

PED 101 - Physical Activity & *Wellness*

Online Course Syllabus - *Fall 2008*

Meet your Instructor

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Hi there! My name is Cara Sidman, but you can call me Dr. Sidman or Dr. Sid. I am an Assistant Professor in the Department of Health & Applied Human Sciences at UNCW as well as the new PED 101 Coordinator. I am actually an alumni of UNCW and graduated from here with a Bachelor's degree in Physical Education. I went on to earn my Master's Degree at Appalachian State University in Boone, NC and then earned my Ph.D. in Exercise & Wellness from Arizona State University. My passion is behavior change and wellness, with an emphasis on the psychological, emotional, and spiritual aspects of improving overall quality of life.

Course Description

Physical Activity and Wellness (formally called Foundations of Physical Activity) is a 2-credit basic studies course required of all UNCW students. Due to the well-documented benefits that physical activity (PA) plays in improving health and preventing disease, finding ways to increase PA has become a national health objective. Unfortunately the majority of the population fails to meet the minimum physical activity recommendations, thus challenging health professionals to develop more creative ways to facilitate health behavior change. Although the primary focus of PED 101 is to participate in each type of physical activity (i.e., cardiovascular, muscular, and flexibility exercises) to develop your health and fitness, a unique and exciting aspect of this course is its expansion to include development of the five dimensions of wellness. Your spiritual, emotional, social, and intellectual dimensions all overlap with your physical wellness to determine your overall quality of life. Essentially, this course will give you the opportunity to regularly participate in physical activity (as well as try other new healthy behaviors) (e.g., balanced eating, sleeping, meditating, journal writing, etc.) in order to work toward balancing all five dimensions, which is the key to optimizing your overall wellness.

Course Catalog Description:

Development of well-informed health consumers and the application of healthy choices regarding physical activity and fitness, nutrition, personal safety, stress management, and weight management for the purpose of wellness, chronic disease prevention, and improved quality of life.

Textbook Requirement

- Available at the UNCW Bookstore -

Physical Activity and Wellness. (2007). *Customized for The University of North Carolina Wilmington*. Dubuque, IA: Kendall/Hunt Publishing Company.

Objectives

By taking Physical Activity & *Wellness* (PED 101), you will...

1. Identify specific health, fitness, and wellness areas in your life that need improvement.
2. Set realistic short and long-term goals to meet your personal wellness needs.
3. Perform a new activity in each dimension of wellness (i.e., spiritual, emotional, social, intellectual, and physical).
4. Complete a journal targeting an unhealthy behavior to enhance self-awareness and progress toward behavior change.
5. Evaluate the credibility of health/wellness resources.
6. Participate in and log regular physical activity (i.e., cardiovascular, muscular, and flexibility) to meet the current national recommendations for health and/or fitness.
7. Actively participate in an online learning community through discussion boards on various wellness topics.

Course Format

This course is designed as an online course with asynchronous on-line activities focused on chapters from the textbook. The course will be administered through the Blackboard course management system, which can be found at: <http://ncvista.blackboard.com>. You are expected to have daily Internet access to check Blackboard daily for updated information.

The online course is made up of learning modules include recorded talks, PowerPoint slides, assignments, discussion boards, and quizzes. You will complete assignments both online and in real-life (which are both submitted online through the Blackboard Assignments feature) and include the following (a detailed description of the assignments can be found in the Course Schedule): taking online surveys, evaluating web sites, completing wellness activities and fitness assessments, and keeping a behavior journal. Quizzes are based on the information provided in the book in addition to the recorded audio talks.

Individual Physical Activity Participation

You are required to participate in the minimum recommended amount of cardiovascular, muscular, and flexibility activity for health (based on national recommendations). You may choose the specific type (and maximum amount) of physical activities to perform for each (based on your personal goals and enjoyment), but you must participate in the minimum days/week and minutes per day as listed below. Essentially, in order to fulfill the PED 101 course requirements, you must participate in regular workouts to improve all three components of health-related fitness, keep an Individual Physical Activity (PA) Log and Class PA Log, and calculate weekly minute totals (Logs can be found on Blackboard).

- 1) **Cardiovascular (3-5 days/wk, 30-45 minutes/day; minimum of 10-min bouts) -**
jogging, cycling, swimming, group exercise, etc.
- 2) **Resistance/Muscular (2 days/wk, 20-60 minutes/day) -**
free weights, machines, Pilates, conditioning class, push-ups, curl-ups, etc.
- 3) **Flexibility (5-7 days/wk, 10-60 minutes/day, minimum of 10 min bouts) -**
yoga, Pilates, Tai-Chi, static stretching, etc.

