

**Physical Education Activity Program
Health & Fitness
KINE 198- 803 Aerobic Running**

Instructor of Record: Chad Nelson
Office: 225 PEAP
Office Hours: by appt.

Phone: 979-862-4825
E-Mail: cnelson@hlkn.tamu.edu

Email Instructions for Instructor of Record:

To: cnelson@hlkn.tamu.edu

Subject: Run 198

“Run 198” is all you put in the subject line. I will email you back if you follow instructions.

- a. **Activity Instructor:** Matt Casale **Phone:** 979-862-7746
Office: 239 PEAP **E-Mail:** mathew.casale@hlkn.tamu.edu
Office Hours: M/W 10:30-11:30
- b. **Activity Instructor:** Jorge Granados **Phone:** 979-458-2711
Office: 250 PEAP **E-Mail:** j.granados@hlkn.tamu.edu
Office Hours: W 9:00am-10:00am/ by appt.
- c. **Activity Instructor:** Ayland Letsinger **Phone:** 979-458-2711
Office: 250 PEAP **E-Mail:** Ayland@tamu.edu
Office Hours: M 12:30-1:30 /by apt.

Attire: Proper clothes and shoes designed specifically for Strength Training on activity days.

Required Materials:

Bounds, L., Agnor, D., Darnell, G., & Brekken Shea, K. (2012). Health & Fitness: A Guide to a Healthy Lifestyle (5th edition). Dubuque, IA: Kendall/Hunt Publishing Co.
ISBN 978-1-4652-0712-8

Course Description:

Health and Fitness is intended for the student who is seeking knowledge and practical application of wellness choices to their life. The course consists of two components, lecture and activity. Students will meet face-to-face one day per week for the activity portion of the class and work approximately the equivalent of one day per week online with lecture materials. The lecture portion will cover current health issues including mental and physical health, nutrition, human sexuality, communicable and non-communicable diseases, use and abuse of drugs, and safety. The activity portion will consist of 14 class days and cover basic knowledge and techniques of strength training and improving the individual's fitness through the utilization of this knowledge.

Course Rationale:

Research indicates that daily health/fitness related behaviors enhance learning and determine the quality and longevity of our life. This course is designed to provide information to create awareness of and motivation toward development of positive health and fitness behaviors.

Course Objectives:

1. The student will be able to differentiate between healthy and unhealthy behaviors and to recognize behavior change strategies regarding the following topics: physical fitness, nutrition, sexuality, drugs, personal safety, stress and general wellness.

2. The student will be able to define key terms related to physical fitness, nutrition, sexuality, drugs, personal safety, stress, general wellness and human diseases.
3. The student will be able to demonstrate personal awareness concerning the importance of physical fitness, nutrition, sexuality, drugs, personal safety, stress, and general wellness.
4. The student will be able to identify responsible behaviors associated with drug misuse/abuse, personal safety, human sexuality and interpersonal relationships.
5. The student will be able to recognize factors contributing to the development of non-communicable diseases and to the spread of communicable diseases and their treatment options.

Course Website:

This section of KINE 198 is the **hybrid version** of the course and is designed for students to work independently to master lecture materials. The lectures, notes, and materials for this course are provided on the course website: <http://courses.cehd.tamu.edu>. To access the course content please follow these steps:

1. Go to <http://courses.cehd.tamu.edu>
2. Click "Login for Texas A&M Faculty, Staff, and Students"
3. When prompted, enter your NetID and password
4. Then click on the link for "KINE 198 – Health and Fitness "
5. Once logged into the course you will use the links located in the course menu on left side of the homepage to navigate through the course content.

Required Software:

- Internet Browser such as Explorer or Firefox
 - Java
 - Flash Plug-in
 - TAMU email account – all course emails will be sent to your University-sanctioned account
 - Adobe Reader
- **A link is provided on the course website in the "Course Menu" under "Required Materials."**

Technical Support:

If you are experiencing any technical problems with the **website** please contact us via email at kine198help@hlkn.tamu.edu. This is the quickest way to receive technical assistance regarding issues with the website or software required for the course. **Please include your section number and full name in the email.** If you have any other questions related to the class, grading or assignments please contact the instructor of record for your section.

