

CONSORTIUM
of Adventist Colleges & Universities

SYLLABUS



AU HLED 120: Fit for Life
Summer 2018

AU HLED 120 Fit For Life

Consortium of Adventist Colleges and Universities

Self-Paced Full Term Courses

This is a Self-Paced Full Term course which follows the Andrews semester schedule. Self-Paced Full Term courses have four important dates: 1) a start date, 2) a midterm completion date, 3) a final completion date, and 4) a course completion date. Please note that all module prior to the midterm must be completed BEFORE the midterm and all modules between the midterm and final must be completed BEFORE the final.

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

Username and password assistance	helpdesk@andrews.edu	(269) 471-6016
Enrollment and withdrawal questions	sderegister@andrews.edu	(269) 471-6323
Technical assistance with online courses	dllit@andrews.edu	(269) 471-3960
Exam requests and online proctoring	sdeexams@andrews.edu	(269) 471-6566
Distance Student Services - any other questions	sdestudents@andrews.edu	(269) 471-6566

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

Corbin, Charles. *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach*. McGraw Hill; Tenth Edition (2013). ISBN-978-0-07-802256-2.

NOTE: Purchase textbooks through any online bookstore, such as amazon.com, which can deliver within 2 days. If you need to use financial aid to purchase textbooks, email sdestudents@andrews.edu, cutting and pasting the textbook information from syllabi, including course title and section, your full name and student ID#.

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.

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

Exams must be completed in the presence of an approved proctor without the assistance of books, notes, devices or outside help unless otherwise specified in the exam review and exam directions.

Please review the [current policy on approved proctors](#) before completing the exam request form, which is linked through your course space. It is your responsibility to make arrangements for an approved proctor (unless living near the main campus) and to complete the exam request form at least two weeks prior to each exam date. Bring an official photo ID to show the proctor at the start of the exam session.

The midterm exam is worth 15% of your grade. You are allowed 120 minutes to complete this exam.

If you cannot take your exam within the period noted in the email regarding exam arrangements, email sdeexams@andrews.edu with the reason you cannot meet this deadline, and a proposed alternate time within a week, and prior to the course end date.

Completed exams are never available to you or your proctor. Instructors provide feedback on exams other than the final exam. Exam grades can be viewed in the course space, and the final course grade is included in the University Academic Record accessible through your IVUE page.

Schedule with start, midterm, final and completion dates in RED.

Modules	Lessons	Readings	Assignments	Course Objectives Met
Intro	Introduction & Orientation	Orientation Writing Expectations	Submit: Schedule Tell About Me Academic Honesty	
1 May 14-21	Lifestyles for Health, Wellness, and Fitness <ul style="list-style-type: none"> Health Wellness, Fitness and Healthy Lifestyles: An Introduction Self-Management and Self-Planning Skills for Health Behavior Change 	<ul style="list-style-type: none"> Concept 1: Health Wellness, Fitness and Healthy Lifestyles: An Introduction Concept 2: Self-Management and Self-Planning Skills for Health Behavior Change 	<ul style="list-style-type: none"> Blog 1 Lab 23B (1 lab) Quiz 1 Begin Sleeping Log	
2	An Introduction to Physical Activity <ul style="list-style-type: none"> Preparing for Physical Activity The Health Benefits of Physical Activity How Much Physical Activity Is Enough? 	<ul style="list-style-type: none"> Concept 3: Preparing for Physical Activity Concept 4: The Health Benefits of Physical Activity Concept 5: How Much Physical Activity Is Enough 	<ul style="list-style-type: none"> Blog 2 Labs 3A, 3B & 4A (3 labs) Continue Log 	
3			<ul style="list-style-type: none"> Journal #1 Quiz 2 Continue Log 	
4 & 5	The Physical Activity Pyramid <ul style="list-style-type: none"> Moderate Physical Activity: A Lifestyle Approach Cardiovascular Fitness Vigorous Aerobic, Sports, and Recreational Activities Muscle Fitness and Resistance Exercise Flexibility 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Blog 3 Lab 7A, 9B, 9C (3 labs) Continue Log Quiz 3 Sleep Log Due 	
6	Physical Activity: Special Considerations <ul style="list-style-type: none"> Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck Performance Benefits of Physical Activity 	<ul style="list-style-type: none"> Concept 11: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck Concept 12: Performance Benefits of Physical Activity 	Begin Water Log Begin Activity Log	
7			<ul style="list-style-type: none"> Blog 4 Lab 11A, 11B, 11C (3 labs) Continue Logs 	
8 June 17 – 21			<ul style="list-style-type: none"> Journal #2 Quiz 4 Continue Logs 	
9	Nutrition and Body Composition <ul style="list-style-type: none"> Body Composition Nutrition Managing Diet and Activity for Healthy Body Fatness 	<ul style="list-style-type: none"> Concept 13: Body Composition Concept 14: Nutrition Concept 15: Managing Diet and Activity for Healthy Body Fatness 	<ul style="list-style-type: none"> Blog 5 Lab 13C, 14A, 15B (3 labs) Quiz 5 Continue Logs 	
10 & 11	Stress Management <ul style="list-style-type: none"> Stress and Health Stress Management, Relaxation, and Time Management 	<ul style="list-style-type: none"> Concept 16: Stress and Health Concept 17: Stress Management, Relaxation, and Time Management 	<ul style="list-style-type: none"> Blog 6 Lab 16A, 17B (2 labs) Continue Logs Journal #3 Quiz 6 	
12	Avoiding Destructive Behaviors <ul style="list-style-type: none"> The Use and Abuse of Tobacco The Use and Abuse of Alcohol The Use and Abuse of Other Drugs Preventing Sexually Transmitted Infections 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Blog 7 Quiz 7 Continue Logs 	

Modules	Lessons	Readings	Assignments	Course Objectives Met
13	Making Informed Choices <ul style="list-style-type: none"> Cancer, Diabetes, and other Health Threats Evaluating Fitness and Wellness Products: Becoming an Informed Consumer Toward Optimal Health and Wellness: Planning for Healthy Lifestyle Change. 	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Blog 8 Lab 22A (1 lab) Journal #4 Quiz 8 Continue Logs 	
14			<ul style="list-style-type: none"> FITT Project (Water/Activity Log & Evaluation Paper Due) 	
15	Review for FINAL EXAM			
16 July 29 - Aug 2	FINAL EXAM (Needs to be completed by, Thursday, Aug 2, 11:59 PM)			

Completing Assignments

All assignments for this course will be submitted electronically through LearningHub unless otherwise instructed.

Part 4: Grading Policy

Graded Course Activities

Percent %	Description
20	Labs
15	Final Exam
15	Quizzes
10	Forum Questions (FQ)
10	Journals
↓	FITT Project
10	• Evaluation Paper
10	• Activity Log
5	• Sleep Log
5	• Water Log
100	Total Percent Possible

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

Letter Grade	Percentage
A	93-100%
A-	90-92%
B+	88-89%
B	83-87%
B-	80-82%
C+	78-79%
C	73-77%
C-	70-72%
D	60-69%
F	0-59%

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/web/msc/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 the university, you are expected to maintain high degrees of professionalism, commitment to active learning, participation in this course, and integrity in your behavior in and out of this online 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.

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