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| Appalachian Physical Education Activity (PEA) Course Syllabus 2019 | | | | | | | | | | | | | | | | | | | | | | |
| **Instructor** | | | Enter Instructor Name | |  | **Course Name** | | | | | | | | Ex. Yoga | | | | | | | |
| **Email** | | | Enter Instructor Email | |  | **Course Number/Sec** | | | | | | | | Ex. PE 1745-111, 112, 114 | | | | | | | |
| **Class Day/Time** | | | Ex. MWF 9:00, 10:00, 11:00 | |  | **CRN** | | | | | | | | Ex. 14451, 11133, 12290 | | | | | | | |
| **Location** | | | Ex. Quinn Center Weight Room | |  | **Credits** | | | | | | | | 1 credit hour | | | | | | | |
|  | | | | | | | | | | | | | | | | | | | | | | |
| Required Resources | 1. Mohr, D. J., & Townsend, J. S. (Ed.). (2015). ***Wellness Literacy 3.0*.** Kendall Hunt Publishing Co.   Access at [www.grtep.com](http://www.grtep.com) | | | | | | | | | | | | | | | | | | | | | |
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| Materials and Equipment | * Appalachian ID Card * Activity Clothing/Footwear (closed toe) | | | | | | * Athletic Safety / Injury Prevention Devices (i.e., knee brace) * Water Bottle | | | | | | | | | | | | | | |
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| **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> | | | | | | | | | | | | | | | | | | | | | |
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| **Course Competencies** | As a result of completing each of the course requirements to criteria,  students will be able to: | | | | | | | | | | | | | | | | | | | | | |
| Competency | | | | | | | | | | | | | | | | Benchmark Assessments | | | | | |
| 1. ***Demonstrate*** competency in skills/tactics needed to successfully participate. | | | | | | | | | | | | | | | | Skills Assessment  Activity Engagement | | | | | |
| 1. ***Demonstrate*** sufficient knowledge of the rules, tactics, etiquette, and culture necessary for successful engagement. | | | | | | | | | | | | | | | | Written Exam  Activity Engagement | | | | | |
| 1. ***Diagnose*** personal fitness and health risk, ***develop*** personal wellness goals, ***design*** and ***implement*** a personal wellness plan, and continually ***monitor*** personal wellness. | | | | | | | | | | | | | | | | Personal Fitness Assessment  Wellness Literacy Modules | | | | | |
| 1. ***Achieve*** and/or ***maintain*** a health-enhancing level of physical fitness. | | | | | | | | | | | | | | | | Personal Fitness Assessment  Activity Log/Journal | | | | | |
| 1. ***Exhibit*** personal and social responsibility when learning and participating. | | | | | | | | | | | | | | | | Activity Log/Journal  Responsibility Assessment | | | | | |
| 1. ***Engage*** in exercise as part of one’s personal wellness plan. | | | | | | | | | | | | | | | | Activity Participation  Activity Log/Journal | | | | | |
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| **Course Requirements, Assessment, & Grading Scale** |  | | | | | | | Points | | | | | | | | | |  | **Grading Scale** | | | |
|  | | | Personal Fitness Assessment | | | |  | |  | |  | | |  | 5 | | A | 100-93 | **Excellent** | |
|  | | | Written Exam | | | |  | |  | |  | | |  | 10 | | **A-** | 92-90 |
|  | | | Activity Log/Journal | | | |  | |  | |  | | |  | 15 | | **B+** | 89-87 | **Above Average** | |
|  | | | Skills Assessment | | | |  | |  | |  | | |  | 15 | | **B** | 86-83 |
|  | | | Wellness Literacy Online Modules | | | |  | |  | |  | | |  | 15 | | **B-** | 82-80 |
|  | | | Attendance | | | |  | | | | | | |  | 20 | | **C+** | 79-77 | **Average** | |
|  | | | Personal-Social Responsibility | | | |  | |  | |  | | |  | 20 | | **C** | 76-73 |
|  | | |  | | | | **Total** | | | | | | | **=** | **100** | | **C-** | 72-70 |
|  | | |  | | | |  | |  | |  | | |  |  | | **D+** | 69-67 |
|  | | |  | | | |  | |  | |  | | |  |  | | **D** | 66-63 |
| **Appalachian Policy: Students are expected to study** | | | | | | |  | |  | |  | | |  |  | | **D-** | 62-60 |
| **2-3 hours per week for every hour of class time.** | | | | | | |  | | |  | |  | |  |  | | **F** | < 59 | **Failing** | |
| Course Requirements | | | | | | | | | | | | | | | | | | | | | | |
