

***School of Kinesiology, Recreation, and Sport***

***Life Fitness & Wellness PE 100 (ONLINE COURSE ONLY)***

***01/02 – 01/19***

**Instructor:** Tracy Lane [tracy.lane@wku.edu](mailto:tracy.lane@wku.edu)  
**Office:** 1026 Smith Stadium  
**Text:** Fit & Well 11<sup>th</sup> edition (Fahey, Insel, & Roth)

***Course Objectives:***

***After reading the textual material, watching power point presentations, participating in online learning activities, the student should be able to meet the overall goals of the course:***

- Describe the components of Health Related Fitness and Wellness.
- Make healthier lifestyle choices.
- Access own fitness/wellness levels.
- Identify health risk factors and understand preventable disease risk management.
- Have a better understanding of physical activity, and be able to select appropriate activities for personal development.

***Method of Evaluation:***

1. Chapter quizzes (10 points per chapter)	150 points
2. Learning activities	50 points
3. Midterm exam	150 points
4. Final exam	150 points

**Total points = 500**

***Grading Scale:***

A = 90% - 100%  
B = 80% - 89%  
C = 70% - 79%  
D = 60% - 69%  
F = 59% and below

***Quizzes and Exams:***

Quizzes and exams will be challenging and will consist of questions from both the text and the power points. The tests will consist of both multiple choice and true/false questions. Quizzes and exams will be completed and submitted online through blackboard. All quizzes and exams you will be given 2 attempts and your highest score will be recorded, **however if you do not complete and submit the test on time, or if your computer shuts off that will count as an attempt**

***Due Dates:***

Week 1:	Chapter 1-5	Quizzes chp.1-5 due Friday, January 5th @ noon
Week 2:	Chapter 6-10	Quizzes chp. 6-10 due Friday, January 12th @ noon
<b>MIDTERM:</b>	Chapter 1-6	Due Tuesday, January 16th @ noon
Week 3:	Chapter 11-15	Quizzes chp. 11-15 due Friday, January 19 <sup>th</sup> @ noon
<b>FINAL</b>	Chapter 7-15	Due Friday, January 19 <sup>th</sup> @ 5pm

***Learning Activities:***

There are 5 total learning activities, they are worth 10 points each for a total of 50 points. You are to complete the learning activity through blackboard. The learning activities are **due according to same chapter quiz deadline, Friday @ noon. Learning activities are in word document however if you do not have access to Microsoft word, please refer to the link under information and week 1.**

***The loss of files:***

**Any problems with blackboard or computer should go to the help desk (270)745-7000, do not contact me pertaining to this. The help desk is not open on Sundays but is open Monday – Friday 7am-8pm, and Saturday noon-8pm.**

***Academic Honesty:***

Students are expected to abide by the Academic requirements and regulations as outlined in the Student Handbook. All acts of dishonesty in any work constitute academic misconduct. Evidence of academic misconduct will result in an F for course.

***Student Disability Services:***

In compliance with university policy, students with disabilities who require accommodations (academic adjustments and/or auxiliary aids or services) for this course must contact the Office for Student Disability Services in DUC A-200 of the Student Success Center in Downing University Center. The phone number is 745-5004. **Please do not request accommodations directly from the professor or instructor** without a letter of accommodation from the Office for Student Disability Services.

The Learning Center (TLC) is available should you require academic assistance with this course, or any other General Education Course. TLC tutors in most major undergraduate subjects and course levels throughout the week, or can direct you to one of many tutoring and assistance Centers across campus. To make an appointment, or request a tutor for a specific class, call 745-6254 or stop by the Academic Advising and Retention Center DUC A330. Log on to TLC's website at [www.wku.edu/tlc](http://www.wku.edu/tlc) to find out more.

***The instructor reserves the right to make necessary changes to the syllabus, class schedule, and learning activities during the class. Students will be notified in advance of any such changes.***