**APPALACHIAN PHYSICAL EDUCATION COURSE SYLLABUS SPRING 2024**

**Course Name** Active Wellness  **Instructor** Rachel Peterson

**Number/Sec** PE 1540-111/112/113  **Email** petersonre@appstate.edu

**CRN** 15599/15597/15600 **Course Dates** Jan 16th-Mar 4th

**Day/Time** 100% online asynchronous **Course Credits** 1 credit hour



**Required Text**

*Wellness Literacy 3.0*. Mohr & Townsend. Online Text.

Kendall Hunt Publishing Co. <https://www.khpcontent.com/>

**Materials and Equipment**

Appalachian ID Card Appropriate activity clothing/footwear (closed toe)

Activity specific equipment Water bottle Small towel

**Course Overview**

This Physical Education course is an activity-based, Appalachian General Education Wellness Literacy course providing students with opportunities to develop the skills, knowledge, and disposition necessary to live a physically active lifestyle. See additional information and resources below in the information section.

**Course Competencies/Learning Outcomes**

As a result of completing each of the course requirements to criteria, students will be able to:

1. Diagnose personal fitness and health risk, develop personal wellness goals, design and implement a

 personal wellness plan, and continually monitor personal wellness.

2. Engage in exercise as part of one’s personal wellness plan.

3. Achieve and/or maintain a health-enhancing level of physical fitness.

4. Exhibit personal and social responsibility when learning and participating.

5. Demonstrate knowledge of the skills, rules, tactics, etiquette, and culture, necessary for participation.

6. Demonstrate competency in skills/tactics needed to successfully participate.

**Course Elements & Grading Points Grading Scale**

Personal Fitness Assessment 5 **A 100-93 C 76-73**

Personal Fitness Goals/Plan 5 **A- 92-90 C- 72-70**

Reflection Paper 10 **B+ 89-87 D+ 69-67**

Content Exam 20 **B 86-83 D 66-63**

Exercise Journal/Log 30 **B- 82-80 D- 62-60**

Wellness Literacy Online Modules 30 **C+ 79-77 F < 59**

**Total Points 100**

**Due Dates** Personal Fitness Assessment Jan 22nd

Personal Fitness Goals/Plan Jan 22nd

Exercise Journal/Log Feb 5th and Feb 19th and Mar 4th

Wellness Literacy Modules Jan 29th

Content Exam Feb 26th

Reflection Paper Mar 4th

**COURSE REQUIREMENTS**

**Personal Fitness Assessment**

**All things are difficult before they are easy.**

* Students will complete personal fitness assessments at the start of this course to measure their current level of health-related fitness (aerobic capacity, muscular strength/endurance, flexibility, and body composition).
* This assignment outlines the Healthy Fitness Zone for each component to help students understand their current level of fitness and health, set goals, and create an exercise plan.
* Students’ grades are based on completion of the assessments-NOT on assessment scores/fitness level.
* This data is for your information as you set goals.

**Personal Fitness Goals/Plan**

**A goal without a plan is just a wish.**

* Students will create specific, measurable, health-related fitness goals.
* Students will create a personal fitness plan outlining how they will achieve their goals.

**Exercise Journal/Log**

**When you feel like quitting think about why you started.**

* Maintaining an exercise journal/log is shown to increase the ability to maintain an active lifestyle.
* Students will use the fitness goals and plan to make decisions as they begin their journals.
* Students will use the journal to track the execution of the personal fitness plan.
* Include a final reflection outlining goal achievement, challenges, and successes at the end of the journal/log.
* Students enrolled in 2+ PEA courses simultaneously must complete **separate** workouts for each course.

**Reflection Paper**

**Unless you try to do something beyond what you have already mastered, you will never grow.**

• Students will complete a reflection assignment to outline the achievement of goals, and effectiveness of their personal fitness plans. Students will reflect on the effects of physical activity and exercise.

**Wellness Literacy (Course Text)**

**If there is no struggle, there is no progress.**

* The Wellness Modules provide health and wellness information that will inform healthy choices. As you engage in the wellness literacy modules, you will develop your health and wellness literacy, preparing you to take ownership of your wellness and make choices that will improve your quality of life.
* **The number of required Wellness Literacy modules has changed to four (4) total effective spring 2023. The Weight & Stress Management modules are now optional. The Personal Discovery Assessment (PDA) element in each module is now optional.**
* **There are FOUR total on-line learning modules.**

 **Module 1 Wellness Module 2 Fitness Management**

**Module 3 Nutrition Management Module 4 Wellness Revisited**

*The following two modules are optional, and do not have to be completed for credit or for this class. However, if you would like to take them on your own for additional knowledge on the topics, please feel free to do so.*

Module 5 Weight Management (optional) Module 6 Stress Management (optional)

* If this is your first Appalachian PE activity course, complete modules 1 and 2.
* If this is your second Appalachian PE activity course, complete modules 3 and 4.
* If you are enrolled in two PEA courses simultaneously, complete all four modules.
* If this is your 3rd, 4th...PEA course, verify progress report shows modules 1-4 complete.
* **Download the PDF progress report from the wellness website, save it, and**

