

THE UNIVERSITY OF TEXAS AT TYLER
Department of Health and Kinesiology

Course Syllabus—Fall 2009

GENERAL INFORMATION ABOUT THE COURSE

Course Titles, Number & Credit Hours: ALHS 1300 Personal & Community Wellness (3 semester hours) & ALHS 1100 Personal & Community Wellness Lab (1 semester hour)

NOTE: You must be enrolled in **BOTH the lecture and the lab in the same semester unless you are repeating one of them for a higher grade. The cap for each course is 70 students, no exceptions.**

Location of Classroom: HPC 2255

Days & Hours the Class Meets:

- Lecture: Mondays, Wednesdays, & Fridays, 11:00-11:50am
- Lab: On your own time

INFORMATION ABOUT INSTRUCTOR

Name & Title: Ronna R. Morrison, M.S., Senior Lecturer, Department of Health and Kinesiology

Office Location and Contact Information: HPC 3051 (inside the Computer Lab, HPC 3050); 903-566-7121

Department office FAX: 903-566-7065

E-mail: rmorrison@uttyler.edu

Office Hours: Tuesdays, 9:00-11:00am or by appointment

Emergency Phone Numbers: Messages may be left on Instructor's voice mail at 903-566-7121. Or phone the Department of Administrative Assistant, Gail Goetz, at 903-566-7031.

Graduate Assistant: T.J. Camara, who is currently working toward his master's degree in Kinesiology, will be assisting with the overall implementation of the course, including some lab activities, grading, posting materials to Blackboard, etc.

CP: 903-987-5347

Email: ccamara@patriots.uttyler.edu

COURSE MATERIALS

Text: Corbin, Charles B., Corbin, William R., Welk, Gregory J., & Welk, Karen A., *Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach, 8th Edition*.

Lab Fees: Only fee would be the completion of Basic First Aid / Adult / Child / Infant CPR/AED Certification (\$35.00), if this is chosen as an included lab activity.

COURSE DESCRIPTION, GOAL, & OBJECTIVES

Course Description: Study of individual, societal and cultural considerations in health and wellness. Emphasis is on health-related factors that the individual can affect and rationales behind healthy behaviors.

Instructional Methods: Readings, class and small-group discussions, guided discovery, problem solving, lectures, DVD's, lab activities, writing assignments and others.

Course Goal/Objectives: The general goal is that the student understands the concepts of personal wellness and community wellness, and the interrelationship between the individual and the community in determining the health status of each. ALHS 1300 is an overview course intended as an introduction to the study of health and/or kinesiology, encompassing an array of interrelated topics. This course will also be used to introduce students to other health and kinesiology faculty and their research interests. By the end of this course, students should be able to:

1. Have a general understanding of the effects of the following factors on personal wellness and disease risk:
 - exercise (cardiorespiratory, resistance training, & flexibility)
 - nutrition
 - overweight and obesity
 - blood lipids
 - stress
 - use and abuse of alcohol and other drugs
 - high-risk sexual behavior
2. Have the knowledge and motivation necessary to implement behavior modification strategies (if necessary) to promote a wellness lifestyle.
3. Understand how behaviors and infectious diseases of individuals can affect communities and the general disparities that exist among population groups.
4. Understand the positive impact of community service to individuals, organizations, and communities.
5. Describe some current research projects being conducted by the faculty in the Department of Health and Kinesiology.

NOTE: Specific learning objectives concerning lab activities are presented in the ALHS 1100 Lab Activity Packet.

