



**PEAC 2000
Syllabus
Fall 2013**

Syllabus

PEAC 2000 Fall 2013

Physical Education Concepts/Fitness Course

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1 Credit Hour

Jan Lilletvedt, Instructor		
	Office	Fitness Center, Torrington Campus
	Office Hours	Mon-Thurs: 8:00 am - 9:00 am or by appointment
	Phone	(307) 532-8244 (includes voice mail) 1-866-327-8996 Extension 8244(see note)
	FAX	(307) 532-8229 or (307) 532-8222 Be sure to put my name on your fax cover page.
	e-mail	jan.lilletvedt@ewc.wy.edu Be sure to place the name of the course in the Subject Line on the email.

(Note: If you get sent to the general voice mail system for the college, press *8 on your phone and then 8244 and you will be connected to my personal voice mail.)

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Additional Contact Information

If you **have any difficulties interacting with this course or LancerNet**, please contact:

- [Aaron Bahmer](#), **Instructional Technologist**, at either (307) 532-8284 or 1-866-327-8996 (1-866-EAST WYO) x 8284 (8:00 am to 5:00 pm Mountain Time)
- David Banville, Instructional Technologist, at either (307) 532-8379 or 1-866-327-8996 (1-866-EAST WYO) x 8284 (8:00 am to 5:00 pm Mountain Time)

If you have questions about EWC and distance learning, please contact:

- [Rick Vonburg](#), Division Chair of Arts & Humanities, at (307) 532-8346 or 877-392-4678 (877-EWC-INST), 8:00 am to 4:00 pm Mountain Time.

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Delivery

This course is delivered via the World Wide Web (Internet), through LancerNet software. Access is by username and password only and will be limited by the dates of the course. Students may encounter information which is not in the control of Eastern Wyoming College.

Technical questions about *LancerNet* should first be directed to [Aaron Bahmer](#), Instructional Technologist, at either (307) 532-8284 or 877-392-4678 (866-EWC-INST), 8:00 am to 5:00 pm Mountain Time.

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Taking an Online Course

Quite simply, taking a course in this manner requires personal commitment. You need to remember to read the text. You need to remember to do the assignments. You need to remember to get the work done! If you prefer a little more instructor contact, please send e-mail regarding the course to your instructor. A phone call could also provide you with some personal interaction. In addition, you may visit the instructor on campus as your schedule allows.

Until you receive the official grade for this course, you should keep the following:

- **A copy of every assignment which you submit to your instructor.**
- **A copy of any other correspondence between you and your instructor.**
- **A copy of all Labs mailed to the instructor.**

It is also recommended that you print at least the following materials from your course:

- **The syllabus.**

- **The Schedule.**
- **The Lab Specifics.**
- **The list of assignments & due dates.**

NETIQUETE: Because communication and interaction with your instructor and other students takes place primarily in a text environment, devoid of any body language or vocal nuance, you need to consider how you use words to express yourself. Plain text can easily be interpreted in ways other than what you intend, so here are some things to consider as you work with e-mail, message boards, or online chat:

- Write as if you were speaking to the person face to face.
- All messages created in your LancerNet class are saved and can be referenced in the future.
- Others may judge you by the quality of your writing; check your spelling and grammar.
- Use capital letters for emphasis or titles only. If a message is written entirely in capital letters, it is like SHOUTING.
- Humor is difficult to recognize without facial expressions or other non-verbal cues, so it is best to limit your use of humor to avoid any misinterpretation.
- For e-mail, journals and message boards, include a meaningful subject.
- Send copies of e-mail messages only to those people who need to see them. Also, only forward messages with the writer's permission.
- Respond promptly to e-mail messages.
- For message boards, be sure you know when best to use "New Topic" and when to use "Reply."

Turnitin© is a cloud-based text review service utilized by EWC for originality checking, including improper citations or potential plagiarism. Student work in this course may be submitted to and retained by this service, though the student retains copyright of their written work. Students can view information regarding Turnitin's privacy and copyright policy at http://www.turnitin.com/en_us/privacy-center/overview.

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Course Description

A course designed to illustrate the relationship between lifestyle (nutrition, exercise, fitness, etc.) and personal wellness. Emphasis is placed on the role of exercise in wellness. Course will include lecture and laboratory experiences.

