SYLLABUS

Course Title	Physical Activity Course
Course Number	HHP 101
Number of Credits	1 semester credit
Course Dates	8/17/20 - 10/10/20
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	Clothing and shoes that allow comfortable movement.
Course Description	A course offering choices from a list of physical activities. The student will actively participate in activities such as: net and racquet sports (badminton, tennis, pickleball), golf, weight training, creative movement, jazz dance, yoga, cardio-kick boxing, and outdoor activities (archery, angling, orienteering, geocaching, and flyfishing).

Program Outcomes	
Course Learning Outcomes/Objectives	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.
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, August 18th	Benefits of Physical Activity	Physical activity guidelines lecture & cardiovascular workout	Physical activity tracking log	Friday, October 2nd at 4:00pm
Tuesday, September 15th	Physical Activity Variety	Physical activity tracking log updates & yoga Workout	Physical activity tracking log	Friday, October 2nd at 4:00pm

Grading Assessments

Type of Assessment	Points	Total possible points
Attendance	30 points each week	60
Participation	30 points each week	60
Physical Activity Tracking Log	80 points	80

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 Canvas, 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.