AU: HLED 120, Fit For Life
Consortium of Adventist Colleges and Universities

Self-Paced Courses
This course follows a self-paced online format. You have 180 days from your selected start date to complete the course. The last day to withdraw with a full refund is 15 days after your start date.

Instructor Contact
Please refer to course in LearningHub for the teacher contact information.

Communication with the Instructor
It is important to remember that while the Internet is available 24 hours a day, your instructor is not. You can expect that your instructor will respond to e-mail message to you within 2 business days during the week and may not be available to respond on weekends.

Other Assistance

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Username and password assistance</td>
<td><a href="mailto:helpdesk@andrews.edu">helpdesk@andrews.edu</a></td>
</tr>
<tr>
<td>Enrollment and cancellations</td>
<td><a href="mailto:sderegister@andrews.edu">sderegister@andrews.edu</a></td>
</tr>
<tr>
<td>Bookstore</td>
<td><a href="http://bookstore.mbsdirect.net/andrews.htm">http://bookstore.mbsdirect.net/andrews.htm</a></td>
</tr>
<tr>
<td>Technical assistance with LearningHub</td>
<td><a href="mailto:dlit@andrews.edu">dlit@andrews.edu</a></td>
</tr>
<tr>
<td>Technical assistance with your Andrews account</td>
<td>andrews.edu/hdchat/chat.php</td>
</tr>
<tr>
<td>Exam requests</td>
<td><a href="mailto:sdeexams@andrews.edu">sdeexams@andrews.edu</a></td>
</tr>
<tr>
<td>Student Services Support &amp; FAQ</td>
<td><a href="http://www.andrews.edu/distance/students/">www.andrews.edu/distance/students/</a></td>
</tr>
</tbody>
</table>

Any other questions: sde@andrews.edu, (800) 782-4769 or (269) 471-6570

Part 1: Course Information

Course Description
Andrews University
A balanced up-to-date coverage of all critical areas of wellness including physical fitness, nutrition, weight management and stress, as well as the principles of health according to the Bible and Ellen G. White will be studied. Practical tools will be given to help adopt and model healthier lifestyles.
Course Learning Outcomes
Upon successful completion of the course Fitness for Life the student will be able to:
- evaluate his or her current level of physical fitness and develop a program for improvement.
- describe current issues related to physical, mental and spiritual fitness.
- articulate an understanding of health issues and the Seventh-day Adventist church prospective.

Required Text/Material

Credit Hour and Commitment
This course is offered for 1 semester credit; therefore it is expected that you will spend 45 hours total on this course. Suggested schedule(s) to accomplish the work are included in this syllabus.

Part 2: Course Methods and Delivery

Methods of Instruction
Methods of instruction include assigned readings, video presentations, homework assignments, and quizzes. This course also has a final exam. Regular participation in the course is essential to good performance.

Course/Technical Requirements
- Internet connection (DSL, LAN, or cable connection desirable).

LearningHub Access
This course is delivered online through LearningHub at http://learninghub.andrews.edu

Your username and password are your Andrews username and password. You need to activate your username and password to access LearningHub.

Please do this online here: https://vault.andrews.edu/vault/pages/activation/information.jsp if you haven’t already. If you need assistance, call or email us: (296) 471-6016 or helpdesk@andrews.edu.

If you need technical assistance at any time during the course, or to report a problem with LearningHub, please email dlit@andrews.edu or call (269) 471-3960.
Part 3: Course Requirements

Important Note: Activity and assignment details will be explained in detail within each learning module. If you have any questions, please contact your instructor.

Your Schedule
In LearningHub, you will access online lessons, course materials, and resources. This course is self-paced. You must complete the course within 180 days. This is the Consortium policy. You may have a stricter deadline imposed by graduation, financial aid, or other restrictions.

Start by creating a schedule for completion of the course.
- Determine your deadline. Do you need a transcript sent to your home institution?
- Working from your deadline, count backwards. Allow 2 weeks after you take your final exam for your final grade to be calculated. Allow another 2 weeks for the transcript to be processed and sent.
- Now use the suggested schedules to create a schedule for yourself that ensures completion 4 weeks before your deadline.

Submit your course plan to your instructor within LearningHub AND discipline yourself to make regular progress.