Course Grades:

Your final grade is based on the total number of points earned from the two components of class: lecture and activity. The lecture portion consists of 5 quizzes (4 points each) and three exams (10 points each) for a total of 50 possible points. The activity portion consists of singles and doubles play (15 points), skills testing (15 points) and knowledge assessment (20 points) for a total of 50 possible points. The final grade will be awarded based on the total number of points earned from both components; the maximum number of points is 100.

Lecture Materials:

- **Chapter Quizzes:** The online quizzes are designed to help you assess your mastery of chapter material and to expose you to the type of questions you may see on the exams. All

online quizzes are to be **individual assignments**. If you are suspected to be completing course assignments with another person or within a group, as determined by IP addresses indicated in the activity reports on the course website, you will be contacted to explain your actions.

Once you click on the link you will be redirected to the quiz, complete with directions and another link to take the quiz when you are ready. You will be given 15 minutes to complete each quiz and you will only have one attempt. Please submit each quiz by the posted due date and time. Time will not be extended under any circumstances.

To complete the quiz and submit it for grading you must click on the *submit all and finish* button. If you click on the *save without submitting* button the timer will continue to count down and at the end of 15 minutes your quiz will automatically be submitted even if you log off the course website. When you complete the quiz, you will see your quiz score.

After the quiz has closed, you will be able to see the quiz questions and your responses. To review your quiz, you will need to click on the quiz. Then you will click on your grade or marks, as this number will be a link. The next page that appears will show your quiz questions, answers, and any feedback.

If you have any questions about the quiz, please wait until after the quiz has closed, then contact your Instructor of Record. You will be responsible for completing each quiz by the assigned due date and time. Each quiz has 20 questions and is worth 4 points.

Exam 1 Content	Quiz	Material to be Covered:	Due By 11:59 pm on:
	A	Syllabus, Module 1 and Module 2	Thursday, Sept. 10
	B	Module 3, Module 4, and Module 5	Thursday, Oct. 1
Exam 2 Content	C	Module 6, Module 7, and Module 8	Thursday, Oct. 29
	D	Module 9 and Module 10	Thursday, Nov. 12
	E	Module 11 and Module 12	Thursday, Nov. 26

- **Exam Procedures:** The exams are designed to assess your mastery of course material. All course materials including lectures, PowerPoint presentations, video, web materials and textbook readings are subject to testing. Exams will be given online. Exams 1 and 2 will be 50 questions each and you will have thirty-eight (38) minutes to complete them. The Cumulative Exam is 20 questions and you will be given 20 minutes to complete it. Each exam is worth 10 points.

Exam 1	Covers Module 1-5	50 Questions/10 Points	Friday, Oct. 9	3:00-5:00 pm
Exam 2	Covers Modules 6-12	50 Questions/10 Points	Friday, Dec. 4	3:00-5:00 pm
Cumulative Exam	Covers Modules 1-12	20 Questions/10 Points	Monday, Dec. 7 *Redefined Friday	3:00-5:00 pm

Please take note of the exam dates and times listed above. If you are unable complete the exam during the designated day and time, you must notify your course instructor to reschedule your exam. As long as appropriate documentation is provided and verified, no penalty will be assessed.

If you have a conflict with either of your scheduled exam dates please read the rescheduling instructions located below:

Exam Conflicts: Exam conflicts will be rescheduled **before** the regularly scheduled exam time/date and are administered by your instructor of record. The days and times of rescheduled exams are scheduled at the convenience of both the student and instructor. Please check your other course syllabi for any exam conflicts immediately.

Acceptable Rescheduling Reasons: Please note that it is your responsibility to provide proper documentation to the instructor of record for your section prior to the exam. We reserve the right to verify any documentation's authenticity.

