Appalachian PEA Course Syllabus   Spring 2023

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 17th-Mar 6th
Day/Time	Ex. MWF 8am, 9am, 10am	**Course Credits**	1 credit hour
Location	Ex. Quinn Center Weight Room		

Required Text
Wellness Literacy 3.0. Mohr & Townsend. Online Text.
Kendall Hunt Publishing Co.   https://www.khpcontent.com/

We believe in you!

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/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

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	January 24th
Personal Fitness Goals/Plan	January 24th
Exercise Journal/Log	February 7th and 21st
Wellness Literacy Modules	February 14th
Content Exam	February 28th

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.
- 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, health-related fitness goals.
- 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.
- 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.

Electronic Communication Guidelines
If you have a question. First, check the syllabus and AsULearn for the information.
Include your full name, banner ID, course number and section number in emails to your instructor.
    Failure to include these details will result in a reduction to your personal responsibility grade.

Points are earned each day in the following areas:
Preparedness Dressed for active participation with appropriate equipment and materials.
    Reads and follows the instructions on the syllabus and AsULearn.
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.

- **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 3	**Nutrition Management**
Module 2	**Fitness Management**	Module 4	**Wellness Revisited**
Module 5	Weight Management (optional)	Module 6	Stress Management (optional)

Wellness Modules To Do List

- 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).**

Note

- **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 module.**
- **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.

Click Here To Purchase

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.

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 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 and Submission Format Policy
- 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 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.

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 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 in to the Student Health Medportal; send Dr. Taylor Rushing 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/

Additional Policies
https://academicaffairs.appstate.edu/resources/syllabi-policy-and-statement-information

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 Support
Academic 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.

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

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/

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

Lesson Outline	
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	Skill Development
Week 4	Skill Development Wellness Modules
Week 5	Skill Development
Week 6	Skills Assessment Exam Review
Week 7	Content Exam

This is a working document. The course schedule is subject to change.
Check AsULearn on a regular basis to stay informed of any necessary changes.

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.