

UNIVERSITY OF LA VERNE  
DEPARTMENT OF KINESIOLOGY  
**KINE 001: FITNESS FOR LIFE – Online Course**  
**Fall 2015**

**COURSE INFORMATION**

Course Meeting Time/Place: Online Blackboard Course

Course Credit Hours: 2

**INSTRUCTOR INFORMATION**

Instructor Name: Megan Granquist, PhD, ATC

Office: SSAP B109

Office hours: Mondays, 8 am to noon

Email: [mgranquist@laverne.edu](mailto:mgranquist@laverne.edu)

Phone: (909) 448-4440

**COURSE DESCRIPTION**

Aims at establishing lifelong patterns of fitness. Identifies principles of a rounded fitness program, based on a wellness approach, and applies scientific concepts to develop a personal fitness program for each student. Includes active participation in various physical fitness activities.

**COURSE OBJECTIVES**

Upon completion of this course, students will be able to:

- Demonstrate an understanding of the principles of physical fitness.
- Assess selected aspects of current level of physical fitness.
- Exercise sound judgment in making decisions as a fitness consumer.
- Apply fitness principles to the physical activity setting.

**COURSE TEXT**

Corbin, C. B., Welk, G. J., Corbin, W. R., & Welk, K. A. (2013). Concepts of Physical Fitness: Active Lifestyles for Wellness (17<sup>th</sup> ed). Boston, MA: McGraw Hill.

**REQUIRED ACTIVITY EQUIPMENT**

Nike+ System to upload fitness activity on the Nike+ website.

**STUDENT EXPECTATIONS**

- Please read 'Online Learning Policies' posted on Blackboard.
- The quality of the class as a whole is affected by the commitment of each individual student.
  - Active participation, cooperation, and collaboration among class members are expected.
  - Take the initiative. Take responsibility and be accountable.
  - Respect your classmates.
- Your online participation (via blog, discussion board, e-mail, Nike+ website, etc.) will prove valuable in bridging the gap between theory and practice. The activity experiences are designed to give students the opportunity to apply information discussed in the text and PowerPoint slides.

## **ACADEMIC HONESTY**

Unfortunately, there have been occasions in the past where students have engaged in various forms of academic dishonesty (e.g., copying other student's work, cheating on tests, plagiarism, etc.). **There is a "zero tolerance" approach to academic dishonesty in this class.** Appropriate disciplinary action may include, but is not limited to giving the student an F on the assignment/exam and/or in the course and/or recommending expulsion. Specific information on the Academic Honesty Policy can be found in the University of La Verne Course Catalog.

## **DISRUPTIVE BEHAVIOR**

My role as a professor is to insure that each student has a learning environment free from disruption. *Students should not advertise for their business in any form (i.e., in Blogs, emails, etc.); failure to comply with this expectation will result in 10% deduction in the final grade.* Enrollment in a class may be terminated due to unsatisfactory student conduct, undue disrespect toward an instructor or administrator, or academic dishonesty. Specific information on the Behavior Standards can be found in the University of La Verne Course Catalog.

## **DISABILITY ACCOMMODATIONS**

If you need disability accommodations in this class please contact me as soon as possible. *No changes in course grades will be made if one fails to notify the instructor of special considerations after assignments, activities, or tests are completed.* Information regarding disabilities is confidential. If you are not sure whether you need special accommodations, please contact the Director of Services for Students with Disabilities in the main campus Student Health Center (909-448-4938).

## METHOD OF COURSE EVALUATION

Understanding of the syllabus and online learning policies, ten assignments, physical activity each week, and three exams will be used for course evaluation as seen below.

