Department of Kinesiology and Sport Management - KIN 2300 Science of a Healthy Lifestyle

Instructor information

- Course Instructor: Marc Lochbaum, Ph.D.
- Phone: 806.834.0882
- Office & Office Hours: Wednesday 9:30 am – 11:30 am
- E-mail: marc.lochbaum@ttu.edu

Catalog Course Description

- In-depth study of the physiological basis for living a healthy lifestyle centered on the importance of participating in physical activity.

Course Prerequisites

- None

Course Overview

- Physical inactivity has been identified as one of the leading causes of death worldwide and a major risk factor for chronic diseases like coronary heart disease, type II diabetes, and several cancers. A global hope for change is Exercise in Medicine®. Health care providers know engaging in regular physical activity reduces the mortality risk of breast cancer, all causes of cardiovascular disease, and Alzheimer’s disease. Yet, over half of the adults in the United States fail to meet the recommendations for physical activity in the 2008 Physical Activity Guidelines, while one-third of adults are obese. Since knowledge is power, this course teaches the following topics: exercise physiology foundational concepts and principles, psychology of behavior change, stress and stress management, nutrition, physiology of fitness principles, and avoidance of substance abuse.

Text required

- Lochbaum - Connect, Get Active 3.0 eBook. You will buy access to all course materials here with a credit card, debit card, or prepaid Visa/MasterCard. Simply copy and paste the link below to find our online text.
- https://connect.mheducation.com/class/lochbaum

Communication with Instructor

- You are encouraged to email me at marc.lochbaum@ttu.edu for all questions. The turnaround time for answers again is 48 hours though I hope you find that I am very prompt (within the day) with in my replies.
- If you are in a bind, you can text me at 806.535.8448. Tell me who you are, and we can go from there.
Computer Emergency Plan

- If you have an issue with your computer, you need to email me or text/call at the time of the issue. All due times are at 4 pm, so that we are all able to communicate in a reasonable manner. Certainly, you might be doing an assignment at midnight. You can email at midnight or text whenever. My phone is off at night. I need to know you have a problem before 4 pm or right at 4 pm of a due date.

Course Objectives/Learning Outcomes

By the end of this course, students will be able to:

- Identify and explain wellness dimensions, lifestyle choices, and opportunities that impact wellness and guidelines for effective behavioral health change.
- Describe the major body systems, the FITT formula, self-care, and key safety concerns for engagement in physical activity participation.
- Identify and evaluate dietary sources of energy, food labels, and your current dietary intake.
- Describe the physiological impact of your perceived stressors and develop personalized strategies to manage stress.
- Assess and plan lifestyle steps to combat substance abuse and the major type of chronic disease.

Methods for Assessing the Course Objectives/Outcomes

The course objectives/outcomes will be assessed by the following:

- 6 exams
- 6 written assignments
- 4 discussion board assignments

Grade Information and Class Structure

The following section concerns how you earn your grade, the points associated with way you earn points, when to expect grades to be posted, and how a week is defined.

- Each exam is worth 10 points.
- Each written assignment is worth 5 points.
- Each discussion board assignment is worth 2.5 points.

Outline of Points

- Exams 60 points
- Written assignments 30 points
- Discussion board posts 10 points
- Total points 100

Grading scale

- >= 90 points A
- 80.00 to 89.99 B
- 75.00 to 79.99 C
- 70.00 to 74.99 D
- <=69.99 F
Grading Turnaround Time

- Exams will be graded within an hour after due date and time.
- Written assignments and Discussion board posts will be graded within 3 working days (days of the week, not including Saturday and Sunday).

What is a week?

- The course is organized around Monday to Friday. There will not be assignments due on Saturday, Sunday, and any university holidays.

Course Schedule Details by Modules

**Weeks 1-3 – Module 1, Module 1 aligns with Course Objective 1.**

Reading – pages 1-20 in text.

*Module 1 Objectives*

By the completion of this module, students will be able to:

- Differentiate the dimensions of wellness and fitness
- Appraise how (their) lifestyle choices may (their) impact wellness
- Examine how biological, environmental, and structural (accessibility) to health services impact wellness (overall and in their lives)
- Score their current health level
- Apply behavioral health change strategies to their lives

*Assignments*

- Discussion board post 1
- Written assignment 1: Longevity Game Assessment
- Test 1

**Weeks 4-5 – Module 2, Module 2 aligns with Course Objective 2.**

Reading – pages 21-54 in text.

