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.

Prerequisites (recommended): None


Instructor Contact Information
- John Curtis
- Office: PEB 112
- Email: John.Curtis@unt.edu
- Office hours: by appointment

COMMUNICATING WITH YOUR INSTRUCTOR
The primary mode of communicating with me is through UNT email. If you need to make an appointment outside of my normal office hours, please make the request a minimum of 48 hours in advance. When emailing me please include in the subject line, the course number (PHED 1000) followed by your inquiry. When inquiring about class announcements, you may contact me by replying in Canvas.

Expect a response from me within 24 hours of an inquiry Monday-Thursday. Messages that are sent Friday- Sunday will be answered the following Monday. If there is an emergency and you must receive a response from me over the weekend, please include EMERGENCY, in all caps in the subject line and I will do my best to address the issue.
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 that 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 that 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 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.

TECHNICAL REQUIREMENTS/ASSISTANCE
UIT Help Desk: http://www.unt.edu/helpdesk/index.htm

The University of North Texas provides student technical support in the use of Canvas and supported resources. The student help desk may be reached at:

Email: helpdesk@unt.edu
Phone: 940.565-2324
In Person: Sage Hall, Room 130

Hours are:
- Monday-Thursday 8am-midnight
- Friday 8am-8pm
- Saturday 9am-5p
- Sunday 8am-midnight

Canvas technical requirements: https://clear.unt.edu/supported-technologies/canvas/requirements

- Other related hardware or software necessary for the course: such as headset/microphone for synchronous chats, word processor, etc.
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, create send and receive Microsoft Word documents, print Word documents OR open and print pdf files. 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 everyday 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. Realize that although you may never meet some of your classmates, you can still create lasting friendships in the online environment. You may also want to consider 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:


Success in the Online Course
For more tips on how to succeed in an online class, please see the link below:
“How to Succeed as an Online Student.”

Student Academic Support Services
- Code of Student Conduct: provides Code of Student Conduct along with other useful links
- Office of Disability Access: exists to prevent discrimination based on disability and to help students reach a higher level of independence
- Counseling and Testing Services: provides counseling services to the UNT community, as well as testing services; such as admissions testing, computer-based testing, career testing, and other tests
- UNT Libraries
- UNT Learning Center: provides a variety of services, including tutoring, to enhance the student academic experience
- UNT Writing Center: offers free writing tutoring to all UNT students, undergraduate and graduate, including online tutoring
- Succeed at UNT: information regarding how to be a successful student at UNT
ASSESSMENT & GRADING

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. **FINAL POINTS WILL NOT BE ROUNDED**

**Grading Scale**

- **A:** >639 points
- **B:** 568-638 points
- **C:** 497-567 points
- **D:** 426-496 points
- **F:** < 425 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 speak 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.

A Breakdown of Points Possible

- Learning Module Quizzes (9 @ 20 pts each) 180
- Class Discussions (3, 30 pts each) 90
- Laboratory Module Reports (8 @ 20 pts each) 160
- Personal Health Reflection 80
- Final Exam 200

**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 as long as 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. Adhere to the rubric that is detailed within the Canvas instructions. **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 5:00 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. 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 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 9 quizzes worth 20 points each. You should be able to use these quizzes as a study tool to prepare for the final exam. **Note: Quizzes will only be open for a certain amount of time. After that time has passed, 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. It is your responsibility to ensure assignments are completed on time.**
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 access to downloadable forms (either Word or PDF) that you will need to use to complete the laboratory activity. The laboratory activities have been designed to provide you practical learning experiences and applications for the learning objectives for a given learning module.

Please note, that the laboratory worksheets are meant to be printed off and make notes as you complete the laboratory assignment. These worksheets are in PDF format and are difficult to edit on a computer. You will be submitting your answers through the laboratory submission template in each module.

**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.** Lab assignments will only be open for a certain amount of time. After that time has passed, 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. It is your responsibility to ensure assignments are completed on time. After due date, 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.**

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.

**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.
# TENATIVE CALENDAR

<table>
<thead>
<tr>
<th>RELEASE DATE</th>
<th>LECTURE</th>
<th>LAB</th>
<th>DISCUSSION</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 19, 2022</td>
<td>Online Orientation &amp; Syllabus Quiz</td>
<td></td>
<td></td>
</tr>
<tr>
<td>December 19, 2022</td>
<td>LM1: Health in a Changing Society</td>
<td>Lab 1A, 1B, 1C</td>
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<tr>
<td>December 19, 2022</td>
<td>LM2: Your Family Health History &amp; Chronic Disease</td>
<td>Lab 2A</td>
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<tr>
<td>December 19, 2022</td>
<td>LM3: Active Living in the 21st Century and Beyond</td>
<td>Lab 3A, 3B, 3C</td>
<td>Lab 3C has 2 options you may choose from</td>
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<tr>
<td>December 19, 2022</td>
<td></td>
<td></td>
<td>Discussion 1</td>
</tr>
<tr>
<td>December 19, 2022</td>
<td>LM4: Physical Activity for Cardiovascular Health</td>
<td>Lab 4A, 4B, 4C</td>
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<tr>
<td>December 19, 2022</td>
<td>LM5: Physical Activity for Neuromuscular Health</td>
<td>Lab 5A, 5B</td>
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<td>December 26, 2022</td>
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<td>Discussion 2</td>
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<tr>
<td>December 26, 2022</td>
<td>LM6: Stress Management &amp; Sleep</td>
<td>Lab 6A, 6B, 6C</td>
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<tr>
<td>December 26, 2022</td>
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<td></td>
<td>Discussion 3</td>
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<tr>
<td>December 26, 2022</td>
<td>LM7: Nutrition</td>
<td>Lab 7A, 7B, 7C</td>
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<tr>
<td>December 26, 2022</td>
<td>LM8: Body Composition &amp; WM</td>
<td>Lab 8A</td>
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<td>January 9, 2023</td>
<td>Personal Reflection</td>
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<tr>
<td>January 12-13, 2023</td>
<td>Final Exam</td>
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</table>

**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 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.
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.

Attendance Policy

Students are expected to participate actively each week and to meet all deadlines for course assignments as detailed in the Course Calendar. Information about the University of North Texas’ Attendance Policy may be found at http://policy.unt.edu/policy/15-2-5

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.

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 at disability.unt.edu.

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).

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. The Code of Student Conduct can be found at deanofstudents.unt.edu/conduct.

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 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](#).

**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.