The course will provide information concerning assessments of lifestyles for Health, Fitness and Wellness;

- benefits, assessments, prescriptions of fitness activities;

- specific assessments of Health-related fitness components; (cardiovascular fitness, muscular strength; muscular endurance; flexibility; and body composition);
- assessments of nutritional needs and intakes;
- assessment of stress levels and hardiness;
- avoiding destructive behaviors, i.e.. alcohol, drugs, sexual behaviors;
- making healthy informed decisions.

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Course Rationale

Acknowledging the fact that research indicates healthy lifestyles (exercise, fitness levels, proper nutrition, and choice behaviors) lead to richer more rewarding lives, Eastern Wyoming College believes a class that disseminates information to the student regarding such issues will enable the student to make better lifestyle choices and thus experience perhaps a more rewarding life, i.e. the student will be healthier and happier. It is the hope that with the information and experiences presented in this class, students will make a commitment to attaining and maintaining fitness, to proper nutrition, and to making healthy choices regarding lifestyle.

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Instructional Media & Resources

Required Textbook

Title	Principles and Labs for Fitness and Wellness
Author	Hoeger and Hoeger - 12th edition
Publisher	Wadsworth Cengage Learning

ISBN: 978-1-133-59328-7



Textbooks are available through the [EWC Online Bookstore](#) where you may apply financial aid toward your purchase. The text may also be purchased directly through the publisher or ordered through other online or ground booksellers.

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Course Objectives

At the conclusion of this course the student should be able to:

- The student will perform the physical education assessments concerning the parameters of fitness, i. e.,
 - cardiovascular fitness;
 - flexibility;
 - muscular strength;
 - muscular endurance;
 - body composition.
- The student will determine and /or compute the 'rates' listed below and utilize these figures to monitor his/her workouts:
 - resting heart rate;
 - maximum attainable heart rate;
 - target heart rate;
 - training heart rate range
- The student will complete an analysis of energy needs according to his/her activity level.
- The student will analyze his/her eating habits in relationship to energy needs and nutrient consumption and make recommendations based on the results.
- The student will, through written examination, demonstrate a knowledge and basic understanding of:
 - fitness and the aspects of fitness as they relate to wellness;
 - considerations and methods used to design fitness programs to attain/maintain various fitness parameters.
- The student will gain a general knowledge and understanding of the methods used to evaluate physical fitness and will practice and evaluate various methods in lab experiences.

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Course Outline & Final Due Dates (Tentative)

Section 1 - Chapter 1 - 4 August 27 - September 21, 2013		
All Labs in Section 1 must be postmarked no later than Monday, September 23, 2013.		
Time	Assignment	Due Date
WEEK 1 August 27 - August 31, 2013 <i>Recommended daily schedule:</i> <i>Day 1-Read Syllabus; Chapter 1</i> <i>Day 2-Lab</i>	Chapter 1 - Physical Fitness and Wellness LAB-1B - Wellness Lifestyle Questionnaire LAB 1C - PAR-Q and Health History Questionnaire - Postmark no later than Saturday, September 7, 2013.	Complete online test for Chapter 1; Complete labs to be mailed by Monday, September 23, 2013.

	LAB 1D - Resting Heart Rate and Blood Pressure	
WEEK 2 September 1 - September 7, 2013 <i>Recommended daily schedule:</i> <i>Day 3-Read Chapter 2</i> <i>Day 4-Lab</i>	Chapter 2 - Behavior Modification LAB-2C - Setting SMART Goals	Complete online test for Chapter 2; Complete labs to be mailed by Monday, September 23, 2013.
WEEK 3 September 8 - September 14, 2013 <i>Recommended daily schedule:</i> <i>Day 5-Read Chapter 3</i> <i>Day 6-Lab</i>	Chapter 3 - Nutrition for Wellness LAB 3B - My Pyramid Record Form	Complete online test for Chapter 3; Complete labs to be mailed by Monday, September 23, 2013.
WEEK 4 September 15 - September 21, 2013 <i>Recommended daily schedule:</i> <i>Day 7-Read Chapter 4</i> <i>Day 8-Lab</i>	Chapter 4 - Body Composition LAB 4B - Body Composition, Disease Risk Assessment, and Recommended Body Weight Determination	Complete online test for Chapter 4; Complete labs to be mailed by Monday, September 23, 2013.
All Labs in Section 1 must be postmarked no later than Monday, September 23, 2013.		
Section 2 - Chapters 5-8 September 22 - October 19, 2013 All Labs in Section 2 must be postmarked no later than Monday, October 21, 2013.		
Time	Assignment	Due Date
WEEK 5 September 22 - September 28, 2013 <i>Recommended daily schedule:</i> <i>Day 9-Read Chapter 5</i> <i>Day 10-Lab</i>	Chapter 5 - Weight Management LAB 5A - Computing Your Daily Caloric Requirement	Complete online test for Chapter 5; Complete labs to be mailed by Monday, October 21, 2013.
WEEK 6 September 29 - October 5, 2013 <i>Recommended daily schedule:</i> <i>Day 11-Read Chapter 6</i> <i>Day 12-Lab</i>	Chapter 6 - Cardiorespiratory Endurance LAB 6A - Cardiorespiratory Endurance Assessment (1.5	Complete online test for Chapter 6; Complete labs to be mailed by Monday, October 21, 2013.