*Module 2 Objectives*

By the completion of this module, students will be able to:

- Examine the major body systems involved in physical activity and fitness and how they are affected by training
- Distinguish the health-related and skill-related components of fitness
- Appraise the benefits and recommendations for physical activity
- Apply the principles of physical training and the FITT formula to designing a program to improve physical fitness
- Inspect the strategies for exercise injury prevention, self-care for minor injuries, and guidelines for determining when to seek medical care for an exercise injury
• Examine the key safety concerns for physical activity in hot weather, cold weather, and areas with air quality issues, along with practical strategy to address those concerns

Assignments

• Test 2
• Written assignment 2: Your Current Physical Activity/Exercise Habits Assessment

Weeks 6-7 – Module 3, Module 3 aligns with Course Objective 3.

Reading – pages 93-126 in text.

Module 3 Objectives

By the completion of this module, students will be able to:

• Distinguish among the dietary sources of energy
• Examine the essential nutrients for your health and wellness
• Collect food labels to compare the energy and nutrients in your food choices
• Evaluate areas of concern for you based on your energy and nutrient intake relative to recommended intakes

Assignments

• Discussion board post 2
• Written assignment 3: Dietary Analysis for MyPlate Food Groups
• Test 3

Weeks 8-9 – Module 4, Module 4 aligns with Course Objective 4.

Reading – pages 163-193 in text.

Module 4 Objectives

By the completion of this module, students will be able to:

• Examine the physiology of stress and relaxation
• Assess the factors that affect your experience of stress
• Evaluate the effects of stress on your health and performance
• Rate sources of stress in your life
• Propose personalized strategies for managing stress

Assignments

• Written assignment 4: Stress self-assessment
• Test 4
Weeks 10-12 – Module 5, Module 5 aligns with Course Objective 5.

Reading – pages 195-230 in text.

Module 5 Objectives

By the completion of this module, students will be able to:

- Recognize the major types of cardiovascular disease, cancer, and diabetes
- Appraise the risk factors for these chronic diseases
- Judge the screening, diagnosis, and treatment options
- Plan steps to reduce your risk for these chronic diseases

Assignments

- Discussion board post 3
- Written assignment 5: Health Risks Assessment
- Test 5

Weeks 13-15 – Module 6, Module 6 aligns with Course Objective 5.

Reading – pages 231-257 in text.

Module 6 Objectives

By the completion of this module, students will be able to:

- Differentiate among addictive behavior, drug abuse, and drug dependence
- Appraise the major types of psychoactive drugs
- Compare the short- and long-term effects of alcohol
- Assess the health impacts of tobacco use
- Estimate the effects of psychoactive drugs on a person’s life

Assignments

- Discussion board post 4
- Written assignment 6: Tobacco Use and Knowledge Assessment

Final exam week (Week 15)

- Test 6
Due Dates and Time

<table>
<thead>
<tr>
<th>Module</th>
<th>Week</th>
<th>Announcement or Assignment</th>
<th>Due Date/Time</th>
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<tr>
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<td>Thursday Aug 29 by 4 pm</td>
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**Online Interactions**

This section details information concerning our online interactions.

- **Make the Connection.** Electronic communication (email, discussion forums, etc.) is how you share ideas with other participants in this course. Online environments can separate the person from the ideas received in this course. Remember, like you, someone is on the other side of an email or discussion posting. Communicate with fellow participants as you would in a face-to-face course.

- **Be Professional.** Your coursework is more than learning facts; you are preparing for a career. You are learning to interact with your fellow course participants as you would in your future professional life. Your conduct in this course should reflect this. Your communication should follow standard rules for grammar and spelling (unless in an online chat) and be clear, concise and intelligent.

- **Respect Disagreement.** People have the right to disagree with you. However, disagreement should never be personal. Online discussions are a means to share ideas and practice the skill of persuasion. Persuasive speech cannot be achieved with hurtful, hateful or inappropriate language. Review your posts before you publish and reread them for unintended meanings.

