



SYLLABUS

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| Course Title | Theory of Lifetime Physical Fitness |
| Course Number | HHP 104 |
| Number of Credits | 1 semester credit |
| Course Dates | 5/25/20 - 7/25/20 |
| 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) |
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| 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 |
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| 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. |

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| Program Outcomes | HHP 104 satisfies one of three credits required for Fundamentals in the Doane Core. |
| Course Learning Outcomes/Objectives | <p>Course Objectives:</p> <ol style="list-style-type: none"> 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. |
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| 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 |
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| Tuesday, June 2nd | Why is Physical Fitness and Wellness Important? | <p>LIVE ZOOM INTRODUCTIONS (link to be provided)</p> <p>A lecture/videos covering holistic wellness, physical fitness, SMART goals, and a lead in to the Final Project.</p> | Four days of My Fitness Pal food tracking (which builds into the Final Project). | Tuesday, June 9th at 6:00pm |

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| Tuesday, June 9th | Nutrition and Exercise Principles | A lecture and videos covering nutrition and exercise basic principles | The remainder of the final project. | Friday, July 31st at 4:00pm |
| Tuesday, June 16th | Motivation and Reaching Goals | A mini lecture on the effects of motivation; the final exam | 48 question multiple choice final exam, built in Blackboard under the Assignments tab | Sunday, June 21st, at 11:59pm. |

Grading Assessments

| Type of Assessment | Points | Total possible points |
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| 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

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| 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. |
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| 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 |

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| 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. |