	mile walk/run) Lab 6C - Exercise Readiness Questionnaire	
WEEK 7 October 6 - October 12, 2013 Recommended daily schedule: Day 13-Read Chapter 7 Day 14-no lab	Chapter 7 - Muscular Strength and Endurance No Lab	Complete online tests for Chapter 7; Complete labs to be mailed by Monday, October 21, 2013.
WEEK 8 October 13 - October 19, 2013 <i>Recommended daily schedule:</i> Day 15-Read Chapter 8 Day 16-Lab	Chapter 8 - Muscular Flexibility LAB 8B - Posture Evaluation Midterm - October 15, 2013 Deficiency Slips Given	Complete online test for Chapter 8; Complete labs to be mailed by Monday, October 21, 2013.

All Labs in Section 2 must be postmarked no later than Monday, October 21, 2013.

Section 3 - Chapters 9-12
October 27 - November 16, 2013

All Labs in Section 3 must be postmarked no later than Monday, November 18, 2013.

Time	Assignment	Due Date
WEEK 9 October 20 - October 26, 2013 <i>Recommended daily schedule:</i> Day 17-Read Chapter 9 Day 18-Lab	Chapter 9 - Skill Fitness and Fitness Programming LAB 9A - Assessment of Skill Fitness	Complete online test for Chapter 9: Complete labs to be mailed by Monday, November 18, 2013.
WEEK 10 October 27 - November 2, 2013 <i>Recommended daily schedule:</i> Day 19-Read Chapter 10 Day 20-Lab	Chapter 10 - Stress Assessment and Management Techniques LAB 10A - Stress Events Scale LAB 10B - Type A Personality and Hostility Assessment LAB 10C - Stress Vulnerability Questionnaire	Complete online test for Chapter 10; Complete labs to be mailed by Monday, November 18, 2013.

<p>December 8 - December 9, 2013</p> <p><i>Recommended daily schedule: Day 31- 32-Makeup</i></p>	<p>must be completed no later than Noon on Tuesday, December 10, 2013.</p>	<p>All Materials must be POSTMARKED no later than Monday, December 9, 2013.</p> <p>If you desire to withdraw, be sure to submit a written withdrawal request no later than Noon, Tuesday, December 10, 2013. Requests made after that date will be denied.</p>

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Withdrawal Policy

Withdrawal from the course must be initiated by the student following procedures outlined in the current [Eastern Wyoming College Catalog](#). A student may request a withdrawal from the instructor. **Withdrawal requests must be made no later than 12:00 pm on Tuesday, December 9, 2013.** Requests made after that date will be denied.

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Students must complete and submit all labs AND all chapter quizzes.

Each student, in accordance with the grading procedure discussed below, will be held accountable for the following:

- purchase of text book;
- completing chapter and final tests prior to assigned due dates;
- completing and postmarking each lab section of assignments prior to assigned due dates;
- **Students must complete and submit each of the lab sections in order to pass the class;**
 - if a due dates is missed, the student must still submit the completed labs to the instructor in order to pass the class.