Assessment Descriptions
1. Quizzes – Quizzes are timed for 10 minutes and you only have one attempt. Know the textbook material well. You can use your book, but remember you only have 10 minutes.
2. Labs- All Labs can be found at the end of each section, or downloaded from LearningHub.
3. FITT Project - The FITT Project can be downloaded from LearningHub
   a. Water Log – track water intake for 30 days
   b. Sleep Log – monitor sleep patterns for 2 weeks
   c. Activity Log – plan and execute a 4 week physical activity plan
   d. Evaluation Paper – One page review of FITT Project (See PDF)
4. Blogs - Each blog must be 250 words in length and written in complete sentences
5. Journals – There are a total of four journals due. They must be 1 page typed and double-spaced, or a half page single-spaced. Another aspect of wellness is emotional wellness; sometimes writing can bring emotional healing. Listed below are 7 questions. Out of the 7 questions, you need to choose 4:
   - Are you holding onto something that you need to let go of?
   - Was your childhood enjoyable or painful?
   - What stresses you out and what have you done to cope with it?
   - Other than money, what else have you gained from your current job?
   - Who do you think stands between you and happiness?
   - What do you love most about yourself?
   - Who do you need to forgive? Have you been able to forgive this person? Why or why not?
Exams
You are allowed 2 hours to complete the final exam. You must bring your photo ID to the exam. The final exam is worth 15% of your grade.

All exams must be supervised by a school or community official, such as a teacher, librarian, registrar, or pastor, who is not related to the student.

The exam request form will be available in LearningHub after you have completed the assignments prior to the exam. The student must state clearly on the exam request form the professional status, job title, or any other qualifications of the supervisor that will aid the testing department in the approval process. If you are attending a college or university, you must use the testing center at that institution. A student living near the Andrews University School of Distance Education main office in Michigan must have the exams supervised at the School of Distance Education testing office. However, the exam request should be sent in advance of time.

An online exam code cannot be sent to a supervisor who has the same address as the student unless the address is known to be that of a school, mission facility, etc.

All college students must present photo identification to their supervisor's before taking exams.

If you cannot take your exam by the deadline date, email sdeexams@andrews.edu.

No exam is returned to the student or supervisor. Test grades are sent to the student as soon as the exam is graded. Feedback from the instructor for midterm exams will provide information for studying for future exams.

Suggested schedule for completion in 8 weeks:

<table>
<thead>
<tr>
<th>Week</th>
<th>Module(s)</th>
<th>Readings</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro</td>
<td>Introduction and Orientation</td>
<td>Orientation</td>
<td>Submit Schedule Tell About Me Academic Honesty</td>
</tr>
</tbody>
</table>
| 1    | Section 1: Lifestyles for Health, Wellness, and Fitness | • Concept 1: Health Wellness, Fitness and Healthy Lifestyles: An Introduction  
• Concept 2: Self-Management and Self-Planning Skills for Health Behavior Change | • Blog 1  
• Quiz 1  
• Lab 23B (1 lab) Begin Sleeping Log |
| 2    | Section 2: An Introduction to Physical Activity | • Concept 3: Preparing for Physical Activity  
• Concept 4: The Health Benefits of Physical Activity  
• Concept 5: How Much Physical Activity Is Enough? | • Blog 2  
• Quiz 2  
• Labs 3A, 3B & 4A (3 labs)  
• Journal #1  
• Sleep Log |
| 3    | Section 3: The Physical Activity Pyramid | • Concept 6: Moderate Physical Activity: A Lifestyle Approach  
• Concept 7: Cardiovascular Fitness  
• Concept 8: Vigorous Aerobic, Sports, and Recreational Activities  
• Concept 9: Muscle Fitness and Resistance Exercise  
• Concept 10: Flexibility | • Blog 3  
• Quiz 3  
• Lab 7A, 9B, 9C (3 labs)  
• Sleep Log Done |
| 4    | Section 4: Physical Activity: Special Considerations | • Concept 11: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck  
• Concept 12: Performance Benefits of Physical Activity | • Blog 4  
• Quiz 4  
• Lab 11A, 11B, 11C (3 labs)  
• Journal #2 Begin Water Log Begin FITT Project Activity Log |
### Week 5

