course work completed via the Canvas online system, including grading information and comments, is also stored in a safe electronic environment for one year. Students have the right to view their individual record; however, information about student’s records will not be divulged to other individuals without proper written consent. Students are encouraged to review the Public Information Policy and the Family Educational Rights and Privacy Act (FERPA) laws and the University’s policy. See UNT Policy 10.10, Records Management and Retention for additional information.

Acceptable Student Behavior
Student behavior that interferes with an instructor’s ability to conduct a class or other students' opportunity to learn is unacceptable and disruptive and will not be tolerated in any instructional forum at UNT. Students engaging in unacceptable behavior will be directed to leave the classroom and the instructor may refer the student to the Dean of Students to consider whether the student's conduct violated the Code of Student Conduct. The University's expectations for student conduct apply to all instructional forums, including University and electronic classroom, labs, discussion groups, field trips, etc. Visit UNT’s Code of Student Conduct (https://deanofstudents.unt.edu/conduct) to learn more.

Access to Information - Eagle Connect
Students’ access point for business and academic services at UNT is located at: my.unt.edu. All official communication from the University will be delivered to a student’s Eagle Connect account. For more information, please visit the website that explains Eagle Connect and how to forward e-mail Eagle Connect (https://it.unt.edu/eagleconnect).

Sexual Assault Prevention
UNT is committed to providing a safe learning environment free of all forms of sexual misconduct, including sexual harassment sexual assault, domestic violence, dating violence, and stalking. Federal laws (Title IX and the Violence Against Women Act) and UNT policies prohibit discrimination on the basis of sex, and therefore prohibit sexual misconduct. If you or someone you know is experiencing sexual harassment, relationship violence, stalking, and/or sexual assault, there are campus resources available to provide support and assistance. UNT’s Survivor Advocates can assist a student who has been impacted by violence by filing protective orders, completing crime victim’s compensation applications, contacting professors for absences related to an assault, working with housing to facilitate a room change where appropriate, and connecting students to other resources available both on and off campus. The Survivor Advocates can be reached at SurvivorAdvocate@unt.edu or by calling the Dean of Students Office at 940-565-2648. Additionally, alleged sexual misconduct can be non-confidentially reported to the Title IX Coordinator at oeo@unt.edu or at (940) 565 2759.

Important Notice for F-1 Students taking Distance Education Courses
Federal Regulation

*The information below does not reflect policy updates due to COVID-19. Please navigate to the UNT International Affairs COVID-19 Resources webpage for the most up-to-date information (https://international.unt.edu/content/covid-19-resources).
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 (http://www.ecfr.gov/). The specific portion concerning distance education courses is located at Title 8 CFR 214.2 Paragraph (f)(6)(i)(G).

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.

Student Verification

UNT takes measures to protect the integrity of educational credentials awarded to students enrolled in distance education courses by verifying student identity, protecting student privacy, and notifying students of any special meeting times/locations or additional charges associated with student identity verification in distance education courses.

See UNT Policy 07-002 Student Identity Verification, Privacy, and Notification and Distance Education Courses (https://policy.unt.edu/policy/07-002).
Use of Student Work
A student owns the copyright for all work (e.g. software, photographs, reports, presentations, and email postings) he or she creates within a class and the University is not entitled to use any student work without the student’s permission unless all of the following criteria are met:

- The work is used only once.
- The work is not used in its entirety.
- Use of the work does not affect any potential profits from the work.
- The student is not identified.
- The work is identified as student work.

If the use of the work does not meet all of the above criteria, then the University office or department using the work must obtain the student’s written permission.

Download the UNT System Permission, Waiver and Release Form

Transmission and Recording of Student Images in Electronically-Delivered Courses

1. No permission is needed from a student for his or her image or voice to be transmitted live via videoconference or streaming media, but all students should be informed when courses are to be conducted using either method of delivery.

2. In the event an instructor records student presentations, he or she must obtain permission from the student using a signed release in order to use the recording for future classes in accordance with the Use of Student-Created Work guidelines above.

3. Instructors who video-record their class lectures with the intention of re-using some or all of recordings for future class offerings must notify students on the course syllabus if students' images may appear on video. Instructors are also advised to provide accommodation for students who do not wish to appear in class recordings.

   Example: This course employs lecture capture technology to record class sessions. Students may occasionally appear on video. The lecture recordings will be available to you for study purposes and may also be reused in future course offerings.

No notification is needed if only audio and slide capture is used or if the video only records the instructor's image. However, the instructor is encouraged to let students know the recordings will be available to them for study purposes.

Academic Support & Student Services

Student Support Services

Mental Health
UNT provides mental health resources to students to help ensure there are numerous outlets to turn to that wholeheartedly care for and are there for students in need, regardless of the nature of an issue or its severity. Listed below are several resources on campus that can support your academic success and mental well-being:
• **Student Health and Wellness Center** (https://studentaffairs.unt.edu/student-health-and-wellness-center)
• **Counseling and Testing Services** (https://studentaffairs.unt.edu/counseling-and-testing-services)
• **UNT Care Team** (https://studentaffairs.unt.edu/care)
• **UNT Psychiatric Services** (https://studentaffairs.unt.edu/student-health-and-wellness-center/services/psychiatry)
• **Individual Counseling** (https://studentaffairs.unt.edu/counseling-and-testing-services/services/individual-counseling)

**Chosen Names**
A chosen name is a name that a person goes by that may or may not match their legal name. If you have a chosen name that is different from your legal name and would like that to be used in class, please let the instructor know. Below is a list of resources for updating your chosen name at UNT.

• UNT Records
• UNT ID Card
• UNT Email Address
• Legal Name

*UNT euIDs cannot be changed at this time. The collaborating offices are working on a process to make this option accessible to UNT community members.*

**Pronouns**
Pronouns (she/her, they/them, he/him, etc.) are a public way for people to address you, much like your name, and can be shared with a name when making an introduction, both virtually and in-person. Just as we ask and don’t assume someone’s name, we should also ask and not assume someone’s pronouns.

You can **add your pronouns to your Canvas account** so that they follow your name when posting to discussion boards, submitting assignments, etc.

Below is a list of additional resources regarding pronouns and their usage:

- What are pronouns and why are they important?
- How do I use pronouns?
- How do I share my pronouns?
- How do I ask for another person’s pronouns?
- How do I correct myself or others when the wrong pronoun is used?

**Additional Student Support Services**

- **Registrar** (https://registrar.unt.edu/registration)
- **Financial Aid** (https://financialaid.unt.edu/)
- **Student Legal Services** (https://studentaffairs.unt.edu/student-legal-services)
- **Career Center** (https://studentaffairs.unt.edu/career-center)
- **Multicultural Center** (https://edo.unt.edu/multicultural-center)
- **Counseling and Testing Services** (https://studentaffairs.unt.edu/counseling-and-testing-services)
- **Pride Alliance** (https://edo.unt.edu/pridealliance)
- **UNT Food Pantry** (https://deanofstudents.unt.edu/resources/food-pantry)
Academic Support Services

- [Academic Resource Center](https://clear.unt.edu/canvas/student-resources)
- [Academic Success Center](https://success.unt.edu/asc)
- [UNT Libraries](https://library.unt.edu/)
- [Writing Lab](http://writingcenter.unt.edu/)