

UNIVERSITY OF NORTH ALABAMA
DEPARTMENT OF HEALTH, PHYSICAL EDUCATION AND RECREATION

COURSE NUMBER: HPE 175
COURSE TITLE: Essentials of Healthy Living
SEMESTER HOURS: 3 semester hours
PREREQUISITES: None
REVISED: August 2012

Essentials of Healthy Living

COURSE DESCRIPTION: This course provides the student with instruction and experiences relative to the basic concepts of optimal health and wellness. Emphasis will be given to the emotional, psychological, sociological, and physiological factors within the environment that influence and individual's health and well-being. Part of the course will include laboratory experiences dealing with personalized individual assessments regarding wellness-related issues and application of these results in a behavioral change plan.

TEXT: Hoeger, Werner K., Sharon A. Hoeger. *Principles and Labs for Fitness and Wellness*. 11th Edition, Belmont, California: Wadsworth, Cengage Learning.

COURSE OBJECTIVES: Upon successfully completing this course the student will be able to:

- Identify the dimensions of wellness and how they determine one's total wellness lifestyle.
- Identify America's major risk factors associated with hypokinetic disease and premature death.
- Identify the most significant, readily modifiable, personal factors contributing to the poor health status of many Americans.
- Identify self-responsibility and self-management techniques that can be used to develop a high level of wellness.
- Develop goal-setting techniques and develop a personal wellness contract.
- Develop a personal exercise prescription using the FITT principle technique and based on individual exercise needs and goals.
- Complete a personal fitness Assessment and Health Risk Assessment, and use the information to develop a *Personal Action Plan*.
- Identify major risk factors associated with common injuries of the low back.
- Identify risk factors of coronary vascular disease.
- Identify risk factors of cancer.
- Define nutrition basics for a well-balanced diet according to healthy eating habits for managing healthy body weight, and having a positive impact on cardiovascular disease and cancer.
- Appraise one's stress profile and identify techniques to control stress.

- Discuss basic strategies for behavior modification for weight management, healthy eating, smoking (tobacco) cessation, and beginning a personal exercise program.

PROFESSIONAL STANDARDS AND ASSESSMENT: Material presented in this course has been designed to comply with the Alabama Standards/Rule 290-3-3-.33 Physical Education. Specific standards addressed in this course are as follows:

- (2)(a)1.(vii) Physiological principles of physical activity, including biological sciences pertaining to the structure and function of the human body, human movement, and wellness (exercise, nutrition, and health-related fitness).
- (2)(b)2. Achieve and maintain a health-enhancing level of fitness throughout the program.

Content of this course links with UNA College of Education Conceptual Framework References 1, 2, 4, 6.

Standard Code	Standard	Assessment	Instrument
290-3-3-.33(2)(a)1.(vii)	Physiological principles of physical activity, including biological sciences pertaining to the structure and function of the human body, human movement, and wellness (exercise, nutrition, and health-related fitness).	Resource notebook: Dietary analysis project	Grading scale
290-3-3-.33(2)(b)2.	Achieve and maintain a health-enhancing level of fitness throughout the program.	Pedometer activity	Grading scale

COURSE CONTENT:

- Physical fitness and wellness
- Principle of nutrition for wellness
- Principles of weight control
- Cardiovascular endurance
- Principles of cardiovascular exercise prescription
- Body composition, muscular endurance, muscular strength, and flexibility
- Cardiovascular disease risk management
- Cancer risk management
- Stress management
- Tobacco use
- Relevant fitness and wellness issues

COURSE ACTIVITIES:

- Lecture/discussion
- Fitness lab activities
- Resource notebook
- Tri-fit analysis

Development of stress management and personal fitness goals

GRADING PROCEDURE:

The student's final grade in this course will be determined by the following: a) written exams, b) development of a resource notebook, c) completion of a personal health risk appraisal /fitness testing project, and d) class attendance. During this course two (2) written exams will be administered which will be evaluated on a 100 point basis. Each student will also be required to develop a resource notebook which must contain all laboratory and daily class assignments. This resource notebook will have a value of 150 points. In addition, each student will be required to complete a personal health risk appraisal/fitness testing project. This project has a point value of 150 points. Additionally, 200 points will be awarded for participation in class activities. Finally, each student will be given 100 attendance points at the beginning of the semester. Five (5) of these points will be deducted for each absence with the points remaining at the end of the semester representing an exam grade. However, upon the ninth (9th) absence, the student will automatically receive a grade of "F" for this course. All points received for exams and assignments in this course will be averaged to determine the student's final course grade.

