

Lifetime Fitness
Soccer PHYA
LFIT <108-403>, <Spring,2020>

Instructor: MaryKate Motley
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Time and Location: 3:30PM, T/TR
1st Day meeting = Fetzer Gym A
Activity Space = Hooker Fields
Lab Space = Gym B

Purpose of the Course: To gain the knowledge and skills necessary to develop a lasting interest in lifetime participation and to increase the student's level of physical fitness and knowledge of life-long health. Students will be able to describe the physical, psychological, and socio-cultural factors and human behaviors that influence human well-being and affect the major health problems of our society; understand the components of health-related physical fitness and their relationship to personal health and well-being; and develop and enhance physical fitness or lifetime sport psychomotor skills.

Course Requirements

Required Material:

1. EBOOK, on Bearface accessed online [through Sakai](#)

Course Fee: There is a \$45.00 fee that will cover the cost of the lab manual, and lab fees. If you drop your LFIT course before **January 24, 2020** you may receive a refund. Please email help@mybearface.com to facilitate this process. Requests after this date will likely not be honored and your money will not be carried over to another semester. You will have to repay the fee if you decide to take the course at a later date.

Grading Scale:

A	93.0-100%	B-	80.0-82.9%	D+	67.0-69.9%
A-	90.0-92.9%	C+	77.0-79.9%	D	60.0-66.9%
B+	87.0-89.9%	C	73.0-76.9%	F	< 60.0%
B	83.0-86.9%	C-	70.0-72.9%		

Grading criteria:

Lab assignments (5)	20%	Students will be required to attend and complete all 5 lab assignments.
Quizzes (8)	25%	There will be a quiz at the end of each online module, for a total of 8 quizzes.
Final exam (1)	20%	Written exam questions will be taken from the online modules and lab material.
Attendance	25%	Students will be expected to come to class and actively participate in the daily activities.
Attitude and Participation	10%	Students will be expected to have a positive presence in class and engage in each activity

Labs – Most of the lab activities will be held in Fetzer Hall Gym B. The instructions for the labs are located in your lab modules on the Bearface website (canvas.mylbearface.com). They are to be completed and turned in on the scheduled date. There will be **no make-up labs dates**. Labs are worth 5 points each, except for lab #2 which is worth 10 points. **Failure to be in lab will result in an absence AND the loss of the 5 points for the lab. More than one missed lab will result in a failing grade.**

Online Lectures and Quizzes – Eight modules are required for to students to read on canvas.mylbearface.com. After each module is complete, the student will have 30 minutes to complete a short quiz. **The deadline for completion of the quizzes is midnight on the due date. Failure to meet the deadline results in an automatic zero.**

Final Exam – The final exam is a comprehensive exam which covers concepts from all 8 modules. The exam may consist of multiple choice, true/false, and short answer questions. The final exam will be given on the last day of class – **not during the scheduled finals period.**

Attendance - Attendance will be taken. Classes and labs are mandatory. Students may not miss more than 1 lab during the semester. **7 or more unexcused absences will result in an F. A total of 10 excused and unexcused absences will result in an F** or the need for a medical drop of the course. Three absences are allowed before

Attendance will be calculated as such:

- Each day will be worth 2 points.
- An unexcused absence will lose both points **(after the 1st).**
- An excused absence **(after the 3rd)** or failure to dress out will lose one point.
- 3 tardies (more than 5 minutes late) will equal **ONE ABSENCE**. . If you show up late, it is your responsibility to check in with your instructor to make sure you are counted as present for the day.

Weather – For outdoor classes: Class will never be cancelled due to weather. Class may be moved inside in the event of inclement weather – but this will be at the discretion of the teacher and you will need to check your email and the board in front of the equipment room before class. Expect to be outside everyday otherwise.

Dress – Proper athletic clothing and shoes must be worn at all times on activity and lab days. Jeans are not acceptable, nor are sandals. Your participation grade will be affected if you do not dress out properly.

Honor Code - It is expected that each student in this class will conduct him or herself within the guidelines of the Honor System. All academic work should be done with the high level of honesty and integrity that is University demands. For more information on the honor code, refer to <http://honor.unc.edu>.

Students may be videotaped by instructors through the use of classroom or handheld monitoring devices during any exams or graded assignments taken in class.

YOU CAN ONLY TAKE ONE LFIT

Please note that effective Fall 2011, you will no longer receive credit for more than one LFIT course. Students may take only one LFIT course during their career at UNC-CH.