

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

**Life Fitness & Wellness PE 100 – 700, 702 (WEB ONLINE COURSE ONLY)**

**8/21 – 12/7**

**Instructor:** Tracy Lane [tracy.lane@wku.edu](mailto:tracy.lane@wku.edu)  
**Office:** 1026 Smith Stadium  
**Office phone:** 270-745-3327  
**Office hours:** TBA in blackboard  
**Text:** Fit & Well 15th edition (Fahey, Insel & Roth) 12<sup>th</sup> 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!

|                | <b>Chapters</b>   | <b>Due Date</b>                   |
|----------------|---|-----------------------------------|
| Module 1       | Readings: Chapters 1 - 4<br>Quizzes: Chapters 1 - 4     | Sept 15, Friday @ MIDNIGHT        |
| Module 2       | Readings: Chapters 5 - 8<br>Quizzes: Chapters 5 - 8     | Oct 13, Friday @ MIDNIGHT         |
| <b>MIDTERM</b> | <b>Chapters 1 - 8</b>                                   | <b>Oct 17, Tuesday @ MIDNIGHT</b> |
| Module 3       | Readings: Chapters 9 - 12<br>Quizzes: Chapters 9 - 12   | Nov 10, Friday @ MIDNIGHT         |
| Module 4       | Readings: Chapters 13 - 15<br>Quizzes: Chapters 13 - 15 | Dec 1, Friday @ MIDNIGHT          |
| <b>FINAL</b>   | <b>Chapters 9 - 15</b>                                  | <b>Dec 4, Monday @ MIDNIGHT</b>   |

#### **Learning Activities:**

There are 4 total learning activities, a total of 100 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.

#### **Regular and Substantive Interaction in Online Courses:**

The U.S. Department of Education requires that distance education courses must include regular and substantive interaction between students and faculty. For more information about Regular and Substantive Interaction at WKU, please visit the Regular and Substantive Interaction in Online and Distance Learning webpage. In this course, regular and substantive interaction will take place in the following ways:

- Weekly virtual office hours,
- Explanation of content in each module and its application to the course,
- Weekly announcements, and
- Timely and detailed feedback on assignments provided within one week of submission

## ADA 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, Room 1074. The SARC can be reached by phone number at 270-745-5004 [270-745-3030 TTY] or via email at [sarc.connect@wku.edu](mailto: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.

## Title IX/Discrimination and Harassment

Western Kentucky University (WKU) is committed to supporting faculty, staff and students by upholding WKU's [Sex and Gender-Based Discrimination, Harassment, and Retaliation](#) (#0.070) and [Discrimination and Harassment Policy](#) (#0.2040). 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 Executive Director, Office of Institutional Equity/Title IX Coordinator, Ena Demir, 270-745-6867 or Title IX Investigators or Michael Crowe, 270-745-5429. 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.



## [Sexual Assault Resources](#)

### **CHHS Student Wellness Experience Syllabus Statement:**

Living a balanced life while focusing on all Eight Dimensions of Health (physical/social/emotional/intellectual/occupational/spiritual/environmental/financial) can lead to an enjoyable and successful academic experience as well as a vibrant career and personal life. Students may experience stressors that can impact both their academic experience and their personal well-being. These may include academic pressure and challenges associated with relationships, mental health, alcohol or other drugs, identities, finances, etc. If you want to learn more about self-care or dealing with stressors, seeking help is a courageous thing to do for yourself and those who care about you. Your CHHS student wellness navigators can help you find resources to help you become the best version of yourself:

Marsha Hopper [marsha.hopper@wku.edu](mailto:marsha.hopper@wku.edu) 745-4172

Amy Wininger [amy.wininger@wku.edu](mailto:amy.wininger@wku.edu) 745-2699

**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.**

