

PHED 1000 – Spring 2007
SCIENTIFIC PRINCIPLES AND PRACTICES OF HEALTH RELATED FITNESS

Lecture Instructor:

Lecture Section:

Lab Section:

Lab Instructor:

Email:

EUID: _____

Office:

Phone:

Office Hours:

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 the basic scientific principles of exercise physiology, nutrition, psychology, and epidemiology that are 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 Requirements

1. Regular and prompt attendance at all class sessions.
2. Completion of required laboratory assignments.
3. Completion of computer interactions with health-related Internet resources.
4. Completion of Exam 1 and Exam 2.

Required Text

Jackson, A. W., Morrow, J. R., Jr., Hill, D. W., Dishman, R. K. (2004). Physical Activity for Health and Fitness. Champaign, IL: Human Kinetics.

Course Evaluation

Grades will be assigned as follows:

Exam 1	50 points
Exam 2	50 points
Laboratory Grade *	100 points
Course Total	200 points
Grade Distribution	
Point Range	Grade
200 - 180	A
179 -160	B
159 - 140	C
139 - 110	D
109 -	F

*Laboratory grade consists of the following:

- 35 points – Attendance/Participation
- 24 points – Laboratory Assignments
- 20 points – Quizzes
- 11 points – Internet Assignments
- 10 points - Exercise logs

Exam Schedule

- Week of February 19 Exam 1 Review (3 Bonus Attendance Points)
 - Week of February 26 Exam 1
 - Week of April 23 Exam 2 Review (3 Bonus Attendance Points)
 - Week of April 30 Exam 2
 - May 7, 8, 9 Final Exam Week Meeting (6 Bonus Attendance Points)
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Exam and Bonus Attendance Policies

Exams. Students must be in class on campus for the two exams on the weeks of February 26 and April 30. Only in extraordinary cases will you be allowed to makeup a missed exam.

Bonus Attendance. There are three opportunities for students to receive bonus credit during the semester for a maximum total of 12 bonus points. Attendance in class on the two days indicated as review days for the first and second exams will provide students with up to 6 points being added to their final course grade. Attendance at the designated times during final exam week will provide 6 points to each student's final course grade.

Laboratory Policies

Attendance (35 points). **Laboratory attendance is defined as being present for the entire 80 minutes of class and participating in all class activities.** In order to receive a passing grade for this course the student must attend and participate in 80% of the laboratory section meetings. University authorized absences will not be counted against your point total. However, **7 ABSENCES** (authorized or unauthorized) will result in an ineligibility to receive credit for the course. If you do not drop in accordance to the University calendar, you will not receive credit for the course. **Two tardies** will equal an unexcused absence. Attendance will be taken 10 minutes after class starts, any student who arrives after this time will be considered tardy. Any student who arrives 20 minutes after class starts will be considered absent. Students will be required to participate in a regular exercise program to improve and maintain health-related fitness. If you do not participate you will be counted absent. Attendance and participation will be graded as follows:

1-2 Absences	=	35 points
3 Absences	=	29 points
4 Absences	=	23 points
5 Absences	=	17 points
6 Absences	=	10 points
7 Absences	=	Not eligible to receive credit

For Laboratories that meet 1 day per week

1 Absences	=	35 points
2 Absences	=	25 points
3 Absences	=	15 points
4 Absences	=	Not eligible to receive credit

To receive participation credit for class you must be dressed in appropriate attire and participate. Appropriate attire includes shorts, t-shirts, sweatshirts, and gym shoes. Sandals, jeans, jewelry, and sunglasses are not appropriate attire for an activity class.

Laboratory Assignments (24 points). There will be 12 lab assignments from the textbook that will be completed during the semester and graded on a pass/fail basis. Labs will be completed in class and/or assigned as homework. Make-up of labs will not be allowed, and any missed lab assignment will receive a "fail" grade.

Quizzes (20 points). There will be two quizzes, each worth 10 points. The first quiz will cover major bones and muscles of the body. The second quiz will cover exercises and muscle groups.

Internet Assignments (11 points). Eleven internet assignments will be completed over the course of the semester. Internet assignments will be graded on a pass/fail basis.

Exercise Logs (10 points). Students will complete 10 exercise logs that will be collected weekly beginning the week of February 5. Exercise logs will be graded on a pass/fail basis

UNIVERSITY OF NORTH TEXAS

Department of Kinesiology, Health Promotion, and Recreation

PHED 1000 - Scientific Principles and Practices of Health Related Fitness - Wellness Labs & Physical Education Activity Program

ATTENDANCE POLICY

As explained in the accompanying course outline, your grade will be determined by a combination of performance skills exam(s), written exam(s), and other appropriate measures. **Because the Wellness Labs and Activity classes are performance based, in order to earn your academic credit you are required to attend and participate in eighty percent (80%) of the classes.** Regular class attendance is necessary to do well in these classes and is expected by your instructor. Excessive absences will **negatively** affect your grade. Absences from class are recorded but **no** accounting of excused versus unexcused absences is kept. However, in cases where an authorized absence causes an individual to miss a written test, skills test, etc., arrangements will be made when practicable for work to be made-up in accordance with University policy (see current catalog for complete procedures). Make-up work for unauthorized absences is left to the discretion of the instructor. Once you miss more than twenty percent (20%) of the class, **with any combination of authorized and/or unauthorized absences**, you will no longer be eligible to receive credit for the course. If you do not drop in accordance with the University Academic Calendar, a grade of "F" will be assigned.