- **Ask Questions.** Cultural influences can influence communication in terms of phrasing and word choice. The lack of visual and auditory clues may affect meaning, as well. Before jumping to conclusions, ask for clarification.

- **Be Forgiving.** For the majority of participants, online communication is straightforward. Sometimes unintended meanings are conveyed.
Additional Information

- **Absence Due to Religious Observance** - A student who is absent from classes for the observance of a religious holy day, according to the legal definition, will be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the 15th day after the first day of the semester, the student has notified the instructor of each scheduled class that the student will be absent for a religious holy day. This notification will be in writing and will be delivered by the student personally to the instructor of each class, with receipt of the notification acknowledged and dated by the instructor, or by certified mail, return receipt requested, addressed to the instructor of each class. A student who is excused under this policy must not be penalized for the absence, but the instructor may appropriately respond if the student fails to complete the assignment satisfactorily.

- **Absence due to Officially Approved Trips** - The Texas Tech University Catalog states that the person responsible for a student missing class due to a trip should notify the instructor of the departure and return schedule in advance of the trip. The student may not be penalized and is responsible for the material missed.

- **Illness and Death Notification and Absences** - Whether an absence is excused or unexcused is determined solely by the instructor with the exception of absences due to religious observance and officially approved trips described above. The Center for Campus Life will notify faculty, at the student’s request, when a student is absent for four consecutive days with appropriate verification of a health-related emergency. This notification does not excuse the student from class; it is provided as a courtesy. The service is explained as follows and can be found on the Center for Campus Life website at: [http://www.depts.ttu.edu/centerforcampuslife/](http://www.depts.ttu.edu/centerforcampuslife/). The Center for Campus Life is responsible for notifying the campus community of student illnesses, immediate family deaths and/or student death. Generally, in cases of student illness or immediate family deaths, the notification to the appropriate campus community members occur when a student is absent from class for four (4) consecutive days with appropriate verification. It is always the student’s responsibility for missed class assignments and/or coursework during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterward. The notification from the Center for Campus Life does not excuse a student from class, assignments, and/or any other course requirements. The notification is provided as a courtesy.

Academic Integrity and Student Conduct

We have two academic integrity and student conduct statements. One is from my department and the other is the university statement.

- **KSM Department Academic Integrity Policy** - Adherence to the highest standards of academic honesty is required, with academic integrity a requirement. (See [https://www.depts.ttu.edu/studentconduct/academicinteg.php](https://www.depts.ttu.edu/studentconduct/academicinteg.php) for TTU’s statement of academic integrity.) The faculty member in whose class academic dishonesty allegedly occurs will report the student(s) involved with the act of academic misconduct to the Office of Student Conduct using the Academic Integrity Incident Report Form. All written assignments must be completed independently and individually, unless specified otherwise by the instructor. Any attempt by students to present as their own any work they have not completed themselves is regarded by the faculty as a serious offense and renders the student liable to serious consequences, including possible removal from the program, and possible probation, suspension or expulsion from the University. Upon investigation and adjudication by
the Office of Student Conduct, a referred student who is found responsible for a policy violation will be subject to the following outcomes. If plagiarism or another act of academic dishonesty is found to occur in any departmental course, students will receive a zero on that assignment. If a student cheats on an exam or allows another student to cheat from his or her exam or other graded assignment, each student found responsible for academic dishonesty will receive a zero on that exam or other graded assignment. No materials such as a smartphone or smartwatch are allowed during an exam. Any use of a smartphone during an exam (for any reason) is considered a violation. If academic dishonesty occurs a second time in the same course the student will be referred to the Office of Student Conduct for academic dishonesty for further disciplinary action. If the Office of Student Conduct determines the student is responsible for the violation, the student will receive an F in the course.

