

School of Kinesiology, Recreation, and Sport

Life Fitness & Wellness PE 100 – 702, 704 (WEB ONLINE COURSE ONLY)

1/19 – 4/30

Instructor: Tracy Lane tracy.lane@wku.edu
Office: 1026 Smith Stadium
Office phone: 270-745-3327
Office hours: By appointment
Text: Fit & Well 13th edition (Fahey, Insel & Roth) 12th edition (**NOT** acceptable)

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	100 points
3. Midterm exam	150 points
4. Final exam	150 points

Total points = 550

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:

Module 1: Chapter 1-4 Quizzes chp. 1-4 due Friday, February 12 @ midnight
Module 2: Chapter 5-8 Quizzes chp. 5-8 due Friday, March 5 @ midnight
MIDTERM: Chapter 1-8 Due Tuesday, March 9 @ midnight

Module 3: Chapter 9-12 Quizzes chp. 9-12 due Friday, April 2 @ midnight
Module 4: Chapter 13-15 Quizzes chp.13-15 due Friday, April 23@ midnight
FINAL: Chapter 9-15 Due Monday, April 26 @ midnight

Learning Activities:

There are 6 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 @ midnight. 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.

COVID-19

Out of respect for the health and safety of the WKU community and in adherence with the CDC guidelines, the University requires that a cloth face covering (reusable or disposable) that covers both the nose and mouth must be worn at all times when in public areas within all buildings. Students must properly wear masks face coverings while in class regardless of the room size or the nature of the classroom activities. Students who fail to wear a face covering mask as required will be in violation of the WKU Student Code of Conduct and will be asked to comply or will face disciplinary action, including possible dismissal from the University. Accommodations to masks face coverings must be determined by the Student Accessibility Resource Center and documented before a student may attend class.

Title IX Misconduct/Assault Statement

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's Title IX Sexual Misconduct/Assault Policy (#0.2070) at

<https://wku.edu/eoo/documents/titleix/wkutitleixpolicyandgrievanceprocedure.pdf> and

Discrimination and Harassment Policy (#0.2040) at

https://wku.edu/policies/hr_policies/2040_discrimination_harassment_policy.pdf.

Under these policies, discrimination, harassment and/or sexual misconduct based on sex/gender are prohibited. If you experience an incident of sex/gender-based discrimination, harassment and/or sexual misconduct, you are encouraged to report it to the Title IX Coordinator, Andrea Anderson, 270-745-5398 or Title IX Investigators, Michael Crowe, 270-745-5429 or Joshua Hayes, 270-745-5121. Please note that while you may report an incident of sex/gender based discrimination, harassment and/or sexual

misconduct to a faculty member, WKU faculty are “Responsible Employees” of the University and **MUST** report what you share to WKU’s Title IX Coordinator or Title IX Investigator. If you would like to speak with someone who may be able to afford you confidentiality, you may contact WKU’s Counseling and Testing Center at 270-745-3159.

ADA Accommodation Statement

In compliance with University policy, students with disabilities who require academic and/or auxiliary accommodations for this course must contact the Student Accessibility Resource Center located in Downing Student Union, 1074. SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at sarc.connect@wku.edu. Please do not request accommodations directly from the professor or instructor without a faculty notification letter (FNL) from The Student Accessibility Resource Center.

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.