



## Course Information

PED 104  
Theory of Lifetime Fitness  
Autumn 2017  
1 credit

## Instructor Information

***Professor Nick Ginapp***  
Doane University  
Crete, NE 68333

## Contact Information

Office: Virtual  
Email Address: [nick.ginapp@doane.edu](mailto:nick.ginapp@doane.edu)

## Communicating with the Instructor

This course uses a “three before me” policy in regards to student to faculty communications. When questions arise during the course of this class, please remember to check these three sources for an answer before asking me to reply to your individual questions:

1. Course syllabus
2. Announcements in Blackboard
3. Email Professor Ginapp

This policy will help you in potentially identifying answers before I can get back to you and it also helps your instructor from answering similar questions or concerns multiple times.

If technology related questions, such as, submitting work please be sure you work with a campus IT specialist to know where to look in blackboard, how to save documents and upload them.

If you have questions of a personal nature such as relating a personal emergency, questioning a grade on an assignment, or something else that needs to be communicated privately, you are welcome to contact me via email. My preference is that you will try to email me first. Please allow 48 hours for me to respond.

If you have a question about the technology being used in the course, please contact the Doane University Help Desk for assistance (contact information is listed below ).

## Course Catalog Description

A course providing students an understanding of concepts for living a healthful lifestyle. The student will demonstrate an understanding of concepts regarding nutrition, the design of physical fitness routines, and underlying principles of physical fitness.

## Course Textbook and Materials



Hopson, Donatelle, Littrell, Get Fit and Stay Well, 2<sup>nd</sup> Edition

**Please order online.....not available via Doane Bookstore!**

[https://www.amazon.com/Get-Fit-Stay-Well-2nd/dp/0321754336/ref=sr\\_1\\_2?ie=UTF8&qid=1492784278&sr=8-2&keywords=hopson+get+well,+get+fit+2nd](https://www.amazon.com/Get-Fit-Stay-Well-2nd/dp/0321754336/ref=sr_1_2?ie=UTF8&qid=1492784278&sr=8-2&keywords=hopson+get+well,+get+fit+2nd)

**ISBN-13:** 978-0321754332

**ISBN-10:** 0321754336

## Course Objectives

At the completion of this course students will be able to:

1. Identify key components of improved nutrition
2. Describe ways to manage weight and stress
3. Define Cardiovascular Disease and how to lower the risk

## Course Requirements

### Online Course

This is an online course and therefore there will not be any face-to-face class sessions. All assignments and course interactions will utilize our Blackboard course management system.

### Computer Requirements

This course requires that you have access to a computer that can access the internet. You will need to have access to, and be able to use, the following software packages:

- A web browser (Mozilla Firefox, Safari, Chrome)
- Adobe Acrobat Reader (free)
- Adobe Flash Player (free)

- Google Apps

You are responsible for having a reliable computer and internet connection throughout the course. Knowledge of saving and attaching files to blackboard or email is also required. See campus IT for assistance.

### **Email and Internet**

You must have an active Doane College e-mail account and access to the Internet. *All instructor correspondence will be sent to your Doane College e-mail account.* Please plan on checking your DC email account regularly for course related messages.

This course uses Blackboard for the facilitation of communications between faculty and students, submission of assignments, and posting of grades. The Blackboard Course Site can be accessed at <http://bb2.doane.edu>

### **Campus Network or Blackboard Outage**

When access to Blackboard is not available for an extended period of time (greater than one entire evening - 6pm till 11pm) you can reasonably expect that the due date for assignments will be changed to the next day (assignment still due by midnight).

### **Attendance/Participation**

*Preparation* for class means reading the assigned readings & reviewing all information required for that week. *Attendance* in an online course means logging into the Blackboard and on a regular basis and *participating* in the all of activities that are posted in the course.

### **Studying and Preparation Time**

The course requires you to spend time preparing and completing assignments. A one-credit course requires **5-8 hours** of student work. (8 week course)

### **Late or Missed Assignments**

All assignments must be finished and turned in to complete the course. Unless the instructor is notified BEFORE the assignment is due and provides an opportunity for the student to submit his/her assignment late, points may be taken off for a late assignment

### **Submitting Assignments**

All assignments, unless otherwise announced by the instructor, **MUST** be submitted via Blackboard. Each assignment will have a designated place to submit the assignment.

### **Drop and Add dates**

If you feel it is necessary to withdraw from the course, please contact your advisor for full details on the types of withdrawals that are available and their procedures.

### **Subject to change notice**

All material, assignments, and deadlines are subject to change with prior notice. It is your responsibility to stay in touch with your instructor, review the course site regularly, or communicate with other students, to adjust as needed if assignments or due dates change.

### **Academic Integrity**

Doane College expects and requires all its students to act with honesty and integrity, and respect the rights of others in carrying out all academic assignments.

*The Doane University Academic Integrity Policy will be adhered to in this class. All projects and tests will represent your own work. Any use of others' ideas and words without proper citation of sources is*

*plagiarism and will result in penalties to be determined by the instructor and/or dean of undergraduate studies.*

For more information on academic integrity, including the policy and appeal procedures.

## **Course Grading**

### **Grades and Grading Scale**

Assignment of letter grades is based on a percentage of points earned. The letter grade will correspond with the following percentages achieved. All course requirements must be completed before a grade is assigned.

A 100-90  
B 89-80  
C 79-70  
D 69-60  
F 59-below

**See the requirements for the specific Assignments on Blackboard**

## **How to Succeed in this Course**

- Check your Doane College email regularly
- Log in to the course web site every 3 days
- Communicate with your instructor
- Follow instructions on blackboard regarding final reflection paper.
- Create a study schedule so that you don't fall behind on assignments.

## **Student Conduct Statement**

Students are required to adhere to the behavior standards listed in **Doane University Policy Manual**

Appropriate classroom behavior is defined by the instructor. This includes the number and length of individual messages online. Course discussion messages should remain focused on the assigned discussion topics. Students must maintain a cordial atmosphere and use tact in expressing differences of opinion. Inappropriate discussion board messages may be deleted if an instructor feels it is necessary. Students will be notified privately that their posting was inappropriate.

Student access to the course Send Email feature may be limited or removed if an instructor feels that students are sending inappropriate electronic messages to other students in the course.

## **Syllabus Disclaimer**

The instructor views the course syllabus as an educational contract between the instructor and students. Every effort will be made to avoid changing the course schedule but the possibility exists that unforeseen events will make syllabus changes necessary. The instructor reserves the right to make changes to the syllabus as deemed necessary. Students will be notified in a timely manner of any syllabus changes face-to-face, via email or in the course site Announcements. Please remember to check your Doane College email and the course site Announcements often.

## **Technical Support Contact Information**

For technical assistance 24 hours a day, 7 days a week, please contact the Doane University Technology Office Help Desk:

Phone: 402-826-8411

Email: [helpdesk@doane.edu](mailto:helpdesk@doane.edu)

Web: <http://www.doane.edu>

## **Accessibility Statement**

In compliance with the Rehabilitation Act of 1973, Section 504, and the Americans with Disabilities Act of 1990, professional disability specialists and support staff at Doane University facilitate a comprehensive range of academic support services and accommodations for qualified students with disabilities. Doane University staff coordinate transition from high schools and community colleges, in-service training for faculty and staff, resolution of accessibility issues, community outreach, and collaboration between all Doane University regarding disability policies, procedures, and accommodations.