Course Policies

- ✓ Completion of the **PAR-Q (Physical Activity Readiness Questionnaire)** is required in order to participate in this course. You will take this brief survey during the first week of classes to determine your readiness for physical activity. Based on the results, a physician's consent may be necessary.
- ✓ **Physical Activity Medical Release** - Every PED 101 student must have an **up-to-date physical on record with the university (within the last (4) years)** releasing you for participation in physical activity. If any changes in your health status occur throughout the semester or since your physical, you must inform your instructor immediately. Also, please provide documentation from your physician regarding this change, as well as your physician's instructions for restricted or modified participation. **If you do not have a current physical on file with Student Health Services, you must submit one during the first three (3) days of class.**
- ✓ Assignments must be completed on time. Any assignments submitted after the due date will result in a lower grade per instructor's discretion and **will not be accepted more than 3 weekdays beyond the due date** (except for documented emergencies and/or special circumstances at the instructor's discretion).
- ✓ If you have any special needs with regards to physical activity participation that come up during the semester, please contact your instructor for approval of alternative assignments. If you are aware of your inability to participate in physical activity at the onset of the course, please contact the PED 101 coordinator the first week of classes in order to obtain approval for a course substitution.

Course Grade

REQUIRED	% / Points
Online Quizzes <i>(6 x 8 pts each → lowest quiz grade dropped = 5 x 8 pts = 40 pts)</i>	40
Assignments	60
1. Individual Physical Activity (PA) Logs <i>(1 pt X 12 logs = 12 pts)</i>	12
2. Discussion Boards <i>(3 pts x 4 discussion boards = 12 pts)</i>	12
3. Behavior Journal	12
4. Wellness Activities <i>(Spiritual, Emotional, Physical, Intellectual, Social) (2 pts x 5 activities = 10 pts)</i>	10
5. Goal Setting Assignment	6
6. Class Physical Activity (PA) Logs <i>(½ pt X 8 logs = 4 pts)</i>	4
7. Fitness Assessments <i>(2 pts x 2 assessments = 4 pts)</i>	4
TOTAL	100

EXTRA CREDIT OPPORTUNITIES	Points <i>(added to final grade)</i>
Online Surveys	½-2
Syllabus Quiz	½
Additional Lab Inventories <i>(end-of-chapter inventories that are NOT required)</i>	½-2
Health Promotion Programs / Events	1-2
Instructor's Choice	½-2
TOTAL Possible	3

Grading Scale

A = 94-100	C = 74-76
A- = 90-93	C- = 70-73
B+ = 87-89	D+ = 67-69
B = 84-86	D = 64-66
B- = 80-83	D- = 60-63
C+ = 77-79	F = < 60

Assignments (60%)

- 1. Individual Physical Activity (PA) Log (1 pt X 12 logs = 12 pts) -**
You are required to participate in the minimum recommended amount of cardiovascular, muscular, and flexibility activity for health (based on the national recommendations learned in this course).
You must log your physical activity for each of the following components of health-related fitness on a DAILY basis and submit the logs through the Assignment feature on Blackboard on a weekly basis:
 - 1) Cardiovascular** = jogging, cycling, swimming, group exercise, etc.
 - 2) Muscular** = free weights, machines, pilates, conditioning class, calisthenics, etc.
 - 3) Flexibility** = yoga, static stretching, etc.

- 2. Class Physical Activity (PA) Log (½ pt X 8 logs = 4 pts) -**
After recording your daily physical activity on your Individual PA Log and calculating your total minutes, follow the link provided in Blackboard to input your total minutes of each type of physical activity (i.e., cardiovascular, muscular, flexibility). A class chart will be displayed in Blackboard to illustrate the amount of physical activity participation of the entire class in order to promote team building, motivation through community awareness.

- 3. Behavior Journal (12 pts) -**
In order to improve your wellness by increasing your awareness of a negative health behavior, you will be asked to select and keep a journal of one target behavior that you want to change (consider a behavior related to any of the dimensions of wellness, i.e., physical, spiritual, social, emotional, intellectual). For seven (7) consecutive days your journal will involve writing down a description of the situation in which you participated in the unhealthy behavior, your associated thoughts and feelings, and your ideas for a new plan to improve this behavior. Following the seven days, you will write a short reaction to this experience including what you learned and whether or not you changed your behavior and improved your wellness.

- 4. Wellness Activity (Spiritual, Emotional, Physical, Intellectual, Social) (2 pts x 5 activities = 10 pts) -**
You will be required to select and perform one new activity in each of the 5 wellness dimensions. Each activity you choose must be something you have never done before. You will write a reaction to your experience with each new activity.

5. **Discussion Boards (3 pts x 4 discussion boards = 12 pts) -**

You will participate in discussion boards on specified course topics and be graded on your contribution to the learning community through evidence-based insights.

6. **Fitness Assessments (2 pts x 2 assessments = 4 pts) -**

You will choose 2 fitness assessments to perform in order to determine your fitness level in cardiovascular, muscular fitness areas. You will be able to determine your rating of fitness in these areas and will write up a reaction to the testing protocols and your level of fitness in each area in order to more accurately develop future health and/or fitness goals.

