PHED 1000 – Spring 2014
SCIENTIFIC PRINCIPLES AND PRACTICES OF HEALTH RELATED FITNESS

Course Objectives
1. To learn the scientific evidence concerning the health and disease status of the population of the United States.
2. To learn the scientific evidence that supports the interaction between lifestyle and disease.
3. To learn the basic scientific principles of exercise physiology, nutrition, psychology, and epidemiology that are necessary for establishing and maintaining a lifestyle that is appropriate for healthier living.
4. To learn to develop and practice a lifetime physical activity program which includes formal exercise as well as alternative physical activities.
5. To learn to access and utilize a variety of internet resources of health information.

Course Requirements
1. Regular and prompt attendance at all class sessions.
2. Completion of required laboratory assignments.
3. Completion of online interactions with health-related Internet resources.
4. Completion of Exam 1 and Exam 2.

Required Lab Manual

Course Evaluation
Grades will be assigned as follows:

<table>
<thead>
<tr>
<th>Exam 1</th>
<th>50 points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exam 2</td>
<td>50 points</td>
</tr>
<tr>
<td>Laboratory Grade *</td>
<td>100 points</td>
</tr>
<tr>
<td>Course Total</td>
<td>200 points</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Point Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>200 - 180</td>
<td>A</td>
</tr>
<tr>
<td>179 - 160</td>
<td>B</td>
</tr>
<tr>
<td>159 - 140</td>
<td>C</td>
</tr>
<tr>
<td>139 - 110</td>
<td>D</td>
</tr>
<tr>
<td>109 -</td>
<td>F</td>
</tr>
</tbody>
</table>

*Laboratory grade consists of the following:

- 35 points – Attendance/Participation
- 33 points – Laboratory Assignments
- 10 points – Quiz
- 22 points – Internet Assignments
Exam Schedule

- Week of February 17: Exam 1 Review (3 Bonus Attendance Points)
- Week of February 24: Exam 1
- Week of April 21: Exam 2 Review (3 Bonus Attendance Points)
- Week of April 28: Exam 2
- May 5, 6, 7: Final Exam Week Meeting (6 Bonus Attendance Points)

Exam and Bonus Attendance Policies

Exams. Students must be in class on campus for the two exams on the weeks of February 24 and April 28. Only in extraordinary cases will you be allowed to makeup a missed exam.

Bonus Attendance. There are three opportunities for students to receive bonus credit during the semester for a maximum total of 12 bonus points. Attendance in class on the two days indicated as review days for the first and second exams will provide students with up to 6 points being added to their final course grade. Attendance at the designated times during final exam week will provide 6 points to each student’s final course grade.

Laboratory Policies

Attendance (35 points). Laboratory attendance is defined as being present for the entire length of class and participating in all class activities. In order to receive a passing grade for this course the student must attend and participate in 80% of the laboratory section meetings. University authorized absences will not be counted against your point total. However, 7 ABSENCES (authorized or unauthorized) will result in an ineligibility to receive credit for the course. If you do not drop in accordance to the University calendar, you will not receive credit for the course. Two tardies will equal an unexcused absence. Attendance will be taken 10 minutes after class starts, any student who arrives after this time will be considered tardy. Any student who arrives 20 minutes after class starts will be considered absent. Students will be required to participate in a regular exercise program to improve and maintain health-related fitness. If you do not participate you will be counted absent. Attendance and participation will be graded as follows:

<table>
<thead>
<tr>
<th>Absences</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-2</td>
<td>35</td>
</tr>
<tr>
<td>3</td>
<td>29</td>
</tr>
<tr>
<td>4</td>
<td>23</td>
</tr>
<tr>
<td>5</td>
<td>17</td>
</tr>
<tr>
<td>6</td>
<td>10</td>
</tr>
<tr>
<td>7</td>
<td>Not eligible to receive credit</td>
</tr>
</tbody>
</table>

For Laboratories that meet 1 day per week

<table>
<thead>
<tr>
<th>Absences</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>35</td>
</tr>
<tr>
<td>2</td>
<td>25</td>
</tr>
<tr>
<td>3</td>
<td>15</td>
</tr>
<tr>
<td>4</td>
<td>Not eligible to receive credit</td>
</tr>
</tbody>
</table>

To receive participation credit for class you must be dressed in appropriate attire and participate. Appropriate attire includes shorts, t-shirts, sweatshirts, and gym shoes. Sandals, jeans, jewelry, and sunglasses are not appropriate attire for an activity class.

Laboratory Assignments (33 points). There will be 11 lab assignments from the Lab Manual that will be completed during the semester and graded on a pass/fail basis. Labs will be completed in class and/or assigned as homework. Make-up of labs will not be allowed, and any missed lab assignment will receive a “fail” grade.

Quiz (10 points). There will be one quiz worth 10 points. The quiz will cover major bones and muscles of the body.
Internet Assignments (22 points). Eleven internet assignments will be completed over the course of the semester. Internet assignments will be graded on a pass/fail basis.

UNIVERSITY OF NORTH TEXAS
Department of Kinesiology, Health Promotion, and Recreation

PHED 1000 - Scientific Principles and Practices of Health Related Fitness - Wellness Labs & Physical Education Activity Program

ATTENDANCE POLICY

As explained in the accompanying course outline, your grade will be determined by a combination of performance skills exam(s), written exam(s), and other appropriate measures. **Because the Wellness Labs and Activity classes are performance based, in order to earn your academic credit you are required to attend and participate in eighty percent (80%) of the classes.** Regular class attendance is necessary to do well in these classes and is expected by your instructor. Excessive absences will **negatively** affect your grade. Absences from class are recorded but no accounting of excused versus unexcused absences is kept. However, in cases where an authorized absence causes an individual to miss a written test, skills test, etc., arrangements will be made when practicable for work to be made-up in accordance with University policy (see current catalog for complete procedures). Make-up work for unauthorized absences is left to the discretion of the instructor. Once you miss more than twenty percent (20%) of the class, **with any combination of authorized and/or unauthorized absences**, you will no longer be eligible to receive credit for the course. If you do not drop in accordance with the University Academic Calendar, a grade of "F" will be assigned.