**submit the PDF progress report on AsULearn (NOT A SCREEN SHOT).**

* ~~~~**Students who do not complete the appropriate wellness modules and turn in their progress report will earn 0 points.**
* **Students must earn a minimum of 80% on module post-test to pass the wellness modules.**
* **Students earn full (all) points toward final course grade regardless of the**

**post-test grade (minimum 80% to pass) on each *wellness* module.**

* **ALL students enrolled in an Appalachian PE Activity Course must complete**

**the *wellness* modules regardless of whether you have already completed**

**the General Education Wellness requirement.**

**Module Purchasing**

* Purchase *Wellness Literacy 3.0* at the App State Bookstore or <https://www.khpcontent.com/>
* Purchasing online provides instant access and is less expensive than the bookstore.
* The App bookstore does NOT email codes to students. Purchase the code in person

if you purchase from the bookstore.

* Your username is your Appalachian State email address.
* This code is good for 6 years and does NOT need to be repurchased.

**Module Tech Support** **HELP/SAVE ME!**

• Technical difficulties with website: Email: ASUsupport@kendallhunt.com

• Support request response emails are sometimes found in your spam/junk email folder.

• If you have forgotten your password visit the website and click forgot my password.

**Content Exam**

**I can accept failure. Everyone fails at something. But I can’t accept not trying.**

* The content of the exam will reflect the course material and content (attendance is important).

**INFORMATION, POLICIES AND PROCEDURES**

**Please let me know if there is anything I can do to help you feel comfortable and be successful.**

**Late Work and Submission Format Policy (applies to assignments-not the exam)**

* It is the student's responsibility to read the syllabus, check AsULearn, and know the due dates.
* Assignments turned in after the due date will receive a 50% reduction in points. This applies even if the student is absent. This also applies regardless of when the assignment was completed.
* No assignment will be accepted more than 1 week after the due date or after the final regular scheduled meeting date of that section without prior written approval.
* It is the student’s responsibility to submit a PDF or MS Word document that can be opened/viewed on AsULearn. DO NOT submit screenshots, photos, png, jpg documents. Assignment submissions that cannot be opened or that require resubmission will be assessed a 50% reduction in points.
* **DO NOT** wait until the day the assignment is due to begin working on it. If students experience technical difficulties causing the assignment to be turned in late, it will still be assessed a 50% credit penalty.
* To request a 2-day deadline extension, contact the instructor in writing prior to the assignment due date.

**Medical, Health, and Safety**

* This course requires physical activity. **Your safety is your responsibility.** Please exercise good judgement.
* Any person with any medical concerns should consult a physician before beginning any exercise program.
* Additionally, if you have any prior existing physical or medical condition which could interfere with your ability to fully participate in this course, please contact your instructor so these conditions may be documented and contraindicated activities can be avoided (see Medical Information form). This information will be kept confidential.
* Students should eat/drink water, and dress appropriately for the weather.
* If injury/illness is the reason you need to drop, contact Student Health Services, and request a Medical Withdrawal from the course, which will not count as a career drop. To request a Medical Withdrawal, sign into the Student Health Medportal; send a message detailing that you are requesting a Medical Withdrawal due to a medical/illness reason. Include the course number, section, course name and credit hours. <https://healthservices.appstate.edu/>

**Academic Policies**

**Appalachian Academics website** <http://www.appstate.edu/academics/> Academic Integrity Code, Disability Resources, Religious Observances Policy, Student Engagement.

**Academic Affairs website** <http://academicaffairs.appstate.edu/resources/syllabi>

Policy Information, Academic Integrity, Disability Resources, Religious Observances, Student Engagement.

**Academic Integrity Code** <https://academicintegrity.appstate.edu/>

* Students attending Appalachian State University agree to abide by the Academic Integrity Code.
* Students will not lie, cheat, or steal to gain academic advantage.
* Students will oppose every instance of academic dishonesty.

**Appalachian Student Engagement Policy**

Students should expect to spend 3-6 hours each week on studying and out of class assignments.

**University Support & Resources**

**Academic Calendar** <https://registrar.appstate.edu/calendars-schedules>

Course start and end dates, holidays.

First half, full semester, and second half course drop dates.

**Student Development** <http://deanofstudents.appstate.edu/>

Students with family, medical, or other emergencies should contact Student Development/Dean of Students.

**Disability Resources** <https://odr.appstate.edu/>

Appalachian State University is dedicated to providing the best experience possible to all individuals by providing an **inclusive** and **accessible** campus environment. This site is intended to provide accessibility information, guidance and tools for the campus community. **Accessible** means a person with a disability is afforded the opportunity to **acquire the same information**, **engage in the same interactions**, and **enjoy the same services** as a person without a disability in an **equally effective** and **equally integrated manner**, with substantially equivalent ease of use.

**Additional Resources**

**AppCares** <https://appcares.appstate.edu/>

**Appalachian Counseling Center** <https://counseling.appstate.edu/>

**Food Insecurity** <https://sustain.appstate.edu/initiatives/food-pantry/>

**Interpersonal Violence** <https://ipv.appstate.edu/>

**Student Health Services** <https://healthservices.appstate.edu/>

**Appalachian Wellness Center** <https://wellness.appstate.edu/>

**University Recreation** <https://urec.appstate.edu/>

**Physical Education Information**

Additional information and course descriptions are available on the RMPE Department website:

<https://rmpe.appstate.edu/academic-programs/pe-activity-program>

**Appalachian General Education Goals**

<https://universitycollege.appstate.edu/programs/general-education-program/program-goals>

This physical education course is designed to meet General Education goals and Wellness Literacy criteria through fitness assessment, goal setting, physical activity, maintaining an exercise log, and developing wellness and content-specific knowledge, skills, and disposition to live a healthy lifestyle. The class meets the following General Education goals and themes:

* Thinking Critically & Creatively
* Understanding Responsibilities of Community Membership
* Wellness Literacy

**The course schedule is subject to change. Check AsULearn Announcements regularly to stay informed.**

Almost everything will work again if you unplug it for a few minutes, including you.

A happy life consists not in the absence, but in the mastery of hardships.