PROPOSED CALENDAR (Fall, 2009)—ALHS 1300

Class #	Date	Day	Agenda
1	8/26	Wed	Class overview & course introduction
2	8/28	Fri	Class overview & course introduction (cont.)
3	8/31	Mon	Chapter 3: Preparing for Physical Activity, pgs. 44-54 / PAR-Q & Health Screening (posted to Blackboard)
4	9/2	Wed	Chapter 1: Health, Wellness, Fitness, and Healthy Lifestyles: An Introduction, pgs. 2-14.
5	9/4	Fri	Chapter 2: Self-Management and Self-Planning Skills for Health Behavior Change, pgs. 22-32
	9/7	Mon	Labor Day Holiday
6	9/9	Wed	<u>Guest Speaker: Dr. Scott Marzilli, Ph.D., H & K Dept. Faculty Chair / Topic: TBA</u>
7	9/11	Fri	Chapter 4: The Health Benefits of Physical Activity, pgs. 64-78
8	9/14	Mon	Power Point Presentation: Determining Cardiovascular Disease Risk (posted to Blackboard)
9	9/16	Wed	<u>Guest Speaker: Dr. Frank Navetta, M.D., Tyler Cardiovascular Consultants / Topic: Introduction to Invasive & Noninvasive Cardiology</u>
10	9/18	Fri	Power Point Presentation con't. / Framingham Heart Study and risk factor analysis
11	9/21	Mon	Chapter 7: Cardiovascular Fitness, pgs. 112-122
12	9/23	Wed	<u>Guest Speaker: Matt Owings, M.S./C.S.C.S., H & K Faculty / Topic: TBA</u>
13	9/25	Fri	Chapter 10: Muscle Fitness and Resistance Training, pgs. 174-188 / Chapter 9: Factors Influencing Flexibility & Health Benefits of Flexibility & Stretching, pgs. 151-154
14	9/28	Mon	Chapter 9 & 10 con't. / Power Point Presentation: A Personalized Exercise Program—How Much Exercise is Enough? (Posted to Blackboard. Also note: We will <i>not</i> be covering Chapter 5: How Much Physical Activity is Enough?)
15	9/30	Wed	UNIT EXAM 1 <u>REMINDER:</u> at least 3 lab activities due by 5:00pm (note exception)
16	10/2	Fri	Return & review Unit Exam 1 / Return lab binders
	10/5	Mon	<u>NO CLASS—VOLUNTEER DAY FOR WOUNDED WARRIOR PRO-AM GOLF TOURNAMENT AT THE CASCADES</u>
17	10/7	Wed	<u>Guest Speaker: Dr. Chris Lambert, D.C., Allied Pain Management / Topic: Care of the Spine</u>
18	10/9	Fri	Chapter 11: Body Mechanics: Posture, Questionable Exercises, and Care of the Back and Neck, pgs. 214-225
19	10/12	Mon	Chapter 13: Body Composition, pgs.276-288

20	10/14	Wed	<u>Guest Speaker: Mrs. Ruthie Dews, R.D./L.D. / Topic: Role of the Clinical Dietician & Basic Nutrition Principles (1-hour lab to follow covering Reading Food Labels)</u>
21	10/16	Fri	Power Point Presentation: Healthy Nutrition—Good for What Ails You (Posted to Blackboard)
22	10/19	Mon	Power Point Presentation, con't.
23	10/21	Wed	<u>Guest Speaker: Dr. Joyce Ballard, Ph.D., H & K Faculty / Topic: Osteoporosis</u>
24	10/23	Fri	Power Point Presentation, con't. / In-Class Exercise: Dietary Prescription Based on BMI / Energy Expenditure (Power Point Posted to Blackboard)
25	10/26	Mon	Focus on consumer nutrition knowledge--DVD: <i>How to Get Fat Without Really Trying</i> (Peter Jennings reporting)
26	10/28	Wed	<u>Guest Speaker (Dr. Jim Schwane, Ph.D., H & K Faculty / Topic: TBA)</u>
27	10/30	Fri	Power Point Presentation: Obesity & overweight trends in the U.S. (Posted to Blackboard) / DVD: <i>Critical Condition: America's Obesity Crisis</i> <u>REMINDER: At least 3 lab activities due by 5:00pm (note exception)</u>
28	11/2	Mon	Chapter 16: Stress and Health, pgs. 348-355
29	11/4	Wed	<u>Guest Speaker: Dr. Cheryl Cooper, R.N., Ph.D., H & K Faculty / Topic: TBA</u>
30	11/6	Fri	Chapter 17: Stress Management, Relaxation, and Time Management, pgs. 362-372
31	11/9	Mon	UNIT EXAM 2
32	11/11	Wed	<u>Guest Speaker: Dr. Keith McCoy, Ed.D., H & K Faculty / Topic: TBA</u>
33	11/13	Fri	Return & review Unit Exam 2 / Return lab binders
34	11/16	Mon	Chapter 18: The Use and Abuse of Tobacco, pgs. 384-391
35	11/18	Wed	<u>Guest Speaker: Mr. Steve Sherwood, R.Ph., The Medicine Shoppe / Topic: Introduction to OTC Medications</u>
36	11/20	Fri	Chapter 18, con't. / Chapter 19: The Use and Abuse of Alcohol, pgs. 396-406
37	11/23	Mon	Chapter 20: Chapter 19 con't. / Chapter 20: The Use and Abuse of Other Drugs, pgs. 412-418
	11/25-11/27	Wed-Fri	Thanksgiving Holidays
38	11/30	Mon	Chapter 20 con't. <u>REMINDER: At least 3 lab activities due by 5:00pm (note exception)</u>
39	12/2	Wed	<u>Guest Speaker: Mrs. Kamisha Floyd, Longview Wellness Center / Topic: TBA</u>
40	12/4	Fri	Chapter 22: Cancer, Diabetes, and Other Health Threats, pgs. 436-447 / Return lab binders

