

## HEED 1340 Sections 005/006 Healthy Lifestyles – Spring 2011

**Name:** Stephen Newhart, M.S., CSCS

**Course Location and Time:** Web

**Office Number:** PEB 304

**Office Telephone Number:** N/A

**Email Address:** Newhart@uta.edu

**Office Hours:** By Appointment

### Course Format:

To participate in this course, students will need a Fitbit package (Fitbit, base station, and bracelet for sleep monitoring\*). Students can purchase this equipment at a place of their choosing or rent it for \$25 from the Kinesiology Department. If misplaced, stolen or broken, there is a \$100 replacement fee. You cannot pass this class without access to this equipment. Online readings and/or textbook chapter readings are provided for each topic. Read the designated materials and complete the corresponding tasks as directed by the course calendar. The most similar corresponding chapter in the textbook is listed next to each topic to provide supporting materials.

### Course Learning Goals/Objectives:

1. To identify basic concepts related to the physiological basis of physical activity
2. To analyze and discuss the role of physical activity in a healthy lifestyle
3. To complete a self assessment of physical well-being
4. To construct a goal oriented plan to enhance a healthy lifestyle

**Required Textbooks and Other Course Materials:** Required reading: **Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness 8<sup>th</sup> Edition**, Fahey, TD; Insel, PM; Roth, WT, McGraw Hill, 8th Edition, ISBN 978-0-07-352372-9.

### Grade Calculation:

<b>Exams (30%)</b>	Midterm	150 points	(15% of grade)
	Final	150 points	(15% of grade)
<b>Quizzes (30%)</b>	12 quizzes	300 points	(3% of grade each)
<b>Nutrition &amp; Exercise Logs (30%)</b>	2 documents	300 points	(30% of grade)
<b>Paper (10%)</b>	1 document	100 points	(10% of grade)
	<b>Total Points</b>	<b>1000 points</b>	

\* **Extra Points:** Quiz Chapter 14: 25 points

**Grading Scale:**

A: 1000 - 900 points

B: 899 - 800 points

C: 799 - 700 points

D: 699 - 600 points

F: 599 - 0 points

**Course Calendar:**

Please Note: The calendar has been changed from past semesters. All quizzes close promptly at 11:59 pm on the date due. All Lesson activities are to be emailed to me by the due date below. The **nutrition log, exercise log and written letter** due dates are listed below. **ALL** work must be completed and turned in during its corresponding week - **NO EXCEPTIONS!!!!**

WEEK 1	Lesson 1	Intro to Healthy Lifestyles and Syllabus
WEEK 2	Lesson 2	The Basics of Physical Fitness
WEEK 3	Lesson 3	Nutrition and Activity Questions
WEEK 4	Lesson 4	Weight Management
WEEK 5	Lesson 5	Integration to Technology
WEEK 6	Lesson 6	Body Composition
WEEK 7	Lesson 7	Cardiovascular Conditioning
WEEK 8		<b>Mid-Term Exam</b>
WEEK 9	Lesson 8	Cardiovascular Health and Disease
WEEK 10	Lesson 9	Stress
WEEK 11	Lesson 10	Cancer and <b>Letter to Parent Due</b>
WEEK 12	Lesson 11	Substance Use and Abuse
WEEK 13	Lesson 12	Muscular Strength and Conditioning
WEEK 14	Lesson 13	Sexually Transmitted Diseases*
WEEK 15		<b>Exercise and Nutrition Logs Due</b>
WEEK 15		<b>Final Exam</b>

\* **Extra Points:** Quiz Chapter 14: 25 points

\*\*You are responsible for not waiting until the last minute! Also, DO NOT take quizzes or tests on cell phones. When they go idle, you will have used your ONE opportunity to take the test. You cannot go back in. Also, do not let your computer idle for more than 6 minutes. The quiz will automatically assume you are done and shut down.

## Assignment Details

### Exams:

There will be no make-ups for missed exams, except for university excused absences. Exams will be given on-line and must be completed on a certain date. Exams will be open book, but must be completed within a certain time-period (50 minutes). Mid-term will cover the materials outlined above. The Final exam will cover the remainder of the materials.

### Quizzes:

Twelve quizzes will be performed throughout the semester. They will be performed on-line, and must be completed by 11:59pm on the due date. There will be 10 questions on each quiz with 15 minutes allowed to complete the quiz.

### Exercise Log:

You are expected to wear your fitbit and maintain a dietary log when instructed to do so in the corresponding Lesson. This will be recorded 2 days/week until the end of the semester.

Steps to recording and maintaining your data are:

1. Watch the youtube videos on setting up and using your fitbit.
2. Wear your fitbit 2 days per week starting the week of the **“Integration of Technology” Lesson.**
3. Download your data each week (screen capture each day on fitbit by choosing “print” then “save to pdf”), title it with your name and dates recorded, put the files in a file you create on **YOUR** computer, save the files. **DO NOT SEND or SUBMIT FILES TO ME EACH WEEK.** You will do this all at once at the end of the semester (see course calendar).
4. Start recording a nutrition log 2 times/week (using the link [http://www.caloriesperhour.com/index\\_food.php](http://www.caloriesperhour.com/index_food.php)) starting the week of **“Nutrition and activity questions.”** Save to your computer as well and submit all at the end of the semester (see course calendar).

\* Once you have uploaded all files for the course to their corresponding space, please complete the activity listed after the Final Exam called "Exercise Log Notification." This is required - you will not be able to receive a grade for the exercise until this notification is completed.