Below are some examples of acceptable rescheduling reasons:

- Have a class at the same time (your official class schedule will need to be submitted)
- Conflict with employment (letter from supervisor required)
- Documented illness or injury (doctor's note needs to be submitted)
- Any reason for which you can provide university excused absence documentation (see below in the excused absence section of the syllabus for more details)

Unacceptable Rescheduling Reasons:

Below are some examples of unacceptable rescheduling reasons:

- Conflict with extracurricular activities
- Undocumented personal illness (see the excused absence section below regarding the Explanatory University Excused Absence Form)
- Conflict with athletic practices

If you have a conflict which prevents you from taking the exam at the scheduled time, please contact the instructor of record for your section to make other arrangements as outlined above. Exams not rescheduled according to the procedures outlined above will result in a grade of zero (0).

University Excused Absence Procedures:

Documentation must be delivered to the instructor of record in person or via email no later than 2 business days after you are allowed to return to work or school. *All university excused notes need to include full contact information, as we reserve the right verify your excused absence.*

Grading:

Online/Lecture Portion

		Grade Scale	
Exam 1	10 pts	90-100	=A
Exam 2	10 pts	80-89	=B
Cumulative Exam	10 pts	70-79	=C
Quizzes 5@ 4 pts	20 pts	60-69	=D
		Below 60	=F

Activity Portion

Total for Lecture and Activity 100 pts

Academic Integrity Statement:

“An Aggie does not lie, cheat, or steal, or tolerate those who do.”

Upon accepting admission to Texas A&M University, individuals immediately assume a commitment to uphold the Honor Code, to accept responsibility for learning, and to follow the philosophy and rules of the Honor System. Ignorance of the rules does not exclude any member of the Texas A&M University community from the requirements or the processes of the Honor system. Please think about what this honor code means, and let it shape and guide your behavior. For additional information please visit: <http://www.tamu.edu/aggiehonor/>

Student Rules:

Each student has the responsibility to be fully acquainted with and to comply with the *Texas A&M University Student Rules*. More specific rules, information and procedures may be found in various publications pertaining to each particular service or department. For more information about the rules, please visit, <http://student-rules.tamu.edu/>.

PLEASE NOTE:

The handouts used in this course are copyrighted. By “handouts”, I mean all materials generated for this class, which include, but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.

As commonly defined, plagiarism consists of passing off as one’s own, the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it in as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic crimes, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicate.

It is also considered Academic Dishonesty to provide falsified documentation in order to obtain an excused absence.

If you have any questions regarding plagiarism, please consult the latest issue of the *Texas A&M University Student Rules*, under the section “Scholastic Dishonesty”.

Disclaimer:

Should you have any problems or comments that you would like to share about the lecture portion of the hybrid course, please contact Kristin Slagel, Instructional Assistant Professor in the Department of Health & Kinesiology, by email at kslagel@hlkn.tamu.edu. Please include the course and section number for your class.

Caveat:

The schedule and procedures in this course are subject to change in the event of extenuating circumstances.

Lecture Calendar:

Date	Module	Subject	Readings	Lecture
Aug. 31- Sept. 4	1	Introduction	Text: 1-14	1)7 Dimensions of Wellness, Goal Setting By Beth Netherland