**Module(s):** Section 5: Nutrition and Body Composition  
- Concept 13: Body Composition  
- Concept 14: Nutrition  
- Concept 15: Managing Diet and Activity for Healthy Body Fatness  

**Readings:**  
- Blog 5  
- Quiz 5  
- Lab 13C, 14A, 15B (3 labs)  
- Continue Logs

**Activities:**  
- Blog 5  
- Quiz 5  
- Lab 13C, 14A, 15B (3 labs)  
- Continue Logs

---

### Week 6

**Module(s):** Section 6: Stress Management  
- Concept 16: Stress and Health  
- Concept 17: Stress Management, Relaxation, and Time Management  

**Readings:**  
- Blog 6  
- Quiz 6  
- Lab 16A, 17B (2 labs)  
- Journal #3  
- Continue Logs

**Activities:**  
- Blog 6  
- Quiz 6  
- Lab 16A, 17B (2 labs)  
- Journal #3  
- Continue Logs

---

### Week 7

**Module(s):** Section 7: Avoiding Destructive Behaviors  
- Concept 18: The Use and Abuse of Tobacco  
- Concept 19: The Use and Abuse of Alcohol  
- Concept 20: The Use and Abuse of Other Drugs  
- Concept 21: Preventing Sexually Transmitted Infections

**Readings:**  
- Blog 7  
- Quiz 7  
- Continue Logs

**Activities:**  
- Blog 7  
- Quiz 7  
- Continue Logs

---

### Week 8

**Module(s):** Section 8: Making Informed Choices  
- Concept 22: Cancer, Diabetes, and other Health Threats  
- Concept 23: Evaluating Fitness and Wellness Products: Becoming an Informed Consumer  
- Concept 24: Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change

**Readings:**  
- Blog 8  
- Quiz 8  
- Lab 22A (1 lab)  
- Journal #4  
- FITT Project (Water/Activity Log & Evaluation Paper Due)

**Activities:**  
- Blog 8  
- Quiz 8  
- Lab 22A (1 lab)  
- Journal #4  
- FITT Project (Water/Activity Log & Evaluation Paper Due)

---

### Schedule for 16 week completion:

<table>
<thead>
<tr>
<th>Week</th>
<th>Lessons</th>
<th>Assignments</th>
</tr>
</thead>
</table>
| 1    | Lifestyles for Health, Wellness, and Fitness  
- Health Wellness, Fitness and Healthy Lifestyles: An Introduction  
- Self-Management and Self-Planning Skills for Health Behavior Change |  
- Blog 1  
- Lab 23B (1 lab)  
- Quiz 1  
- Begin Sleeping Log |
| 2    | An Introduction to Physical Activity  
- Preparing for Physical Activity  
- The Health Benefits of Physical Activity  
- How Much Physical Activity Is Enough? |  
- Blog 2  
- Labs 3A, 3B & 4A (3 labs)  
- Continue Log |
| 3    | The Physical Activity Pyramid  
- Moderate Physical Activity: A Lifestyle Approach  
- Cardiovascular Fitness  
- Vigorous Aerobic, Sports, and Recreational Activities  
- Muscle Fitness and Resistance Exercise  
- Flexibility |  
- Journal #1  
- Quiz 2  
- Continue Log |
| 4    | Physical Activity: Special Considerations  
- Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck  
- Performance Benefits of Physical Activity |  
- Blog 3  
- Lab 7A, 9B, 9C (3 labs)  
- Continue Log |
| 5    |  
- Quiz 3  
- Sleep Log Due |
| 6    | Physical Activity: Special Considerations  
- Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck  
- Performance Benefits of Physical Activity |  
- Blog 4  
- Lab 11A, 11B, 11C (3 labs)  
- Continue Logs |
| 7    |  
- Blog 4  
- Lab 11A, 11B, 11C (3 labs)  
- Continue Logs |
| 8    | Nutrition and Body Composition |  
- Journal #2  
- Quiz 4  
- Continue Logs  
- Blog 5 |
| 9    |  
- Blog 5 |
Completing Assignments
All assignments for this course will be submitted electronically through LearningHub unless otherwise instructed. Assignments and exams must be completed within 180 days of course registration date. This timeframe is subject to change depending on deadlines set by your home institution.