41	12/7	Mon	Power Point Presentation on a Current Event: Threat From Pandemic Influenza
42	12/9	Wed	<u>Tentative: Dr. Richard Yates, M.D., Infectious Disease Specialist</u>
43	12/11	Fri	Power Point Presentation con't. <u>REMINDER: Any additional lab activities due by 5:00pm</u>
44(?)	12/14	Mon	Wiggle Room
44 or 45	12/18	Fri	Final Exam, 10:15am-12:15pm / Return of any additional lab binders

COURSE POLICIES

Grading (ALHS 1300):

	<u>Points:</u>
Unit Exam 1	400 or 100 ^a
Unit Exam 2	400 or 100 ^a
Final Exam 3 (non-comprehensive, Fri, 12/18, 10:15am-12:15pm)	400
Attendance & Participation	<u>100^b</u>
	Total 1000

^aThe higher of the two Unit Exam grades will count 40% of the final grade with the lower of these two grades counting 10%. All exams will be objective in nature and may include multiple choice, true/false, matching answers, etc. **Unit exams will be completed on Blackboard (ALHS 1300) during the same time frame that class meets (11:00-11:50am), noted under the Exams content area. The final exam will also be conducted on Blackboard but at a different time, noted in the proposed calendar.** For those who are new to the Blackboard 8.0 upgrade, you must make sure your computer is compatible with this system. To do this, follow the steps noted on the following link:

<http://wiki.uttyler.edu/display/B8H/Compatibility+Mode>

There will be a mock quiz posted in the Exams content area by the second week of the semester (10 multiple choice questions from Unit I) for you to take after you have gone through the steps concerning computer compatibility. This quiz does not count toward your course grade, but it is crucial for you to complete it so that you will know how to take and submit your exams successfully. You may take it as many times as is necessary to make sure that the exam process is free of technological problems. Should technology issues arise, however, contact Blackboard IT support at itsupport@patriots.uttyler.edu. **DO NOT CONTACT THE INSTRUCTOR!!!**

Barring an act of God (the university being officially closed), each exam will be given at the time and date indicated in this syllabus. Only for extremely extenuating circumstances and even then only with prior approval of the instructor, will the student be allowed to make up an exam that is missed. **In the event of illness, a student must obtain an excuse from his/her physician or the campus health clinic to be qualified**

to take the makeup exam, which is scheduled on Friday, Dec 4th at 1:00pm (no exceptions). Additionally, no student may make up more than 1 unit exam, which will be in essay format, and thus, completely different than the original already given.

