

**PED 101: Physical Activity Course**  
**Course Syllabus Winter I**  
**1 Credit Hour**

Instructor Information

Kelsey Pruss, M.S.

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Course Description

This class will provide an opportunity for students to get physical activity. Students will be able to complete the **majority** of the physical activity on their own, but it will also include a few in-class meetings to give information, guidance, feedback, and practical application to students regarding their progress.

**Class Meetings**

Tuesday, October 17<sup>th</sup>

Tuesday, November 21<sup>st</sup>

Materials

Anytime class meets, students should wear and/or bring clothing and shoes that allow comfortable movement.

Course Objectives

1. To develop and improve motor skills.
2. To develop a sound body in which a sound mind can function.
3. To gain a new level of physical fitness and well-being.

Course Project

A minimum of 20 hours of activity is required, and must take place over the course of the term (8 weeks). A weekend tournament will not be accepted. The activity will be logged and turned in to the instructor by Friday, December 1<sup>st</sup>. Projects can be emailed to the instructor if necessary.

Logs of activity should consist of four columns and track: DATE—ACTIVITY—TIME—TOTAL TIME

Example:

DATE	ACTIVITY	TIME	TOTAL TIME
1/9/2017	Walking	0.75 hours	0.75 hours
1/10/2017	Yoga	1 hour	1.75 hours

Student safety is a paramount concern. If you cycle wear a helmet. If you run wear good shoes and stay out of dangerous areas. PLEASE DO NOT exercise beyond your stamina, when you are tired, accidents happen.

Grading:

This is a graded course. A late project will lose 5% for each day late with a maximum of 6 days allowed.

Categories	Weight by %	Points
Attendance (2)	30%	60 (30 each)
Participation (2)	30%	60 (30 each)
Final Project	40%	80
<b>Total</b>	<b>100%</b>	<b>200</b>

Letter Grade	Point Ranges	Grade Point Value
A	180-200	4.00
B	160-179	3.00
C	140-159	2.00
D	120-139	1.00
F	0-119	0.00

#### Academic Integrity Policy

Honesty and personal integrity should be honored at all times (not just in this course). Cheating, plagiarism, and any other forms of academic dishonesty will not be tolerated.

Doane University's Academic Integrity Policy will be followed and you can find it here: <http://catalog.doane.edu/content.php?catoid=4&navoid=191>

#### 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.

#### Accommodations for Students with Disabilities

Students with disabilities substantially limiting a major life activity are eligible for reasonable accommodations in college programs, including this course.

Accommodations provide equal opportunity to obtain the same level of achievement while maintaining the standards of excellence of the university. If you have a disability that may interfere with your participation or performance in this course, please contact me. To discuss accommodation options and other special learning needs you can also contact Tere Francis (email: [terefrancis@doane.edu](mailto:terefrancis@doane.edu)) in the Academic Support Center.

#### 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 University email and the course site Announcements often.