

HHP 101: Physical Activity Course
Course Syllabus Summer 2018
1 Credit Hour

Instructor Information

Kelsey Pruss, M.S.

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Course Description

An opportunity for physical conditioning through a variety of activities.

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.

Students will spend approximately 4 hours a week preparing for and actively participating in this course.

Class Meetings

Tuesday, May 22nd

Tuesday, June 19th

Materials

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

Course Outcomes as Related to the Doane Core

Through this class, students will be able to pursue a healthy lifestyle. This looks like:

1. Examining the factors that promote or inhibit a healthy lifestyle to maximize individual potential.
2. Engaging in self-examination of their own behaviors and attitudes.
3. Developing and applying insights and skills to live a healthy, balanced, impactful life.

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, July 20th. Projects can be emailed to the instructor or left at the front desk of Fred Brown Center.

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. 75% of work must be completed to receive an incomplete grade (if necessary). If a student falls more than two weeks behind, they cannot meet this requirement.

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

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

Technological Problems

For technology-related issues, such as computer or Blackboard, contact <http://helpdesk.doane.edu> or call 402-826-8411

Attendance Policy

Because this class only meets twice, attendance is mandatory. If you are going to be gone, you will lose attendance and participation points for that day. Extenuating circumstances may apply, and if that is the case, please contact me ASAP.

Academic Integrity Policy

Doane University expects and requires all its students to act with honesty and integrity, and respect the rights of others in carrying out all academic assignments. Academic dishonesty, the act of knowingly and willingly attempting or assisting others to gain academic success by dishonest means, is manifested in various measures. Gehring et al, (1986) suggested that four categories of academic dishonesty exist:

1. Cheating
2. Fabrication
3. Facilitating academic dishonesty
4. Plagiarism

For more information on academic integrity, please visit the website:

<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

Please see student handbook

<http://catalog.doane.edu/content.php?catoid=5&navoid=452>

Disability Services

Please contact Chris Brady at chris.brady@doane.edu or 402-467-9031

Student Support

Please see student handbook

<https://www.doane.edu/graduate-and-adult/academic-support>

Military Support

<https://www.doane.edu/graduate-and-adult/military>

Harassment

<http://catalog.doane.edu/content.php?catoid=5&navoid=452>

Grade Appeal Process

See student handbook

<http://catalog.doane.edu/content.php?catoid=5&navoid=238>

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.