^bEvery student is expected to participate and truly engage in class activities, including class discussions. While it is **STRONGLY** encouraged that you not miss any classes, attendance will only be taken on Wednesdays, as a full lecture hall is especially emphasized for course guest speakers. However, please remember there is a strong positive correlation between **OVERALL** class attendance and favorable grades!!!

Students should NOT ask the instructor for material that was missed in the event of an absence, as it is the student's responsibility to obtain this information from another classmate. Attendance grades will be given based on the following scale:

- ≤ 1 absence = 100 points
- 2 absences = 90 points
- 3 absences = 80 points
- 4 absences = 70 points
- ≥ 5 absences = **0 points**

ALHS 1300 final course grades will be assigned based on the following scale:

A = 900-1000 B = 800-899 C = 700-799 D = 600-699 F <600

Study Materials: We will be covering material taken directly from the textbook as well as outside sources of information. Study materials for textbook information may be accessed at the textbook online learning center, www.mhhe.com/corbin8e. This site provides the following course resources:

- On the Web: offers supplementary information on contemporary fitness and wellness topics
- Video Activities: highlight issues and trends in different areas of fitness and wellness with accompanying review questions.
- Application Assignments: offer interactive Web-based activities for applying the information presented in each concept.
- Web Resources: provide hyperlinks for the Web sites listed at the end of the each concept.
- Concept Terms/Flashcards: make learning key terms and definitions easy and fun.
- Concept Outlines: include all major chapters (heading topics) in the text to enhance the understanding and retention of content.
- Interactive Quizzes: offer questions to help in preparing for exams.

Study questions will be provided for lectures given from outside sources of information but not necessarily from guest speaker presentations.

Use of Blackboard: Two course blackboards will be used—one for ALHS 1300 and one for ALHS 1100. As already noted above, exams will be posted to Blackboard for ALHS 1300. Additionally, some course materials will be posted to Blackboard while some will

not. Blackboard will also be used to make announcements as needed, so please log into it on a regular basis.

****The following is a list of materials that will be posted for ALHS 1300:**

- Course syllabus
- Class handouts
- Power point slides & study questions from the following lectures:
 - Determining Cardiovascular Disease Risk—given on or about 9/14-9/18
 - A Personalized Exercise Program: How Much Exercise is Enough?—given on or about 9/28
 - Healthy Nutrition: Good for What Ails You—given on or about 10/16-10/23
 - Dietary Prescription Based on BMI / Energy Expenditure—given on or about 10/23
 - CDC Slides: Obesity & Overweight Trends in the U.S.—given on or about 10/30
 - Threat from Pandemic Influenza—given on or about 12/7-12/11

The power point slides used to discuss specifics about respective chapters will NOT be posted. The reason for this is that past experience has shown that students print and rely on the slides and do not take notes nor read the textbook, which is an inadequate way to prepare for exams. Additionally, some guest speakers will use power point slides, while some will not. If they do permit the instructor to have a copy of their slides, these will be posted to Blackboard as well. If they do not, then no copy will be posted. It is the student’s responsibility to take notes for all presentations, whether the slides are available or unavailable for access.

****The following is a list of materials that will be posted for ALHS 1100:**

- Lab Activity Packet
- Lab forms for all lab activities

Grading (ALHS 1100):

The laboratory portion of this course is an ***applied*** lab. In other words, there is no consistent meeting time and students will complete a series of lab activities from the following list on their own time, based on their schedule availability. **Note that each student must be cleared to exercise based on his/her completion of the PAR-Q and health screening. In the event a student is not cleared because of a health issue, other lab activities not involving exercise must be chosen.**