| **Personal Fitness Assessment** | Students who complete the personal fitness assessments to the instructor’s criteria, and include a completed recording sheet (including scores, notes, and goals) in their journals receive full points.  Students missing a fitness test will receive 0 points.  The Health Related Fitness components and Healthy Fitness Zones will be discussed to help students understand their current level of fitness and health. | | | | | | | | | | | | | | | | | | | | |
| **Written**  **Exam** | The written exam may consist of objective test items including true/false, multiple choice, matching, fill-ins, and/or short-answer questions. The content of the exam will reflect the course content. | | | | | | | | | | | | | | | | | | | | |
| **Activity**  **Log/Journal** | Students will maintain an activity log/journal documenting activity according to the criteria set by the instructor. Maintaining an activity log/journal has been shown to increase the ability to maintain an active lifestyle. | | | | | | | | | | | | | | | | | | | | |
| **Skills Assessment** | The instructor will outline the skills that will be assessed in detail before assessing those skills to allow for multiple practice opportunities.Students will be graded based on their ability to perform the physical skills outlined by the instructor. Students missing a skill assessment will receive a reduction in grade. | | | | | | | | | | | | | | | | | | | | |
| **Attendance** | **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 & Summer Courses: 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  **Students providing written notification to the instructor in advance may be allowed to make up attendance points.**  **The total number of absences may not be made up.**  **Each class day late or left early= 1/2 Absence. Missing more than 15 minutes of any class=absent.**  **Student is responsible for notifying instructor he/she is present if arriving late to avoid being marked absent.**  **For assistance with a medical withdrawal please contact Student Health Services if you are injured while enrolled.** | | | | | | | | | | | | | | | | | | | | |
| **Personal Social Responsibility** | Responsibility is a significant component of successful participation in class and throughout life. Accordingly, each student will be assessed throughout the course on constructs related to personal and social responsibility:  ***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-***follows rules and maintains safe learning environment, accepts authority [teacher/referee],  encourages and assists classmates, gracious in victory and defeat, demonstrates self-control  **Personal and Social Responsibility Grade Guidelines:**  **20 points** Demonstrates behaviors that consistently exceed standards (assists instr., motivates others, enthusiastic…)  **18 points** Demonstrates behaviors that consistently meet standards in all 4 areas  **14 points** Demonstrates behaviors that consistently meet standards in 3 areas  **10 points** Demonstrates behaviors that consistently meet standards in 2 areas  **0 points** Consistently fails to meet minimum behavior standards (endangers others, interferes with other’s learning) | | | | | | | | | | | | | | | | | | | | |
| **Late Work Policy** | It is the student's responsibility to read the syllabus and know the due dates. Any student needing more time for any assignment must contact the instructor prior to the 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 work will be accepted after last class meeting. | | | | | | | | | | | | | | | | | | | | |
| **Wellness Literacy Overview** | | | | | | | | | | | | | | | | | | | | | |
| **Wellness Literacy Modules** | | **The Wellness Modules are a course requirement. ALL students enrolled in a PE Activity Course must complete the modules regardless of whether he/she has already completed the General Education Wellness requirement.**  This course component is designed to augment the personal instruction that you are currently receiving in class. The combination of personal and on-line instruction provides you with an outstanding opportunity to develop a high level of wellness awareness, while working to meet ASU’s General Education Wellness Literacy requirements  As you engage in the on-line component of this class, you are destined for a journey of self-discovery that will challenge you to: (1) take complete ownership of your health and wellness; (2) develop your wellness literacy; and (3) make choices that will improve your quality of life. | | | | | | | | | | | | | | | | | | | |
