



## SYLLABUS

<b>Course Title</b>	Theory of Lifetime Fitness
<b>Course Number</b>	HHP 104-ONL
<b>Number of Credits</b>	1 credit
<b>Course Dates</b>	1/13/20 - 3/7/20
<b>Instructor</b>	Nick Ginapp
<b>Email Address</b>	nick.ginapp@doane.edu
<b>Office Hours/Availability</b>	Via Email
<b>Phone Number</b>	Please Use Email
<b>Textbook Information: (e.g. title, edition, publisher, ISBN)</b>	<b>Hopson, Donatelle, Littrell, <u>Get Fit and Stay Well</u>, 2<sup>nd</sup> Edition</b> <b>Please order online.....not available via Doane Bookstore!</b> <b>ISBN-13: 9780134452289</b>
<b>Additional Course Materials</b>	N/A
<b>Course Description</b>	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.
<b>Program Outcomes</b>	Foundational Area of Knowledge: Fundamentals  Completes the requirement for one credit in this FAK.
<b>Course Learning Outcomes/Objectives</b>	At the completion of this course students will be able to: 1. Identify key components of Fitness Principles, Muscular Strength and Endurance, and Improved Nutrition 2. Describe ways to manage stress 3. Define Disease and how to lower the risk
<b>Technology Requirements</b>	<a href="https://www.doane.edu/faq/minimum-computer-requirements">https://www.doane.edu/faq/minimum-computer-requirements</a>

## Course Schedule

Week or Module	Topic	Content	Assessments Matched to Learning Outcomes	Due Date & Time
1	Changing Personal Behavior for Optimal Wellness/Fitness Principles	-Read Chapters 1 and 2  -Complete Assignments	-Intro Quiz  -Discussion Board	-End of Course
2	Changing Personal Behavior for Optimal	-Read Chapters 1 and 2	-Discussion Board  -Journal	-End of Course

	Wellness/Fitness Principles	-Complete Assignments		
3	Conditioning Your Cardiorespiratory System	-Read Chapter 3 -Complete Assignments	-Discussion Board -Quiz	-End of Week 3
4	Building Muscular Strength and Endurance	-Read Chapter 4 -Complete Assignments	-Discussion Board	-End of Week 4
5	Improving Your Nutrition	-Read Chapter 7 -Complete Assignments	-Discussion Board -Journal -Quiz	-End of Week 5
6	Managing Stress	-Read Chapter 9 -Complete Assignments	-Discussion Board	-End of Week 6
7	Reducing the Risk of Disease/Cancer	-Read Chapters 10-12 -Complete Assignments	-Discussion Board -Journal -Quiz	-End of Week 7
8	Wrap Up	-Final Assignment		-End of Course

#### Grading Assessments

Type of Assessment	Points	Total possible points
-See Blackboard for various point totals		


### **Online Courses ONLY**

#### **Online Course**

This is an online course and therefore there will not be any face-to-face class sessions. All assignments and course interactions will utilize internet technologies.

#### **Communicating with the Instructor**

This course uses a “three before me” policy in regards to student to faculty communications. When questions arise during the course of this class, please remember to check these three sources for an answer before asking me to reply to your individual questions:

1. Course syllabus
2. Announcements in Blackboard
3. The “Question Center” discussion board

This policy will help you in potentially identifying answers before I can get back to you and it also helps your instructor from answering similar questions or concerns multiple times.

If you cannot find an answer to your question, please first post your question to the “Question Center” discussion board. Here your question can be answered to the benefit of all students by either your fellow students who know the answer to your question or the instructor. You are encouraged to answer questions from other students in the discussion forum when you know the answer to a question in order to help provide timely assistance.

If you have questions of a personal nature such as relating a personal emergency, questioning a grade on an assignment, or something else that needs to be communicated privately, contact me via email or phone. My preference is that you will try to email me first. Please allow 24 hours for me to respond to emails Monday-Friday and 48 hours on the weekend.

