

South Plains College

Department of Kinesiology

PHED 1304

Fitness & Wellness

Online

Instructor: Ryan Heth **Office Phone** – 806-716-2234 (only in my office on Mondays and Wednesdays)

Office: Kinesiology Building #107

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Required Text: Fit & Well, Fahey, Insel, and Roth, McGraw Hill, (latest edition) (You do NOT need to purchase an access code for CONNECT.) The electronic book is included in this course.

REMIND APP – I will use the REMIND APP in this course as another means of communication due to COVID 19. You do not need to download the app for this to work. To sign up for this tool, you need to text this number **81010** and send the following code as the text message **@fall22fw**

If you cannot text, please send me a message, and I will give you alternative instructions to sign up for this tool.

You will receive a response confirming your registration. This is another option to communicate with me if you choose to use it. I will use it periodically throughout the semester to remind the class of due dates and other helpful information.

Please only use the Course Messages tab when submitting assignments for this class. I will not accept work emailed to me using my South Plains College email address.

Course Description:

This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, and PowerPoint presentations, along with the textbook chapters, will provide students with the necessary tools to take responsibility and make drastic improvements to their long-term personal health.

Student Learning Outcomes:

- The Student will explore the wellness concept and evaluate the application of the nine components in their own life.
- The Student will be provided the means of exploring and interpreting abnormal behavior, dysfunctional families, depression, substance abuse, and low self-esteem issues and effects.
- Each Student will recognize risk factors contributing to disease and possible early death.
- To give each Student a concept of global connection and explore environmental health concerns.
- The Student will identify and apply tools to enhance the quality of their own life.
- The Student will analyze desirable lifestyle changes by taking responsibility for themselves.

Student Expectations:

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative education, and collaborative learning. To take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and unit instructions.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments on discussion boards and personal interactions.

SPC TexBook Syllabus Statement:

TexBook Program: *This course is in the SPC TexBook program, so you do not need to purchase a textbook or access code for this course.*

- **What is TexBook?** The required textbook/digital content for this course is available to you in Blackboard from the first day of class. The charge for the textbook/digital content is the lowest price available from the publisher and bookstore and is included in your tuition.
- **How do I access my TexBook?** Your course material is in your Blackboard course from the first day of class. Access to your course material is provided either by VitalSource or other links inside your Blackboard course. VitalSource (and many publishers) ebook features include the ability to hear the text read aloud, highlight, take notes, create flash cards, see word definitions, build study guides, print select pages, and download 100% of the book for offline access.
- **Help with TexBook issues and support:** check with your professor or visit: <https://support.vitalsource.com/hc/en-us/requests/new> (available 24/7 via chat, email, phone, and text)
- **Opting out of TexBook:** Participating in TexBook is not mandatory, and you can choose to opt-out. However, by opting-out you will lose access to the course textbook/digital content and competitive pricing, and you will need to purchase the required course material on your own. If you drop the class or opt-out before the opt-out deadline, the TexBook fee will be automatically refunded to your SPC account. The opt-out deadline for Fall and Spring is the twelfth-class day. The opt-out deadline for shorter terms varies between the second- and third-class day.
Please consult with your professor before deciding to opt-out.* If you still feel that you should purchase the course textbook/materials on your own, send an **opt-out email to tfewell4texasbookcompany@gmail.com. Include your first name, last name, student ID number, and the course you are opting out of. Once you have been opted-out, you will receive a confirmation email. If you need assistance with the process, contact the SPC Bookstore:

Email: tfewell@texasbook.com / **Phone:** 806-716-2399

Email: agamble@texasbook.com / **Phone:** 806-716-4610

Weekly Course Instructions:

Instructions to complete this course will come from the weekly instruction folders in the course content tab. There are multiple ways to get the information you need, but this is probably the easiest way to navigate the course. This semester will be broken down into four (4) units. These instructions contain everything you need to do for each Unit, including due dates. Please access the textbook and read the chapter outlined in the instructions. Once you have done that, you should access the PowerPoint notes for that chapter and review the information found. Most weekly units will include a discussion board post correlated with that chapter and a chapter quiz. On other weeks you may also have a homework assignment. At the end of each Unit, you will also have an exam. The unit exam will be found in the folder for the last week of each Unit. Remember, we have four (4) units total for a total of (4) exams. Anything listed in your weekly instructions, whether quizzes, discussion board posts, homework assignments, or exams, will be by the due dates listed in your course and unit instructions by 11:59p.

The due dates will be found in your Weekly Course Instructions on Blackboard. You will see these due dates highlighted in green.