| **Learning Module**  **Structure** | | **Each learning module consists of the following elements:**   * Pre-Test * Content Outline * Key Terms List | | | | | | | * Resource/Reading Material * Personal Discovery Assessment (PDA) * Post Test | | | | | | | | | | | | |
| **Learning Modules** | | |  |  | | --- | --- | | **Module** | **Estimated Time to Complete Module Personal Discovery Assessment (PDA)** | | Module 1 & 4: Wellness 101 | 30-60 Minutes | | Module 2: Fitness Management | 7+ Days | | Module 3: Nutrition Management | 7+ Days | | Module 4: Wellness Revisited | 30-60 Minutes | | Module 5: Weight Management | 7+ Days | | Module 6: Stress Management | 5+ Days | | | | | | | | | | | | | | | | | | | | |
| **Module**  **Course Information** | | **There are six total on-line learning modules.**   * If this is your first PE activity course, complete modules 1, 2, 3 * If this is your second activity course, complete modules 4, 5, 6 * If this is your 3rd/4th… verify progress report shows 6 modules complete-do NOT redo if complete   **Failure to complete/pass and document completion of 3 modules will result in a grade of “F” for this course.**  **Students must complete the PDA and receive a minimum of 80% on each module post-test to pass the module.**  **Students are responsible for checking Progress Report on-line to ensure module completion credit was awarded.**  **Passing/documenting completion=full points (100%) toward final course grade regardless of post-test score.**  **If the Progress Report does not show completion, recheck that you have completed the PDA.** | | | | | | | | | | | | | | | | | | | |
| **Purchasing**  **Access** | | Purchase directly from Kendall/Hunt with a credit card (not gift card): [www.grtep.com](http://www.grtep.com)  Also available for purchase at the Appalachian State Bookstore *(this is more expensive than purchase online)*  This code is good for 6 years and does not need to be repurchased.  DO NOT REPURCHASE- if you are having access difficulties contact Web Support via email or on the website.  Please use your Appalachian State email address. | | | | | | | | | | | | | | | | | | | |
| **Tech Support** | | Technical difficulties with website: [ASUsupport@kendallhunt.com](mailto:ASUsupport@kendallhunt.com)  Please contact your instructor if you do not receive a response from the Help Desk within 48 hours (M-F).  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.** | | | | | | | | | | | | | | | | | | | |

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| **ADDITIONAL INFORMATION** | |
| **Health and Safety** | This class requires physical activity. Any person with any medical concerns should consult a physician before beginning any exercise program. Accordingly, 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. Students should dress for physical activity for every class meeting and adhere to all required safety precautions. |

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| **ADDITIONAL INFORMATION** | | |
| Academic | Academic Affairs website: <http://academicaffairs.appstate.edu/resources/syllabi> | |
| Policy Information | Academic Integrity CodeDisability Resources | Religious Observances Policy  * Student Engagement |
| Student Development | Students with family, medical, or other emergencies requiring extended time away from campus may contact the Dean of Students Office to complete a Faculty Notification Request. <http://deanofstudents.appstate.edu/> | |
| Support and | Appalachian Academics website: <http://www.appstate.edu/academics/> | |
| Resources | University Writing CenterOffice of Student SuccessTutoring Services | Registrar/Records  * Course Catalogs * Student Services |

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| LESSON OUTLINE | |
| Schedule Information | DAILY TOPICS |
| **WEEK 1** | Course Orientation  Syllabus  Fitness Assessments |
| **WEEK 2** | ADD DAILY LESSON TOPICS |
| **WEEK 3** | ADD DAILY LESSON TOPICS |
| **WEEK 4** | ADD DAILY LESSON TOPICS |
| **WEEK 5** | ADD DAILY LESSON TOPICS |
| **WEEK 6** | ADD DAILY LESSON TOPICS |
| **WEEK 7** | Written Exam  Fitness Assessments  Skill Assessments |
|  |  |
| **Wellness Module Due** | ADD DATES AND EMAIL TO STUDENTS |
| **Activity Log/Journal Due** | ADD DATES AND EMAIL TO STUDENTS |
| **Written Exam** | ADD DATE AND EMAIL TO STUDENTS |