If you have a question about the technology being used in the course, please contact the Doane University Help Desk for assistance.

Phone: 402-826-8411

Email: [helpdesk@doane.edu](mailto:helpdesk@doane.edu)

Web: <http://www.doane.edu>

#### **Computer Requirements**

Minimum computer requirements for the successful use of Blackboard:

[http://www.doane.edu/about-doane/offices/its/help-and-support#min\\_requirements](http://www.doane.edu/about-doane/offices/its/help-and-support#min_requirements)

Minimum computer requirements for success in this course:

- Reliable computer and internet connection
- A web browser (Chrome or Mozilla Firefox)
- Adobe Acrobat Reader (free)
- Adobe Flash Player (free)
- Word processing software—Microsoft Word or Google Docs

- Webcam and mic

You are responsible for having a reliable computer and internet connection throughout the course.

### **Email and Internet**

You must have an active Doane University e-mail account and access to the Internet. *All instructor correspondence will be sent to your Doane University e-mail account.* Please plan on checking your Doane Gmail account regularly for course related messages.

This course uses Blackboard for the facilitation of communications between faculty and students, submission of assignments, and posting of grades. The Blackboard Course Site can be accessed at <http://bb2.doane.edu>

### **Submitting Assignments**

All assignments, unless otherwise announced by the instructor, **MUST** be submitted via Blackboard. Each assignment will have a designated place to submit the assignment.

### **Campus Network or Blackboard Outage**

When access to Blackboard is not available for an extended period of time (greater than one entire evening - 6pm till 11pm) you can reasonably expect that the due date for assignments will be changed to the next day (assignment still due by midnight).

### **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					

<b>Participation Policy</b>	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.
<b>Study Time</b>	Expectation of the amount of time the course requires students to spend preparing and completing assignments. Typically, students could expect to spend approximately 12 hours a week preparing for and actively participating in this 8-week 3 credit hour course. This actual time for study varies depending on students' backgrounds.
<b>Late Work</b>	Late work will be accepted at the discretion of the instructor. There will be point deductions for late work.

<b>Submitting Assignments</b>	Students must submit assignments via Blackboard, unless permission is given otherwise.
<b>Communication Policy including Assignment Feedback</b>	The 48 hour rule will be used regarding timeliness in responding to emails. Also, assignments will be graded by the end of the following week.
<b>Academic Integrity Policy</b>	<a href="http://catalog.doane.edu/content.php?catoid=2&amp;navoid=149#Academic_Integrity_Policy">http://catalog.doane.edu/content.php?catoid=2&amp;navoid=149#Academic_Integrity_Policy</a>
<b>Academic Support</b>	Please contact academicsupport@doane.edu <a href="https://www.doane.edu/graduate-and-adult/academic-support">https://www.doane.edu/graduate-and-adult/academic-support</a>
<b>Disability Services</b>	<a href="https://www.doane.edu/disability-services">https://www.doane.edu/disability-services</a> 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.
<b>Military Services</b>	<a href="https://www.doane.edu/graduate-and-adult/military">https://www.doane.edu/graduate-and-adult/military</a>
<b>Anti-Harassment Policy</b>	<a href="http://catalog.doane.edu/content.php?catoid=5&amp;navoid=452">http://catalog.doane.edu/content.php?catoid=5&amp;navoid=452</a>
<b>Grade Appeal Process</b>	<a href="http://catalog.doane.edu/content.php?catoid=5&amp;navoid=238">http://catalog.doane.edu/content.php?catoid=5&amp;navoid=238</a>
<b>Credit Hour Definition</b>	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.
<b>Syllabus Changes</b>	Circumstances may occur which require adjustments to the syllabus. Changes will be made public at the earliest possible time.

<b>Doane Syllabus Addendum</b>	Each student is responsible for being aware of the policies, resources, and expectations as specified in the Doane Syllabus Addendum located at <a href="https://www.doane.edu/Syllabus">https://www.doane.edu/Syllabus</a> .
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