Course Evaluation:

1. There will be **Four Exams**, each worth 50 points (200 points total; 40% of your overall grade). Each exam will consist of 20-50 questions. The materials covered on each exam are listed in the Unit Instructions. Once you log on to the test, you will have 60 minutes to complete the exam. Do not leave the exam screen once you begin. You will not be able to leave the exam and return to it later. **Once you enter the exam, you must finish!** You may use your notes and text, but *be aware of the time limit.*
2. **Chapter Quizzes** will be given over every chapter for a total of 15 quizzes. Each quiz is worth 10 points (150 points total; 30% of your overall grade). Each quiz will consist of multiple-choice, essay, or true-false questions. You will only be able to take each quiz one time. Once you log on to the quiz, you will have 120 minutes to complete the quiz. Please take and use notes along with reading your textbook while completing these quizzes. These quizzes will help prepare you for the exams.
3. **Two Homework Assignments** will be completed over the semester. Each homework will be worth 40 points (80 points total; 16% of your overall grade). These assignments will be posted throughout the **Unit Instructions** and can also be found under the **HOMEWORK ASSIGNMENTS** Link. **Please only use the Blackboard email when emailing course assignments. You will receive a zero in the grade book if you do not use blackboard to turn in your assignments.**
4. **Discussion Board (DB) Activities** will be completed over the semester, each worth 5-15 points (70 points total; 14% of your overall grade). Please look at the Unit Instructions for directions to complete each discussion board assignment. You can find these by clicking the discussion board button on the blackboard course home page and answering the related questions posted in the Unit Instructions. Do not ignore these assignments. Do not copy answers straight from the text. The primary goal for the discussion portion of the course is to "talk" about what you are learning, so it is acceptable to be somewhat informal and conversational; however, check your grammar and spelling and not use text message lingo. Please read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether you give correct answers but on your content. Please use the "Create Message" function to begin a new post and the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and pertaining to the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)

** I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the PowerPoint slides and take good notes. Plan, and do not wait until the last minute

to submit your assignments. Excuses for late work, such as "The network was down" or "I could not figure out how to post or send the assignment," are unacceptable.

*** All written assignments should be presented using the conventions of Standard Written English.

South Plains College requires all students to become proficient in "academic English," a form of English typically used in academic, professional, and business contexts. While slang and informal self-expression are appropriate in some settings, they are out of place in academic writing.

Administrative Drop Policy: Due to Financial Aid and South Plains College requirements for participation/attendance, a student who fails to complete and turn in by the due date listed in the Unit Instructions a total of six (6) assignments, that Student will be dropped and either receive an "X" or "F" (at my discretion).

Academic Integrity: Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *they will receive an F and administrative withdrawal.*

Final grades will be determined as follow:

- 4 examinations @ 50 points each: 200 points
- 15 quizzes @ 10 points each 150 points
- 2 Homework assignments @ 40 points each 80 points
- Discussion Board Assignments 70 points

Total: 500 points

Final Grade	Point Percentage	Point Total
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

Academic Information

A student who stops attending AND stops completing assignments, must take the responsibility of contacting the Registrar's Office to drop the class.

I do not drop students for non-attendance. It is your responsibility to initiate the drop process if you decide not to complete the course. Students who stop attending and do not complete the coursework will receive an F at the end of the semester.

PLEASE NOTE: The last day to drop this course is Thursday, December 1, 2022

Plagiarism and Cheating: Students are expected to do their own work on all projects, quizzes, assignments, examinations, and papers. Failure to comply with this policy will result in an F for the assignment and can result in an F for the course if circumstances warrant.

Plagiarism violations include, but are not limited to, the following:

1. Turning in a paper that has been purchased, borrowed, or downloaded from another student, an online term paper site, or a mail order term paper mill;
2. Cutting and pasting together information from books, articles, other papers, or online sites without providing proper documentation;
3. Using direct quotations (three or more words) from a source without showing them to be direct quotations and citing them; or
4. Missing in-text citations.

Cheating violations include, but are not limited to, the following:

1. Obtaining an examination by stealing or collusion;
2. Discovering the content of an examination before it is given;
3. Using an unauthorized source of information (notes, textbook, text messaging, internet, apps) during an examination, quiz, or homework assignment;
4. Entering an office or building to obtain unfair advantage;
5. Taking an examination for another;
6. Altering grade records;
7. Copying another's work during an examination or on a homework assignment;
8. Rewriting another student's work in Peer Editing so that the writing is no longer the original student's;
9. Taking pictures of a test, test answers, or someone else's paper.

Student Code of Conduct Policy: Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

Diversity Statement: In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

Disability Statement: Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

Nondiscrimination Policy: South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

Title IX Pregnancy Accommodations Statement: If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

Campus Concealed Carry: Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php> Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

COVID-19 Statement: If you are experiencing any of the following symptoms, please do not attend class and either seek medical attention or test for COVID-19.

- Cough, shortness of breath, difficulty breathing
- Fever or chills
- Muscles or body aches
- Vomiting or diarrhea
- New loss of taste and smell

Please also notify DeEtte Edens, BSN, RN, Associate Director of Health & Wellness, at dedens@southplainscollege.edu or 806-716-2376. Proof of a positive test is required. A home test is sufficient but students must submit a photo of the positive result. The date of test must be written on the test result and an ID included in the photo. If tested elsewhere (clinic, pharmacy, etc.), please submit a copy of the doctor's note or email notification. Results may be emailed to DeEtte Edens, BSN, RN at dedens@southplainscollege.edu.

A student is clear to return to class without further assessment from DeEtte Edens, BSN, RN if they have completed the 5-day isolation period, symptoms have improved, and they are without fever for 24 hours without the use of fever-reducing medication.

Students must communicate with DeEtte Edens, BSN, RN prior to their return date if still symptomatic at the end of the 5-day isolation

