**Appalachian PEA Course Syllabus (Face to Face) Spring 2022**

**Course Name** Ex. Weight Training  **Instructor** Ex. Edgar Peck

**Number/Sec** Ex. PE 1754-111/112/113  **Email** Ex. peckel@appstate.edu

**CRN** Ex. 15059/15060/13509 **Course Dates** Jan 10th-Feb 28th

**Day/Time** Ex. MWF 9am, 10am, 11am **Course Credits** 1 credit hour

**Location** Ex. Quinn Center Weight Room



**Required Text**

*Wellness Literacy 3.0*. Kendall Hunt Publishing Co.

Mohr, D. J., & Townsend, J. S. (Ed.). (2015).

**Materials and Equipment**

Appalachian ID Card Activity clothing/footwear (closed toe)

Course specific equipment Water bottle.

**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. Additional information and course descriptions are available on the RMPE Department website: <http://rmpe.appstate.edu/academics/pe-activity-program>

**Course Competencies**

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**

Exercise Journal/Log 10 **B+ 89-87 D+ 69-67**

Personal/Social Responsibility 10 **B 86-83 D 66-63**

Wellness Literacy Online Modules 15 **B- 82-80 D- 62-60**

Skills Assessment 15 **C+ 79-77 F < 59**

Content Exam 20

Attendance 20

**Total Points 100**

**Due Dates**

Personal Fitness Assessment Jan 19th (or in person week 1)

Personal Fitness Goals/Plan Jan 19th

Exercise Journal/Log Jan 26th and Feb 16th

Wellness Literacy Modules Feb 2nd (modules 1-3 or 4-6)

Content Exam Feb 23rd

**Course Requirements**

**We all have dreams. In order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline and effort.**

**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.
* Submit the fitness assessment scores on AsULearn.

**Personal Fitness Goals/Plan**

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

* Students will create specific, measurable, goals for at least two components of health-related fitness.
* Students will create a personal fitness plan outlining how they will achieve their goals.
* Submit the personal fitness goals/plan on AsULearn.

**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.
* Submit the journal/log **two times** on AsULearn.
* Students enrolled in 2+ PEA courses simultaneously must complete **separate** workouts for each course.

**Personal and Social Responsibility**

**We cannot direct the wind, but we can adjust the sails.**

Responsibility is a significant component of successful participation in class and throughout life.

**Points are earned each day in the following areas:**

**Preparedness** Dressed for active participation with appropriate equipment and materials.

**Effort** Accepts challenges, demonstrates initiative, diligent in task completion, self-directed learner.

**Engagement** Participates in assigned tasks with enthusiasm, completes tasks to criteria.

**Fair play** Maintains safe learning environment, encourages/assists others, demonstrates self-control.

**10 pts** Demonstrates behaviors that consistently exceed standards (assists, motivates others, enthusiastic).

**9 pts** Demonstrates behaviors that consistently meet standards in all 4 areas.

**8 pts** Demonstrates behaviors that consistently meet standards in 3 areas.

**7 pts** Demonstrates behaviors that consistently meet standards in 2 areas.

**<6 pts** Consistently fails to meet minimum behavior standards (endangers others, interferes with learning).

**Wellness Literacy (Course Text)**

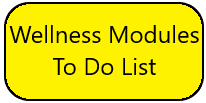
**If there is no struggle, there is no progress.**

* 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.
* There are six total on-line learning modules.

Module 1 Wellness 101 Module 4 Wellness Revisited

Module 2 Fitness Management Module 5 Weight Management

Module 3 Nutrition Management Module 6 Stress Management

* If this is your first Appalachian PE activity course, complete modules 1, 2, 3.
* If this is your second Appalachian PE activity course, complete modules 4, 5, 6.
* If this is your 3rd/4th…course, verify progress report shows 6 modules complete.
* If you are enrolled in two PEA courses simultaneously, complete all six modules.
* Do not redo modules that show as completed.
* **Submit your PDF progress report on AsULearn (not a screen shot).**
* Students must complete the PDA and earn a **minimum of 80% on module post-test to pass** the module.
* Several Personal Discovery Assessments (PDA) **require 7 days of data**. Begin well in advance of the due date.
* If the progress report does not show completion, recheck that you have completed the PDA.
* **Students who do not complete the appropriate *wellness* modules and turn in their progress report will earn a grade of “F” in this course.**
* **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/>
* This code is good for 6 years and does NOT need to be repurchased.
* Your username is your Appalachian State email address.
* Purchasing remotely via the App bookstore may result in a snail mail delivery delay.

