

Course: PE 100 "Lifetime Fitness and Wellness"
Professor Dr. Randy Deere
Department: Kinesiology, Recreation and Sport

COURSE GOALS:

After reading the textual material, participating in weekly assignments, the student should be able to meet the overall goals of the course.

- 1) Assesses own fitness level
- 2) Identify health risk factors as they relate to preventable diseases
- 3) Implement health risk factors as they relate to preventable diseases

WRITING ASSIGNMENT INSTRUCTIONS:

To complete the Chapter Writing Assignments and the External Links Assignments do the following: Read the corresponding chapter that you are working on in your textbook. Then open up the Chapter Writing Assignment that you are going to work and answer the questions on your WORD PROCESSOR. Then cut and paste the answers into Blackboard and hit the SUBMIT button at the bottom of the page. The reason you answer the questions on the word processor is in case your computer or server goes down or crashes while you are working on this project, you will have your answers saved and can resubmit. This is very important. At the bottom of the page under the Assignments Icon you will see "External Links. You will need to read the article associated with each chapter and then provide a written summary of the article you have read.

EXTERNAL LINKS ASSIGNMENTS:

To complete the External Links Assignments you will have to do two things;

1. On the opening course page, go to the icon that is titled "Assignments." Open the Icon and go to the bottom of the page and access the External Links Icon that is in red lettering. Choose which ever chapter you are working on. Read the article that is opened.
2. When you open the article, either read it or print it for future use.
3. After you have read the External Link manuscript, open up the External Link Chapter Icon
4. In the box provided, write a complete summary of what you have read. Then make sure you hit the "submit button" at the bottom of the page.

You will do this for each chapter.

ASSIGNMENT DUE DATES:

Chapter 1 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday September 6th, 2011 by 5:00 pm

Chapter 2 Weekly Chapter Assignments and External Link writing assignment is

due on Tuesday September 13th, 2011 by 5:00 pm
Chapter 3 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday September 20th, 2011 by 5:00 pm
Chapter 4 Weekly Chapter Assignments and External Links writing assignment is due on Tuesday September 27th, 2011 by 5:00 pm
Chapter 6 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday October 4th, 2011 by 5:00 pm
Test 1 (Midterm Exam) Chapters 1,2,3,4, & 6 will be posted on Wednesday October 5th and due by Tuesday October 11th. 2011 by 5:00 pm
Chapter 8 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday October 18th, 2011 by 5:00 pm
Chapter 9 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday October 25th, 2011 by 5:00 pm
Chapter 10 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday November 1st, 2011 by 5:00 pm
Chapter 11 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday November 8th, 2011 by 5:00 pm
Chapter 12 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday November 15th, 2011 by 5:00 pm
Chapter 13 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday November 22nd, 2011 by 5:00 pm
Chapter 14 Weekly Chapter Assignments and External Link writing assignment is due on Tuesday, November 29th, 2011 by 5:00 pm
Test 2 (Final Exam) Chapters 8,9,10,11,12,13, and 14 will be posted on Wednesday December 7th and is due on Wednesday the 14th, 2011 by 5:00 pm
** Late assignments are subject to 1/2 credit

TEXTBOOK:

Fahey, T., Insel, P., & Roth, W.T. (2011). Fit and well: Core concepts and labs in physical fitness and wellness (9th Edition). McGraw Hill

GRADE DISTRIBUTION

The course totals are graded by percentages per category. Your grade is not based upon a summation of points. The point totals are categorized based upon percentages of the total points and weighted by the following: 1) Writing and External links assignments 50% of total grade 2) Attendance which is turning in assignments when due 10% of total grade and then 3) Exams which count for 40% of the total category. An example ie. If you make the total points all your writing and external links exams they only count for 50 percent of the grade. If you looked at the total points allowed for the writing and external links assignments then you would be deceived because they might account for 80 percent of total grade if we were figuring your grade based upon a total summation of points. I hope this will explain how your grade will be decided. See the Categories below.

Practice Quiz - 0 %

Chapter Writing Assignments and External Links Assignments - 50%

Timely Study Question Submissions - 10%

2 points per assignment if submitted on time. No points if late

Two Written Tests - 40%

A - 90 to 100 %

B - 80 to 89%

C - 70 to 79%

D - 60 to 69%

F - 59% or Below

Blackboard is set up calculate weighted totals by category. As you will see, there are three categories that compose the final grade: Assignments (worth 50%), On time Submissions (worth 10%) and Tests (worth 40%). Blackboard then weights each assignment in the category equally. Since there are 18 assignments in the Assignments category, Blackboard counts each assignment equally at just over 2.8%. The same goes for the other two, so each of the 9 on time Submissions are worth under 1.1%, and each test is worth 20%.

Academic Dishonesty—Students who commit any act of academic dishonesty may receive from the instructor a failing grade in that portion of the coursework in which the act is detected or a failing grade in the course without possibility of withdrawal. The faculty member may also present the case to the Office of Student Life for disciplinary sanctions. A student who believes a faculty member has dealt unfairly with him/her in a course involving academic dishonesty may seek relief through the Student Complaint Procedure.

Plagiarism—To represent written work taken from another source as one's own is plagiarism. Plagiarism is a serious offense. The academic work of a student must be his/her own. One must give any author credit for source material borrowed from him/her. To lift content directly from a source without giving credit is a flagrant act. To present a borrowed passage without reference to the source after having changed a few words is also plagiarism.

Cheating—No student shall receive or give assistance not authorized by the instructor in taking an examination or in the preparation of an essay, laboratory report, problem assignment or other project which is submitted for purposes of grade determination.