Grades will be assigned according to the following scale:

- A= 800-720 points
- B= 719-640
- C= 639-560
- D= 559-480
- F= 479 and below

ATTENDANCE POLICY:

At the beginning of the semester each student will be given 100 attendance points. Five (5) points will be deducted for each absence. Two (2) tardies will constitute one (1) absence. For classes meeting three (3) days per week, on the thirteenth (13th) absence the student will receive a grade of "F". For classes meeting two (2) days per week on the ninth (9th) absence the student will receive a grade of "F".

PERSONAL TECHNOLOGY POLICY:

Use of cell phones or other electronic devices will not be allowed in class without prior instructor approval. Phones should be off or in silent mode. There is no reason for a student to have to send or address calls or messages during class. If the student has extenuating circumstances and needs to be available for an emergency, permission should be secured from the course instructor before class begins. The first time a cell phone rings in class may be attributed to poor judgment. If this occurs a second time the person who brought the phone to class will be dismissed from class for the day and counted absent and receive a grade of zero (0) for the day's class work. This cell phone policy applies to all classes including exams and presentations.

ACCOMMODATION STATEMENT:

In accordance with the Americans with Disabilities Act (ADA) and Section 504 of the

Rehabilitation Act of 1973, the University offers reasonable accommodations to students with eligible documented learning, physical and/or psychological disabilities. Under Title II of the Americans with Disabilities Act (ADA) of 1990, Section 504 of the Rehabilitation Act of 1973, and the Americans with Disabilities Amendment Act of 2008, a disability is defined as a physical or mental impairment that substantially limits one or more major life activities as compared to an average person in the population. It is the responsibility of the student to contact Disability Support Services to initiate the process to develop an accommodation plan. This accommodation plan will not be applied retroactively. Appropriate, reasonable accommodations will be made to allow each student to meet course requirements, but no fundamental or substantial alteration of academic standards will be made. Students needing assistance should contact Disability Support Services (256-765-4214).

ACADEMIC HONESTY:

Students of the university academic community are expected to adhere to commonly accepted standards of academic honesty. Allegations of academic dishonesty can reflect poorly on the scholarly reputation of the University including students, faculty and graduates. Individuals who elect to commit acts of academic dishonesty such as cheating, plagiarism, or misrepresentation will be subject to appropriate disciplinary action in accordance with university policy.

Incidents of possible student academic dishonesty will be addressed in accordance with the following guidelines:

1. The instructor is responsible for investigating and documenting any incident of alleged academic dishonesty that occurs under the instructor's purview.
2. If the instructor finds the allegation of academic dishonesty to have merit, then the instructor, after a documented conference with the student, will develop a plan for disciplinary action. If the student agrees to this plan, then both instructor and student will sign the agreement. The faculty member will forward a copy of the signed agreement to the Office of Student Conduct for record-keeping purposes.
3. If the student disagrees with the instructor's proposed plan for disciplinary action and wishes to take further action, he/she is responsible for scheduling a meeting with the chair of the department where the course is housed to appeal the proposed disciplinary plan. The department chair shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. If a resolution is reached, the disposition of the case will be forwarded to the Office of Student Conduct. If a resolution at the departmental level is not reached and the student wishes to take further action, he/she is responsible for scheduling a meeting with the dean of the college where the course is housed to appeal the proposed disciplinary plan. The college dean shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. If a resolution is reached, the disposition of the case will be forwarded to the Office of Student Conduct. If a resolution at the college level is not reached and the student wishes to take further action, he/she is responsible for scheduling a meeting with the Vice

President for Academic Affairs and Provost (VPAA/P) to appeal the proposed disciplinary plan. The VPAA/P shall mediate the matter and seek a satisfactory judgment acceptable to the faculty member based on meetings with all parties. After reviewing all documentation, the VPAA/P may, at his/her discretion, choose either to affirm the proposed action, to refer the case to the Office of Student Conduct for further review, or to dismiss the matter depending on the merits of the case. The final disposition of the case will be disseminated to appropriate parties, including the Office of Student Conduct.

4. If a student is allowed academic progression but demonstrates a repeated pattern of academic dishonesty, the VPAA/P may, after consultation with the Office of Student Conduct, assign additional penalties to the student, including removal from the University.