### Points

Syllabus & Online Learning Policies	5 pts
10 Assignments @ 10 pts each	100 pts
10 weeks of physical activity @ 12 pts each	120 pts
3 Exams @ 25 points each	<u>75 pts</u>
<b>Total</b>	<b>300 pts</b>

### Assignments

- Assignments will be provided on Blackboard. The purpose of assignments is to 1) ensure that each student has read the assigned chapter and considered the topic being presented, 2) check for student understanding of the presented concepts, and 3) provide a study aid for exams.
- Assignments are **due by 11:59 pm PST on Sundays**. *Late assignments will be accepted for 1/2 credit. To receive credit for late work, you are responsible for emailing me to let me know that you have submitted late work.*
- Proper grammar/spelling, appropriate presentation, and clear expression of ideas are expected. The Learning Enhancement Center is a good resource - use this to your advantage.

### Physical Activities

- Each week (except the first week), **60 minutes of running / walking and a minimum total distance of 4 miles is required for full credit.**
- To earn credit for activities, students must complete activity and **upload activity to 1) the Nike+ website and 2) report minutes and miles with a screenshot on Blackboard by 11:59 pm PST on Sundays**. Students will not be excused from activity due to technical issues. *Late activity is only accepted with prior approval.*
- If a student is unable to complete activity due to a medical reason, please see the Disability Accommodations section above.

### Exams

- Each exam will consist of true/false questions, multiple choice questions, matching questions, and/or short answer/essay questions. It is best to complete assignments early in the week to receive feedback prior to the exam.
- Exams must be completed in the **allotted 1-hour time and by 11:59 pm PST on Sundays**, late exams are not accepted.
- **Exams must be completed from a stable internet connection (wireless not recommended) using the correct internet browser as per Blackboard guidelines; the exam will not be reset due to technical issues.**
- Notes or other aids are not to be used on exams. Please see 'Academic Honesty' above.

### GRADING SCALE

A = 93 or better	B+ = 87-89%	C+ = 77-79%	D+ = 67-69%
A- = 90-92%	B = 83-86%	C = 73-76%	D = 63-66%
	B- = 80-82%	C- = 70-72%	F = <63%

**COURSE SCHEDULE**  
**KINE 001: Fitness for Life (Online)**

**Weeks begin on Mondays and end on Sundays**

- Assignments, physical activity, and exams must be uploaded by 11:59 pm PST on Sundays.

<b>Date</b>	<b>Topic</b>	<b>Req Reading</b>	<b>Work Due</b>
<b>Week 1</b> Mon 9/31 – Sun 9/6	Introduction to the class Health, Wellness & Fitness	Bb Docs C. 1	Assign 1 (3 parts) Set-up Nike+
<b>Week 2</b> Mon 9/7 – Sun 9/13	Self-Management Preparing for Physical Activity	C. 2 C. 3	Assignment 2 Physical Activity*
<b>Week 3</b> Mon 9/14 – Sun 9/20	Health Benefits of Physical Activity How much PA?	C. 4 C. 5	Assignment 3 Physical Activity* <b>Exam 1</b>
<b>Week 4</b> Mon 9/28 – Sun 10/4	Moderate Physical Activity	C. 6	Assignment 4 Physical Activity*
<b>Week 5</b> Mon 10/5 – Sun 10/11	Cardiovascular Fitness Muscle Fit. & Resistance Ex.	C. 7 C. 9	Assignment 5 Physical Activity*
<b>Week 6</b> Mon 10/12 – Sun 10/18	Flexibility	C. 10	Assignment 6 Physical Activity* <b>Exam 2</b>
<b>Week 7</b> Mon 10/19 – Sun 10/25	Body Composition	C. 13	Assignment 7 Physical Activity*
<b>Week 8</b> Mon 10/26 – Sun 11/1	Nutrition Managing Diet & Activity	C. 14 C. 15	Assignment 8 Physical Activity*
<b>Week 9</b> Mon 11/2 – Sun 11/8	Stress & Health Stress Management	C. 16 C. 17	Assignment 9 Physical Activity*
<b>Week 10</b> Mon 11/9 – Sun 11/15	Being an Informed Consumer Toward Optimal Health	C. 18 C. 19	Assignment 10 Physical Activity* <b>Exam 3</b>

\* Physical Activity: 60 minutes of running / walking and a minimum total distance of 4 miles is required for full credit.

***Note: Syllabus and schedule subject to change as professor or university deem necessary.***