- **University Academic Integrity Policy** - Responsible citizenship among college students includes honesty and integrity in class work; regard for the rights of others; and respect for local, state, and federal laws as well as campus standards. Specific standards concerning the rights and responsibilities of students and registered student organizations at Texas Tech are contained in the Code of Student Conduct and Student Handbook. Students are expected to become thoroughly familiar with and abide by these standards. The Code of Student Conduct and Student Handbook may be obtained from the Office of Student Judicial Programs, Student Union, (806) 742-1714, or online at www.studentaffairs.ttu.edu or www.depts.ttu.edu/studentjudicialprograms.
  
  o **Academic Integrity** - It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and a high standard of integrity. The attempt of students to present as their own any work that they have not honestly performed is regarded by the faculty and administration as a serious offense and renders the offenders liable to serious consequences, possibly suspension. The instructor in a course is responsible for initiating action for dishonesty or plagiarism that occurs in his or her class. In cases of convincing evidence of or admitted academic dishonesty or plagiarism, an instructor should take appropriate action. Before taking such action, however, the instructor should attempt to discuss the matter with the student. If cheating is suspected on a final exam, the instructor should not submit a grade until a reasonable attempt can be made to contact the student, preferably within one month after the end of the semester. See the section on “Academic Conduct” in the Code of Student Conduct for details of this policy.
  
  o **Scholastic dishonesty** - Includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.
  
  o **Cheating** - Includes, but is not limited to, the following:
    
    • Copying from another student’s test paper.
    • Using materials during a test that have not been authorized by the person giving the test.
    • Failing to comply with instructions given by the person administering the test.
    • Possessing materials during a test that are not authorized by the person giving the test, such as class notes or specifically designed “crib notes.” The presence of textbooks constitutes a violation only if they have been specifically prohibited by the person administering the test.
• Possessing, using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program.
• Collaborating with or seeking aid or receiving assistance from another student or individual during a test or in conjunction with an assignment without authority.
• Discussing the contents of an examination with another student who will take the examination.
• Divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned to or kept by the student.
• Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment.
• Paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program, or information about an unadministered test, test key, homework solution, or computer program.
• Falsifying research data, laboratory reports, and/or other academic work offered for credit.
• Taking, keeping, misplacing, or damaging the property of the university, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct.

- Plagiarism - Includes, but is not limited to, the appropriation of, buying, receiving as a gift, or obtaining by any means material that is attributable in whole or in part to another source, including words, ideas, illustrations, structure, computer code, other expression and media, and presenting that material as one’s own academic work being offered for credit. Any student who fails to give credit for quotations or for an essentially identical expression of material taken from books, encyclopedias, magazines, Internet documents, reference works or from the themes, reports, or other writings of a fellow student is guilty of plagiarism.
- Collusion - Includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.
- Falsifying academic records - Includes, but is not limited to, altering or assisting in the altering of any official record of the university, and/or submitting false information or omitting requested information that is required for or related to any academic record of the university. Academic records include, but are not limited to, applications for admission, the awarding of a degree, grade reports, test papers, registration materials, grade change forms, and reporting forms used by the Office of the Registrar. A former student who engages in such conduct is subject to a bar against readmission, revocation of a degree, and withdrawal of a diploma. Misrepresenting facts to the university or an agent of the university includes, but is not limited to, providing false grades or resumes; providing false or misleading information in an effort to receive a postponement or an extension on a test, quiz, or other assignment for the purpose of obtaining an academic or financial benefit for oneself or another individual; or providing false or misleading information in an effort to injure another student academically or financially.
- Civility in the Classroom - All students in the class will treat fellow classmates, the professor, the assistant, and guests in the classroom with respect. Respect includes but is not limited to,
arriving to class on time, not making unnecessary noise or speaking when others are speaking, attending to those who are speaking, and not engaging in disruptive behaviors. A student lacking civility will be asked to leave the classroom. If the behavior continues, the students will be asked not to return to the classroom.

○ Students with Disabilities ADA Statement - Any student who because of a disability may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make any necessary accommodations. Student should present appropriate verification from AccessTECH. No requirement exists that accommodations be made prior to completion of this approved university procedure. Students with disabilities are encouraged to use AccessTECH which publishes a Desk Reference for Faculty and Staff that is very helpful. You may call the AccessTECH Office at 742-2092 to request a copy.

_The Ombudsman for Students is available to assist students with any conflict or problem that has to do with being a student at Texas Tech University. You may visit the Ombudsman in 237 Student Union Building or call 742-SAFE._