**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/>

**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 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.

**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.

**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)**

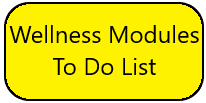
**If there is no struggle, there is no progress.**

* 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)

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

**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**](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 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.

**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/>

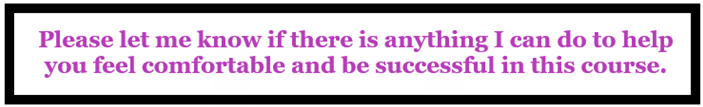
**Appalachian Counseling Center** <https://counseling.appstate.edu/>

**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/>



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| **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.