Lab Activity	Time Credit
1) Pre Lifestyle Assessment Inventory (to be completed & submitted in Sept)	1 hr
<u>AND</u>	
Post Lifestyle Assessment Inventory (to be completed & submitted in Nov/Dec)	1 hr
***NOTE: must do both to earn 2 hour total credit. If post-testing	

not completed, first hour of credit will NOT be awarded.	
2) Lab 7A from text: Counting Target Heart Rate and Ratings of Perceived Exertion and Rockport Walk for Estimated VO ₂ max Determination (can be completed & submitted anytime) <u>OR</u> Pre Fitness testing (to be completed & submitted in Sept) <u>AND</u> Post Fitness testing (to be completed & submitted in Nov/Dec) ***NOTE: must do both to earn 2 hour total credit. If post-testing not completed, first hour of credit will NOT be awarded.	2 hrs 1 hr 1 hr
3) Lab 6A & 6B from text: Setting Goals for Moderate Physical Activity and Self-Monitoring (Logging) Program & Evaluating Physical Activity Environments (can be completed & submitted anytime)	2 hrs
4) Basic First Aid / Adult / Child / Infant CPR/AED Certification (if not already certified— can be completed & submitted anytime)	8 hrs
5) Completion of 4 hours of structured exercise classes at the UT Tyler Patriot Center (can be completed & submitted anytime)	4 hrs
6) 5-day pedometer record and analysis (can be completed & submitted anytime)	2 hrs
7) Blood pressure record and analysis (can be completed & submitted anytime)	2 hrs
8) Completion of personal & family medical history, cholesterol & glucose testing, & Framingham risk factor analysis (can be completed any Monday morning it is scheduled & submitted anytime)	1 hr
9) 3-day dietary record and analysis (to be completed & submitted in Oct)	2 hrs
10) Reading food labels (to be completed & submitted in Oct)	2 hrs
11) Lab 16A thru 17D from text: Evaluating Your Stress Level to Evaluating Levels of Social Support (to be completed & submitted in Nov)	4 hrs
12) Blood donation with completion of blood facts quiz (can be completed & submitted anytime)	3 hours
13) Completion of 4-8 hours of a community agency experience (need to submit hours as one lab activity rather than multiple lab credits if doing > 4 hours, but can be completed and submitted for any month in the semester; EXCEPTION: unless working the Wounded Warrior Pro-Am Golf Tournament, in which case, lab would need to be turned in for credit in Oct)	4-8 hours
14) Demonstration of ability to identify specifics of over-the-counter (OTC) medications (to be completed & submitted in Nov)	3 hours
15) Career interviews (can be completed & submitted anytime)	4 hours

***NOTE: Some of the above activities will be offered at specific times in the health and kinesiology department. Meeting times and locations will be announced as needed. A **Laboratory Activity Packet** noting grading, requirements, lab instructions, and learning objectives of each applied lab experience is provided separately. There will be no final exam for ALHS 1100.

***REMEMBER: Friday, Oct. 30th is the last day to withdraw from the class with an automatic grade of “W.” After this date a regular letter grade must be assigned.

UNIVERSITY POLICIES

<http://www.uttyler.edu/academicaffairs/syllabuspolicies.pdf>

Students Rights and Responsibilities:

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link:

<http://www.uttyler.edu/wellness/StudentRightsandResponsibilities.html>

Grade Replacement/Forgiveness:

If you are repeating this course for a grade replacement, you must file an intent to receive grade forgiveness with the registrar by the 12th day of class. Failure to do so will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates will receive grade forgiveness (grade replacement) for only three course repeats; graduates, for two course repeats during his/her career at UT Tyler.

State-Mandated Course Drop Policy:

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the 12th day of class (See Schedule of Classes for the specific date). Exceptions to the 6-drop rule include, but are not limited to, the following: totally withdrawing from the university; being administratively dropped from a course; dropping a course for a personal emergency; dropping a course for documented change of work schedule; or dropping a course for active duty service with the U.S. armed forces or Texas National Guard. Petitions for exemptions must be submitted to the Registrar's Office and must be accompanied by documentation of the extenuating circumstance. Please contact the Registrar's Office if you have any questions.

Disability Services:

In accordance with federal law, a student requesting accommodation must provide documentation of his/her disability to the Disability Support Services counselor. If you have a disability, including a learning disability, for which you request an accommodation, please contact Ida MacDonald in the Disability Support Services office in UC 282, or call (903) 566-7079.

Student Absence due to Religious Observance:

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

Student Absence for University-Sponsored Events and Activities:

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

Social Security and FERPA Statement:

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.