AMERICAN DISABILITY ACT

The Department of Kinesiology, Health Promotion, and Recreation does not discriminate on the basis of disability in the recruitment and admission of students, the recruitment and employment of faculty and staff, and the operation of any of its programs and activities, as specified by federal laws and regulations. The designated liaison for the department is **Dr. Chwee Lye Chng**, Physical Education Building, Room 209, 940.565.2651. Copies of the Department of Kinesiology, Health Promotion, and Recreation ADA Compliance Document are available in the Chair's office, Physical Education Building, Room 209. Copies of the College of Education ADA Compliance Document are available in the Dean's office, Matthews Hall, Room 214. **To avoid discrimination, the student is responsible for informing the course instructor of any disability conditions that will require modifications.**

Topics, Lessons, & Readings	Weekly Starting Dates & Assignments Information	Internet Health Sources for Review
Course Introduction & Health & Disease in the U.S. <i>Computer Lesson 1</i> <i>Chapter 1</i>	January 15	Centers for Disease Control and Prevention Physical Activity and Health: A Report of the Surgeon General Healthy People 2010
Coronary Heart Disease <i>Computer Lesson 2</i> <i>Chapter 7</i>	January 22 Labs 1 & 7 due Lab 2 & 3 in class Internet 1 due	American Heart Association National Heart, Lung, and Blood Institute
Exercise to Improve Cardiovascular Endurance <i>Computer Lesson 3</i> <i>Chapter 2</i>	January 29 Quiz I – Anatomy	American College of Sports Medicine Shape Up America
Exercise to Improve Strength and Flexibility <i>Computer Lesson 4</i> <i>Chapter 3</i>	February 5 Internets 2 – 5 due Exercise Log 1 due	National Strength and Conditioning Association National Institute of Arthritis and Musculoskeletal and Skin Diseases
Obesity and Body Composition <i>Computer Lesson 5</i> <i>Chapter 4</i>	February 12 Lab 4 in class Exercise Log 2 due	American Diabetes Association National Institute of Diabetes and Digestive and Kidney Diseases
Review for Exam 1 *	February 19 Exercise Log 3 due	3 Bonus Attendance Points
Exam 1	February 26 Exercise Log 4 due	
Nutrition and Healthy Eating Habits <i>Computer Lesson 6</i> <i>Chapter 5</i>	March 5 Lab 5 due Exercise Log 5 due	U. S. Department of Agriculture: Center for Nutritional Policy
Physical Activity and Weight Control <i>Computer Lesson 7</i> <i>Chapter 6</i>	March 12 Lab 6 in class Exercise Log 6 due	Weight Control Information Network Partnership for Healthy Weight Management
Physical Activity and Mental Health <i>Computer Lesson 8</i> <i>Chapter 11</i>	March 26 Lab 11 due Exercise Log 7 due	National Institute of Mental Health National Institute on Drug Abuse National Institute on Alcohol Abuse and Alcoholism
Physical Activity and Cancer <i>Computer Lesson 9</i> <i>Chapter 9</i>	April 2 Lab 9 due Exercise Log 8 due	American Cancer Society National Cancer Institute
Physical Activity and Musculoskeletal Health <i>Computer Lesson 10</i> <i>Chapter 8</i>	April 9 Quiz II – Exercises and Muscles Lab 8 due Exercise Log 9 due	Arthritis Foundation National Osteoporosis Foundation
Lifetime Physical Activity and Healthy Lifestyles <i>Computer Lesson 11</i> <i>Chapters 12 & 13</i>	April 16 Labs 12 and 13 due Exercise Log 10 due Internets 6-11	National Institutes on Aging United States Government Consumer Information UNT Recreational Sports
Review for Exam 2 *	April 23	3 Bonus Attendance Points
Exam 2	April 30	
Final Laboratory Meeting	May 7, 8, 9 Times to be Announced	6 Bonus Attendance Points

Responsibilities of a Student in PHED 1000

- Complete each Internet lesson and textbook reading assignment during the week it is assigned.
- Attend and participate in your lab course regularly. Attendance is the most important part of your grade.
- Complete and submit lab assignments from the textbook according to deadlines. Keep work neat and representative of a university student. Also, complete and submit Internet lab assignments according to deadlines. Spend at least 15 minutes reviewing each website. The health information available can be very useful to you and others important to you.
- Perform weekly physical activity sessions that are required outside of lab session. Follow the moderate to vigorous physical activity recommendation prescribed in this course. Try to develop or maintain your own physical activity habit. Regular physical activity is one of the most effective and least complicated ways to improve your short-term and long-term health.
- The two exams in the course are not easy. Study hard and long and prepare yourself to the best of your ability. If you are confused about something, ask questions.
- Attend the three bonus attendance classes.
- Seriously consider enrolling in an exercise/fitness class next semester. Keep the exercise program continuing.

Eagle Mail:

"All students should activate and regularly check their Eagle Mail (e-mail) account. Eagle Mail is used for official communication from the University to students. Many important announcements for the University and College are sent to students via Eagle Mail. For information about Eagle Mail, including how to activate an account and how to have Eagle Mail forwarded to another e-mail address, visit

<https://eaglemail.unt.edu> "