Part 4: Grading Policy

Graded Course Activities

<table>
<thead>
<tr>
<th>Graded Activity</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Labs</td>
<td>20%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>15%</td>
</tr>
<tr>
<td>Quizzes</td>
<td>15%</td>
</tr>
<tr>
<td>Forum Questions (FQ)</td>
<td>10%</td>
</tr>
<tr>
<td>Journals</td>
<td>10%</td>
</tr>
<tr>
<td>FITT Project</td>
<td></td>
</tr>
<tr>
<td>· Evaluation Paper</td>
<td>10%</td>
</tr>
<tr>
<td>· Activity Log</td>
<td>10%</td>
</tr>
<tr>
<td>· Sleep Log</td>
<td>5%</td>
</tr>
<tr>
<td>· Water Log</td>
<td>5%</td>
</tr>
<tr>
<td>Total</td>
<td>100%</td>
</tr>
</tbody>
</table>

Viewing Grades in LearningHub
- Click into the course.
- Click on the Grades link in the Settings Box to the left of the main course page.
Letter Grade Assignment

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>93-100%</td>
</tr>
<tr>
<td>A-</td>
<td>90-92%</td>
</tr>
<tr>
<td>B+</td>
<td>88-89%</td>
</tr>
<tr>
<td>B</td>
<td>83-87%</td>
</tr>
<tr>
<td>B-</td>
<td>80-82%</td>
</tr>
<tr>
<td>C+</td>
<td>78-79%</td>
</tr>
<tr>
<td>C</td>
<td>73-77%</td>
</tr>
<tr>
<td>C-</td>
<td>70-72%</td>
</tr>
<tr>
<td>D</td>
<td>60-69%</td>
</tr>
<tr>
<td>F</td>
<td>0-59%</td>
</tr>
</tbody>
</table>

Part 5: Course Policies

Withdrawal and Incomplete Policies
The current withdrawal policy can be found online at https://www.andrews.edu/distance/students/gradplus/withdrawal.html. The incomplete policy is found online at http://www.andrews.edu/weblmsc/moodle/public/incompletes.html.

Maintain Professional Conduct Both in the Classroom and Online
The classroom is a professional environment where academic debate and learning take place. Your instructor will make every effort to make this environment safe for you to share your opinions, ideas, and beliefs. In return, you are expected to respect the opinions, ideas, and beliefs of other students—both in the face-to-face classroom and online communication. Students have the right and privilege to learn in the class, free from harassment and disruption.

Academic Accommodations
Students who require accommodations may request an academic adjustment as follows:
1. Read the Andrews University Disability Accommodation information at https://www.andrews.edu/services/sscenter/disability/
2. Download and fill in the disability form at http://www.andrews.edu/services/sscenter/disability/accommodationsreqform.pdf. Preferably type answers. To save a digital copy, 1) print to file and save or 2) print and scan. Email the completed form and disability documentation (if any) to success@andrews.edu or fax it to (269) 471-8407.
3. Email sdestudents@andrews.edu to inform the School of Distance Education that a disability has been reported to Student Success.

Commitment to Integrity
As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class, and integrity in your behavior in and out of the classroom.

Commit to Excellence
You deserve a standing ovation based on your decision to enroll in, and effectively complete this
course. Along with your pledge of “commitment to Integrity” you are expected to adhere to a “commitment to excellence.” Andrews University has established high academic standards that will truly enhance your writing and communication skills across the disciplines and in diverse milieu with many discourse communities in the workplace.

**Honesty**
Using the work of another student or allowing work to be used by another student jeopardizes not only the teacher-student relationship but also the student’s academic standing. Lessons may be discussed with other students, tutors may help to guide a student’s work, and textbooks, encyclopedias and other resource materials may be used for additional assistance, but the actual response must be the student’s own work.

Exams must be completed in the presence of an approved supervisor without the assistance of books, notes, devices or outside help unless otherwise specified in the exam directions. The student should have no access to the exam either before or after it is taken. A student who gives information to another student to be used in a dishonest way is equally guilty of dishonesty.

Any violation of this policy will be taken before the Higher Education Academic and Curriculum Committee for appropriate punitive action.