Sept. 7-11	2	Stress and Psychological Health	Text: 29-46	1)Overview of stress By Ledric Sherman 2)Eating Disorders By Gretchen Tyson
Thursday, Sept. 10 by 11:59 pm: QUIZ A-20 questions/4 points covering the Syllabus, Module 1 and Module 2				
Sept. 14-18	3	Personal Fitness	Text: 59-90	1)Health-related versus skill related, 2)FITT and components of a workout and 3)Principles of Training By Teri Wenzel
Sept. 21-25	4	Nutrition and Weight Management	Text: 153-195, 207-226	1)Types of diets By Gayden Darnell 2)Fast food By Alyssa Locklear 3)Lifetime weight management By Kirsten Brekken-Shea
Sept. 28 - Oct. 2	5	Hypokinetic Conditions	Text: 107-141	1)Overview of hypokinetics and 2) Cardiac chain of survival By Kristin Slagel
Thursday, Oct. 1 by 11:59 pm: QUIZ B-20 questions/4 points covering Modules 3, 4, and 5				
Friday, Oct. 9, 3:00-5:00 pm EXAM 1-50 questions/10 points covering Modules 1-5				
Oct. 12-16	6	Human Diseases	Text: 292-316, 403-427	1)STIs and 2)Communicable and non-communicable diseases By Joe Danenbaum
Oct. 19-23	7	Relationships	Text: 235-254	1)Styles of communication and conflict resolution By Michael Thornton
Oct. 26-30	8	Sexuality	Text: 269-292	1)Anatomy and methods of contraception and 2)Options for unplanned pregnancy By Alyssa Locklear
Thursday, Oct. 29 by 11:59 pm: QUIZ C-20 questions/4 points covering Modules 6, 7, and 8				
Nov. 2-6	9	Illicit Drugs	Text: 347-357	1)Classification of drugs By Casey Dean 2)Misuse and Abuse of OTC and Prescription drugs By Beth Netherland
Nov. 9-13	10	Alcohol and Tobacco	Text: 329-347, Facts on Alcohol Poisoning	1)Laws regarding alcohol By Dottiedee Agnor 2)Tobacco By Beth Netherland
Thursday, Nov. 12 11:59 pm: QUIZ D-20 questions/4 points covering Modules 9 and 10				
Nov. 16-20	11	Safety Awareness	Text: 373-389, <i>Shots Fired: Student Edition</i>	1)Distracted driving By Dottiedee Agnor 2)Campus and community resources By Allan Baron 3)Social Networking Safety By Kristin Slagel
Nov. 23-27	12	Complementary and Alternative Medicines	Text: 439-458	1)Overview of Complementary and Alternative Medicine By Mike Hanik 2)Guided Meditation By Kirsten Brekken-Shea
Thursday, Nov. 26 by 11:59 pm: QUIZ E-20 questions/4 points covering Modules 11 and 12				
Friday, Dec. 4, 3:00-5:00 pm Exam 2- 50 questions/10 points covering Modules 6-12				

Attention Students:

1. It is the responsibility of the student to inform his/her instructor if they have a condition that may impair or influence participation in an activity class (e.g. physical handicap, use of medication, etc.).
2. Should you become unable to participate in or complete the skill evaluation in this activity class, alternative methods of evaluation may be provided at the instructor's discretion.
3. The courses in which you have elected to participate are either required as part of your major or elected. Regardless of the case, you must realize that there is a certain assumption of risk, which you engender when you participate in activity classes such as these. You must be aware of the assumption.

Americans With Disabilities Act (ADA) Policy Statement:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the Department of Student Life, Services for Students with Disabilities, in Cain Hall or call 845-1637.

ATTENDANCE POLICY for KINE 199 and 198

Attendance is a critical component of all KINESIOLOGY classes and is essential to learning a skill. Additionally due to the skill progressions found in teaching activities, it is crucial, for safety reasons, to require regular attendance.

A student shall be allowed 2 unexcused absences without penalty. For each unexcused absence beyond the first two unexcused absences, 15 points will be deducted from the final grade. **PLEASE NOTE:** A student will **automatically fail** upon receiving 4th unexcused absence. Excused absences, as defined in Rule 7 of the Texas A&M University Student Rules will not result in any point deduction, however written documentation will be required to receive an excused absence. Any combination of excused and unexcused absences totaling 7 or more, where no more than 3 absences are unexcused will require a grade of Incomplete to be issued in the class.

One point will be deducted from the final grade for each **tardy** up to **10 minutes**. After 10 minutes, the student is considered absent.