AMERICAN DISABILITY ACT

The University of North Texas makes reasonable academic accommodation for students with disabilities. Students seeking accommodation must first register with the Office of Disability Accommodation (ODA) to verify their eligibility. If a disability is verified, the ODA will provide you with an accommodation letter to be delivered to faculty to begin a private discussion regarding your specific needs in a course. You may request accommodations at any time, however, ODA notices of accommodation should be provided as early as possible in the semester to avoid any delay in implementation. Note that students must obtain a new letter of accommodation for every semester and must meet with each faculty member prior to implementation in each class. **Students are strongly encouraged to deliver letters of accommodation during faculty office hours or by appointment. Faculty members have the authority to ask students to discuss such letters during their designated office hours to protect the privacy of the student.** For additional information see the Office of Disability Accommodation website at [http://www.unt.edu/oda](http://www.unt.edu/oda). You may also contact them by phone at 940.565.4323.
<table>
<thead>
<tr>
<th>Topics, Lessons, &amp; Readings</th>
<th>Weekly Starting Dates &amp; Assignments Information</th>
<th>Internet Health Sources for Review</th>
</tr>
</thead>
</table>
| Course Introduction & Health & Disease in the U.S.  
*Online Lesson 1* | January 13  
Labs 1 & 2 due  
Lab 3 in class  
Begin Lab 4 in class  
Internet 1 & 2 due | Centers for Disease Control and Prevention  
Physical Activity and Health: A Report of the Surgeon General Healthy People 2020 |
| Coronary Heart Disease  
*Online Lesson 2* | January 20  
Labs 1 & 2 due  
Lab 3 in class  
Begin Lab 4 in class  
Internet 1 & 2 due | American Heart Association  
National Heart, Lung, and Blood Institute |
| Exercise to Improve Cardiovascular Endurance  
*Online Lesson 3* | January 27  
Quiz 1 – Anatomy  
Continue Lab 4 in class  
Internet 3 due | American College of Sports Medicine  
2008 Physical Activity Guidelines for Americans |
| Exercise to Improve Strength and Flexibility  
*Online Lesson 4* | February 3  
Internet 4 due  
Continue Lab 4 in class | National Institute of Arthritis and Musculoskeletal and Skin Diseases  
National Strength and Conditioning Association |
| Obesity and Body Composition  
*Online Lesson 5* | February 10  
Complete Lab 4 in class  
Lab 5 in class  
Internet 5 due | American Diabetes Association  
National Institute of Diabetes and Digestive and Kidney Diseases |
| Review for Exam 1 *  | February 17 | 3 Bonus Attendance Points |
| Exam 1 | February 24 | U. S. Department of Agriculture: Center for Nutritional Policy |
| Nutrition and Healthy Eating Habits  
*Online Lesson 6* | March 3  
Lab 6 due  
Internet 6 due | Weight Control Information Network |
| Physical Activity and Weight Control  
*Online Lesson 7* | March 17  
Lab 7 in class  
Internet 7 due | National Institute of Mental Health  
National Institute on Drug Abuse  
National Institute on Alcohol Abuse and Alcoholism |
| Physical Activity and Mental Health  
*Online Lesson 8* | March 24  
Lab 8 due  
Internet 8 due | American Cancer Society  
National Cancer Institute |
| Physical Activity and Cancer  
*Online Lesson 9* | March 31  
Lab 9 due  
Internet 9 due | Arthritis Foundation  
National Osteoporosis Foundation |
| Physical Activity and Musculoskeletal Health  
*Online Lesson 10* | April 7  
Lab 10 due  
Internet 10 due | National Institutes on Aging  
UNT Recreational Sports |
| Lifetime Physical Activity and Healthy Lifestyles  
*Online Lesson 11* | April 14  
Lab 11 due  
Internet 11 due |  |
| Review for Exam 2 * | April 21 | 3 Bonus Attendance Points |
| Exam 2 | April 28 |  |
| Final Laboratory Meeting | May 5, 6, 7  
Times to be Announced | 6 Bonus Attendance Points |
Responsibilities of a Student in PHED 1000

- Complete each Internet lesson and textbook assignment during the week it is assigned.
- Attend and participate in your lab course regularly. Attendance is the most important part of your grade.
- Complete and submit lab assignments from the lab manual according to deadlines. Keep work neat and representative of a university student. Also, complete and submit Internet lab assignments according to deadlines. Spend at least 15 minutes reviewing each website. The health information available can be very useful to you and others important to you.
- Try to develop or maintain your own physical activity habit. Regular physical activity is one of the most effective and least complicated ways to improve your short-term and long-term health.
- The two exams in the course are not easy. Study hard and long and prepare yourself to the best of your ability. If you are confused about something, ask questions.
- Attend the three bonus attendance classes.
- Seriously consider enrolling in an exercise/fitness class next semester. Keep the exercise program continuing.

Eagle Mail:
"All students should activate and regularly check their Eagle Mail (e-mail) account. Eagle Mail is used for official communication from the University to students. Many important announcements for the University and College are sent to students via Eagle Mail. For information about Eagle Mail, including how to activate an account and how to have Eagle Mail forwarded to another e-mail address, visit https://eaglemail.unt.edu "