7. **Goal Setting (6 pts) -**

You will develop at least 2 short-term (behavioral) and 2 long-term (outcome) goals for each component of personal wellness and occupational wellness. Short-term goals will be process- or behaviorally-based (i.e., specific and measurable), and long-term goals will be product- or outcome-based (i.e., results of meeting the short-term behavioral goals).

Online Quizzes (40%)

Quizzes: 6 Quizzes, 8 multiple-choice questions per quiz, 1 pt per question). (*From Chapter Readings & Recorded Talks*)

Your **lowest** graded quiz will be **DROPPED** (8 multiple choice x 1 pt each = 8 pts each = 40 pts total)

1. **Quiz 1** (Chapters 1, 2)
2. **Quiz 2** (Chapters 3, 4, 5)
3. **Quiz 3** (Chapters 6, 7)
4. **Quiz 4** (Chapters 8, 9)
5. **Quiz 5** (Chapters 10, 11)
6. **Quiz 6** (Chapters 12, 13) (**FINAL QUIZ**) - (This quiz will also include course summary questions)

- You need to have access to a reliable computer and stable Internet connection in order to take the quizzes online.
- **Fill-in-the-Blank PowerPoint Slides are posted on Blackboard for you to review the chapters prior to taking each Quiz.** It is strongly recommended that you do this in order to actively engage in the course material, but it is not required and does not need to be submitted. Also, keep in mind that the completed notes will NOT be provided, so you need to read the book and listen to the audio lectures in order to obtain missing information.
- During the weeks specified on the course schedule, quizzes will be available to take online anytime between **8:00am on Wednesdays and 11:59pm on Sundays**. The **only exception** is for **Quiz 6**, which will be available for **only ONE day!** It will be available on the scheduled PED 101 final exam day between **8:00am and 11:59pm**.
- Once you log in to take a quiz, you must take the entire quiz. In other words, you may NOT return to a quiz after you start taking it the first time.
- Quizzes will be **timed (16 minutes** in duration), and you may use your notes and your book, **BUT ABSOLUTELY NO ADDITIONAL OUTSIDE ASSISTANCE** of any other kind is allowed. Refer to the **UNCW ACADEMIC HONOR CODE**.
- It is **highly recommended that you DO NOT WAIT until the last minute to take the Quizzes**, as inevitably technology problems do occur. You must email the instructor by 5:00pm the day of the Quiz to be considered for an extension due to technology problems. **So if you think technology may be an issue, take the quiz BEFORE 5:00pm!**
- **Quiz Technology Policy** - If you do have technology problems when completing a quiz, you are eligible for a make-up ONLY if you email tac@uncw.edu AND your instructor BEFORE Friday of the quiz week explaining the issue in detail (this means you cannot wait until the last minute to start!). (**Quiz 6 is only available 1 day, so you must email TAC AND your instructor BEFORE 5pm that day*). Basically, you need to be sure you plan ahead of time when and where you will take each quiz. This will reduce your stress and significantly improve your wellness!
- **EMERGENCIES/SPECIAL SITUATIONS - NO MAKE-UP QUIZZES** are allowed unless there is a **documented** emergency or special situation (at the instructor's discretion). **You must contact your instructor as soon as possible (and at least within 3 days of the last quiz day) in order to be considered for a make-up.** Also, if

you have special needs regarding taking the quizzes, please contact your instructor during the first week for accommodations.

Academic Honor Code

- ✓ You are expected to complete your own work. If you use ideas and excerpts from other people and/or resources, you must cite and properly reference them in your work. Review the university's policy with respect to plagiarism. If the policy is not clear to you, please ask me for an explanation or examples.

Click here to view the Code of Student Life. <http://www.uncw.edu/stuaff/doso/documents/Know.the.Code.pdf>

- ✓ **UNCW ACADEMIC HONOR CODE - Cheating on online quizzes (or on any aspect of the course) is absolutely prohibited, and will result in the maximum penalty allowed under the UNCW Academic Honor Code. Click on this [Link to UNCW Academic Honor Code](#) to obtain additional information.**

Violation of any of the following standards subjects any student to disciplinary action:

Participating in, or permitting any of the above activities as defined in C 1-6.

C. Cheating

1. Any conduct during a program, course, quiz or examination which involves the unauthorized use of written or oral information, or information obtained by any other means of communication
2. The unauthorized buying, selling, trading or theft of any examination, quiz, term paper or project.
3. The unauthorized use of any electronic or mechanical device during any program, course, quiz, or examination or in connection with laboratory reports or other materials related to academic performance.
4. The unauthorized use of laboratory reports, term reports, theses, or written materials in whole or in part.
5. The unauthorized assistance or collaboration on any test, assignment, or project.

The unauthorized use by a student of another student's work or the falsification of any other student's work.