Participation

A meaningful learning experience requires minimal standards and respect and consideration for others. It is not possible to provide an inclusive list of all disrespectful, disruptive behaviors. The mature college student will recognize the following as being unacceptable:

- negatively challenging an instructor online (make an appointment to discuss conflicts privately or through e-mail)
- use of disrespectful language in online discussions or e-mail

Labs

Labs must be completed and postmarked by the assigned due date! Late lab experiences CAN NOT be made up unless the student misses the lab deadline due to a medical emergency (hospitalization, etc.). The "snail mail" postmark will be used to determine whether or not labs were submitted on time. **A grade of "0" - no points - will be awarded for late lab experiences. A lab experience will be considered late if it is not postmarked by the due date. No points will be allowed for late labs. However,**

- **Students must complete and submit each of the lab sections in order to pass the class;**
 - if a due date is missed, the student must still submit the completed labs to the instructor.

Persons unable to complete a lab due to medical reasons will be excused from the lab(s) with no penalty or loss of points provided a medical doctor's excuse is provided to the instructor prior to the due date of the labs. DO NOT complete labs that require you performing physical activities that are beyond the scope of your physical ability. A note from your physician will excuse you from participation in such labs. If in doubt - do not do!! and Contact the instructor.

Labs are to be mailed to: Labs attached to emails will not be accepted.

**Jan Lilletvedt
Eastern Wyoming College
3200 West "C" Street
Torrington, WY 82240**

Examination Policy:

Examinations should be taken during the week scheduled to prevent falling behind in the class. There is no penalty for not completing the Chapter Quizzes during the week it is recommended they be completed. However, deficiency slips will be given to students who have not completed the recommended work at midterm. Deficiency slips will be given to persons who have not completed Chapter 8 by midterm. All Chapter Quizzes must be completed no later than 12:05 pm, Tuesday, December 9, 2013.

Persons caught cheating in any manner will receive a grade of "F" and be immediately withdrawn from the class.

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Grading Criteria

The student's final grade is a reflection of his/her performance on Chapter Quizzes and lab assignments. The successful student shall complete all assigned labs and all Chapter Quizzes.

Possible point allocations for this class include:

Work	Points available
Laboratory Experiences (3-5 points each lab)	100
Concepts Tests (~25 points each)	375
TOTAL	475

Grading Scale

Based on the number of points earned divided by the number of points possible, the student's final grade will be reflected as a percentage. Letter grades are assigned to percentages according to the following scale:

Letter Grade	Percentage
A	90-100
B	80-89.9
C	70-79.9
D	60-69.9
F	0 -59.9

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Academic Dishonesty Policy

Academic dishonesty is not tolerated. Dishonesty includes plagiarism, cheating and any conscious act by a student that gives him or her an undue advantage over fellow students.

Persons caught cheating in any manner will receive a grade of "F" and be immediately withdrawn from the class.

Plagiarism

Copying or using the ideas of another without giving proper credit through the use of quotation marks, footnotes, or other forms of reference.

Cheating

Making unauthorized use of answers to examinations, tests, quizzes, in-class work, or homework assignments, as well as copying from fellow students or submitting work that has been done by someone else.

Students shall complete all assigned course work individually. Academic dishonesty of any kind shall result in a score of zero on the assignment or examination and may result in withdrawal from the course or a grade of F, as the instructor deems appropriate. In addition, the instructor may refer the student to the appropriate EWC official for further discipline.

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General Education Requirements

- **Communication Skills:** Graduates will be able to understand and communicate ideas and information in written and spoken English that reveals a mastery of terminology appropriate to their disciplines.
- **Analytical and Quantitative Reasoning:** Graduates will be able to solve problems through critical thinking involving analytical and quantitative reasoning at a level appropriate to their disciplines.
- **Technology Skills:** Graduates will be able to demonstrate competence using technology appropriate to their disciplines.
- **Social Awareness:** Graduates will be able to demonstrate an awareness of the relationship between the individual and the world.
- **Information Literacy:** Graduates will be able to locate, evaluate, and use information effectively.

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ADA Accommodations

Eastern Wyoming College is committed to providing reasonable accommodations for qualified individuals with disabilities. If a student has a disability and desires a reasonable accommodation for such disability, the student should contact [Debbie Ochsner](#) or [Stuart Nelson](#) as soon as possible so that arrangements may be made.

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Disclaimer

Information contained in this syllabus was, to the best knowledge of the instructor, considered correct and complete when distributed for use at the beginning of the class. However, this syllabus should not be considered a contract between Eastern Wyoming College and the student. The instructor reserves the right, acting within the policies and procedures of EWC, to make changes in course content or instructional technique without notice or obligation.

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Eastern Wyoming College

E-mail comments to your [Instructor](#)