### Paper:

Your assignment is to write a letter to your mother or father explaining why they should begin a regular exercise program and what the expected health benefits will be. The letter

should be detailed explaining what types of exercise he or she should engage in, how hard he or she should exercise, and how intensity can be gauged. Anticipate common reasons for not exercising and formulate persuasive arguments to rebuff these reasons. Provide compelling data to support your argument (along with references to leading authorities or professional organizations). Avoid heresy or testimonials in making your case. This paper should be 3 to 5 pages double spaced. The paper is to be uploaded to this website by 11:55 pm on the due date listed in the course calendar. Use the upload link at the end of the Stress section of this course.

### **Class Assignments:**

All class assignments must be turned in by the due date. Anything turned in after that will be considered late. However, you may turn assignments in early! No late work will be accepted.

*The mission of The University of Texas at Arlington is to pursue knowledge, truth and excellence in a student-centered academic community characterized by shared values, unity of purpose, diversity of opinion, mutual respect and social responsibility. The University is committed to lifelong learning through its academic and continuing education programs, to discovering new knowledge through research and to enhancing its position as a comprehensive educational institution with bachelor's, master's, doctoral and non-degree continuing education programs.*

**MISSION:** To develop and deliver an educational program that ensures the highest teacher, administrator and allied health science preparation and performance.

To be a recognized contributor in the field of educational and allied health science research and practice through effective teaching, quality research and meaningful service.

The Educator and Administrator Preparation units' collaboratively developed shared vision is based on these **CORE VALUES**, dispositions and commitments to:

- Excellence
- Learner-centered environment
- Research-based
- Collaboration
- Diversity
- Technology
- Field Experiences
- Life-long Learning

Each candidate in the Educator and Administrator Unit of the College of Education of UT-Arlington will be evaluated on **PROFESSIONAL DISPOSITIONS** by faculty and staff. These dispositions have been identified as essential for a highly-qualified educator. Instructors and program directors will work with candidates rated as "unacceptable" in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any deficiencies.

### **Demonstrates excellence**

- Meets stated expectations of student performance.
- Keeps timelines. Arrives on time for class and other activities.
- Produces significant artifacts of practitioner evidence.
- Possesses a willingness to set goals.
- Attends all classes/trainings and practicum experiences.
- Completes activities as assigned.
- Has appropriate personal appearance and/or hygiene for professional setting.

### Participates in a learner centered environment and shows respect for self and others

- Uses appropriate and professional language and conduct.
- Supports a "high quality" learning environment.
- Shows respect and consideration for the thoughts and feelings of others.

### Research-based pedagogy

- Has an awareness of and willingness to accept research-based concepts.
- Identifies important trends in education.
- Demonstrates interests in learning new ideas and strategies.
- Relates class discussions and issues to current events in education.

### Participates in on-going collaboration with peers and professionals

- Demonstrates kindness, fairness, patience, dignity and respect in working with peers, staff and instructors.
- Works effectively with others.
- Assists others in the university classroom or practicum setting.
- Demonstrates an openness to assistance from others.
- Receives feedback in a positive manner and makes necessary adjustment.

### Exhibits stewardship of diversity

- Shows appropriate stewardship and tolerance to diverse people, environments, and situations.

### Advocates use of technology

- Uses and applies existing technologies sufficiently in work.
- Shows a willingness to use and apply emerging technologies in work.

### Shows interest in the learner and the learning-process

- Demonstrates significant learning improvement over time.
- Shows interest in the learning process and demonstrates the necessary amount of time, energy, and enthusiasm for becoming better learners, teachers, and practitioners.

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdrawal. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds or the way through the term or session. It is the student's responsibility to officially withdrawal if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance.** Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. Contact the Financial Aid Office for more information.

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112 - The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled *Americans with Disabilities Act (ADA)*, pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing faculty of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability). Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 272-3364.

**Academic Integrity:** It is the philosophy of The University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University. "Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts." (Regents' Rules and Regulations, Series 50101, Section 2.2)

**Student Support Services Available:** The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at 817-272-6107 for more information and appropriate referrals.

**Electronic Communication Policy:** The University of Texas at Arlington has adopted the University "MavMail" address as the sole official means of communication with students. MavMail is used to remind students of important deadlines, advertise events and activities, and permit the University to conduct official transactions exclusively by electronic means. For example, important information concerning registration, financial aid, payment of bills, and graduation are now sent to students through the MavMail system. All students are assigned a MavMail account. **Students are responsible for checking their MavMail regularly.** Information about activating and using MavMail is available at <http://www.uta.edu/oit/email/>. There is no additional charge to students for using this account, and it remains active even after they graduate from UT Arlington. To obtain your NetID or for log on assistance, visit <https://webapps.uta.edu/oit/selfservice/>. If you are unable to resolve your issue from the self-service website, contact the Helpdesk at [helpdesk@uta.edu](mailto:helpdesk@uta.edu).

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week unless specified in the class syllabi. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. Classes are held as scheduled during this week and lectures and presentations may be given.

**Librarian to Contact:** Antoinette Nelson, UT Arlington Science & Engineering Library, nelsona@uta.edu - 817.272.7433, <http://library.uta.edu/sel>

**E-Culture Policy:** The University of Texas at Arlington has adopted the University email address as an official means of communication with students. Through the use of email, UT-Arlington is able to provide students with relevant and timely information, designed to facilitate student success. In particular, important information concerning registration, financial aid, payment of bills, and graduation may be sent to students through email. All students are assigned an email account and information about activating and using it is available at [www.uta.edu/email](http://www.uta.edu/email). New students (first semester at UTA) are able to activate their email account 24 hours after registering for courses. There is no additional charge to students for using this account, and it remains active as long as a student is enrolled at UT-Arlington. Students are responsible for checking their email regularly.

**Grade Grievance Policy:** Students should first consult with instructor to review grade concerns.