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

• Technical difficulties with website: Email: [ASUsupport@kendallhunt.com](mailto: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.

**Skills Assessment**

**Change and growth do not occur in safe harbors and calm waters.**

* The salient skills for this course will be practiced throughout the course (attending every class is important).
* Students will be assessed on their ability to perform the salient physical skills.
* Students missing a skill assessment will receive a grade reduction.
* Skills assessments will be conducted face to face during class.

**Content Exam**

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

* The exam will consist of objective true/false, multiple choice, and short-answer questions.
* The content of the exam will reflect the course material and content (attendance is important).
* Students have two attempts. The highest earned grade will be recorded.
* The exam is available on AsULearn.

**Attendance**

**Life is not a spectator sport.**

* Attendance is vital to develop the physical, social, and cognitive skills to be successful.
* Attendance/responsibility behaviors will be recorded in each class meeting.
* Student is responsible for notifying instructor he/she is present if arriving late to avoid being marked absent.
* Being on time is important. It helps us use our time effectively and shows respect for your classmates.
* Each class day late or left early=1/2 Absence. Missing more than 15 minutes of any class=absent.
* Students who notify the instructor in advance may be allowed to make up attendance points.
* The total number of absences may not be made up.
* **Please communicate with your instructor in advance if you need to be absent.**

**Course meeting 3 days/week: More than 4 abs will result in a grade of “F” in the course**

**0 abs-20 points 1 abs-18 points 2 abs-15 points 3 abs-11 points 4 abs-0 points**

**Course meeting 2 days/week: More than 3 abs will result in a grade of “F” in the course.**

**0 abs-20 points 1 abs-16 points 2 abs-11 points 3 abs-0 points**

**Late Work Policy**

* It is the student's responsibility to read the syllabus, check AsULearn, and know the due dates.
* To request a deadline extension, contact the instructor in writing prior to the assignment due date.
* Assignments turned in after the due date will receive a 50% reduction in points. This applies even if the student is absent.
* No assignment will be accepted more than 1 week after the due date or after the final regular scheduled meeting date without prior written approval.
* **I am here to help you be successful. Communicate with me early and often when you encounter obstacles.**

**Health and Safety**

* This course requires physical activity. **Your safety is your responsibility.** Please exercise good judgement.
* Inform your instructor of any unsafe conditions you observe.
* 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.
* Please dress for physical activity every class day, even day 1.
* Students should eat/drink water, and dress appropriately for the weather.
* **If you are injured and cannot complete the course, contact your instructor and Student Health Services for information about a medical withdrawal which does not count as a career/course drop.**

**Additional Policies**

[**https://academicaffairs.appstate.edu/resources/syllabi-policy-and-statement-information**](https://academicaffairs.appstate.edu/resources/syllabi-policy-and-statement-information)

**Appalachian Student Engagement Policy**

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

**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.

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

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

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

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

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

**Successful Learning during Remote Education**

<https://studentlearningcenter.appstate.edu/about/successful-learning-during-remote-education>

**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/>

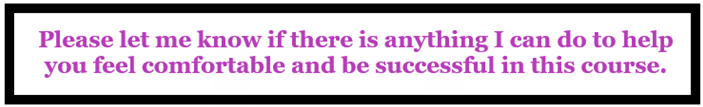
**Appalachian Counseling Center** <https://counseling.appstate.edu/>

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

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

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

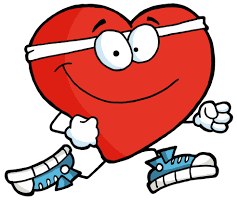
**University Recreation** <https://urec.appstate.edu/>



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| **Lesson Outline**  Schedule is tentative and subject to change. | |
| **Week 1** | Fitness assessment, Health Related Fitness, FITT  Goal setting and fitness planning. |
| **Week 2** | Learning to maintain an exercise journal/log.  Create a journal workout in class. |
| **Week 3** | Wellness Modules |
| **Week 4** | Skill Development |
| **Week 5** | Skill Development |
| **Week 6** | Skills Assessment  Exam Review |
| **Week 7** | Content Exam |







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.

If you wish to remember me, do it with a kind deed or word to someone who needs you.