SYLLABUS

Course Title	Theory of Lifetime Physical Fitness
Course Number	HHP 104
Number of Credits	1 semester credit
Course Dates	3/9/20 - 5/9/20
Instructor	Kelsey Pruss
Email Address	kelsey.pruss@doane.edu - best method of communication
Office Hours/Availability	By appointment
Phone Number	402-467-9071 (office number)
Textbook Information: (e.g. title, edition, publisher, ISBN)	No textbook required
Additional Course Materials	Access to a personal computer/smartphone will be needed for the written project
Course Description	A half-semester 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.

Program Outcomes	HHP 104 satisfies one of three credits required for Fundamentals in the Doane Core.
Course Learning Outcomes/Objectives	Course Objectives: 1. Understand basic nutritional concepts and body fat regulation. 2. Understand the principles of physical fitness. 3. Understand the importance of physical fitness and good nutrition in every stage of their life. 4. Understand how to develop a fitness program for themselves using available resources.
Technology Requirements	https://www.doane.edu/faq/minimum-computer-requirements

Course Schedule

Week or Module	Topic	Content	Assessments Matched to Learning Outcomes	Due Date & Time
Tuesday, February 11th	Why is Physical Fitness and Wellness Important?	A lecture and videos covering holistic wellness, physical fitness, SMART goals, and a lead in to the Final Project.	Four days of My Fitness Pal food tracking (which builds into the Final Project).	Tuesday, February 18th at 6:00pm
Tuesday, February 18th	Nutrition and Exercise Principles	A lecture and videos covering nutrition and	The remainder of the final project.	Friday, March 6th at 4:00pm

		exercise basic principles		
Tuesday, February 25th	Motivation and Reaching Goals	A mini lecture on the effects of motivation; the final exam	48 question multiple choice final exam	At the end of class.

Grading Assessments

Type of Assessment	**Points**	**Total possible points**
Attendance	8 points each week	24 points
Participation	8 points each week	24 points
Final Project	96 points	96 points
Exam	96 points	96 points

Grade Scale

A+ = 97-100% A = 94-96% A- = 90-93% B+ = 87-89% B = 84-86% B- = 80-83%
C+ = 77-79% C = 74-76% C- = 70-73% D+ = 67-69% D = 64-66% D- = 60-63%
F= 59% or below

Participation Policy	A student is expected to be prompt and regularly attend on-ground classes in their entirety. Regular engagement is expected for on-line courses. Participation in class discussions is an integral part of your grade.

Study Time	Expectation of the amount of time the course requires students to spend preparing and completing assignments. Typically, students could expect to spend approximately 4 hours a week preparing for and actively participating in this 1 credit hour course. This actual time for study varies depending on students' backgrounds.
Late Work	A late assignment 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.
Submitting Assignments	Assignments can either be handed in in person, emailed to the instructor via Blackboard, or left with the receptionist at the front desk of Fred Brown Center.
Communication Policy including Assignment Feedback	Please allow 24 business hours for a response from your instructor.
Academic Integrity Policy	http://catalog.doane.edu/content.php?catoid=17&navoid=1402#academic-integrity-policy
Academic Support	Please contact academicsupport@doane.edu https://www.doane.edu/graduate-and-adult/academic-support
Disability Services	https://www.doane.edu/disability-services Doane University supports reasonable accommodations to allow participation by individuals with disabilities. Any request for accommodation must be initiated by the student as soon as possible. Each student receiving accommodations is responsible for his or her educational and personal needs while enrolled at Doane University.
Military Services	https://www.doane.edu/graduate-and-adult/military
Anti-Harassment Policy	http://catalog.doane.edu/content.php?catoid=5&navoid=452
Grade Appeal Process	http://catalog.doane.edu/content.php?catoid=5&navoid=238

Credit Hour Definition	Doane University follows the federal guideline defining a credit hour as one hour (50 minutes) of classroom or direct faculty instruction and a minimum of two hours of out-of-class student work each week for approximately fifteen weeks (one semester), or the equivalent amount of work over a different time period (e.g., an 8-week term). This definition applies to courses regardless of delivery format, and thus includes in-person, online, and hybrid courses (combination of in-person and online). It also applies to internship, laboratory, performance, practicum, research, student teaching, and studio courses, among other contexts.
Syllabus Changes	Circumstances may occur which require adjustments to the syllabus. Changes will be made public at the earliest possible time.