

**Department of Health, Exercise and Sport Sciences
PFW 1112- Fall 2014
Diet and Exercise**

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Credit Hours: One Hour

Course Description:

The course is designed to help the student understand the basis of Diet and physical conditioning and to provide sound information and practice for developing a systemic program of exercise and physical activity that best fits the individual needs of each student.

HESS Website: www.depts.ttu.edu/hess

Course Website: <http://www.blackboard.ttu.edu>

Required Text: Connect, Get Active; Lochbaum 2nd edition ebook.

To purchase this book, log into Blackboard and follow the link to 'Connect ebook'. From there, click on 'Go to my Course Section'. You will buy access to all course materials here with a credit card, debit card, or prepaid Visa/Mastercard.

All Assignment, quizzes, and homework will be found in your ebook.

Course Materials:

Connect Get Active ebook, 2nd edition, Lochbaum

Pedometer (optional)

Stopwatch

**PFW 1112
Fall 2014 Itinerary**

Week 1-2	Course Introduction/Chapter 1/Defining Wellness and Fitness; Factors that Affect Wellness; Behavior Change
Week 3-5	Chapter 2: Physical Activity and Components of Fitness; Benefits and Recommendations for Physical Activity; Putting Together a Complete Exercise Program; Injury Prevention and Treatment; Physical Activity and Environmental Conditions; Final Thoughts
Week 6-8	Chapter 3: Introduction to Fitness Testing; Cardio-respiratory Endurance Tests; Muscular Strength and Endurance Tests; Flexibility Testing; Body Weight and Body Composition Assessment; Additional Fitness Tests; Using Your

	Fitness Tests
Week 9-11	Chapter 4: Dietary Components and Concepts; Carbohydrates, Protein, Fats, Water, Vitamins and Minerals, Food Labels, Assessing Your Diet
Week 12-14	Chapter 5: Planning a Diet; Developing Food Skills; Changing Eating Habits; Healthy Weight Loss; Healthy Weight Gain; Body Image; Eating Disorders

Course Objectives:

- Define wellness and fitness, and describe the different components or dimensions of wellness.
- List the major body systems involved in physical activity and fitness and how they are affected by training.
- Define and describe health-related and skill-related components of fitness.
- Explain key principles of physical training and the FITT formula, and apply them to designing a program to improve physical fitness.
- Describe strategies for exercise injury prevention, self-care for minor injuries, and guidelines for determining when to seek medical care for an exercise injury.
- Describe general guidelines and cautions for fitness testing.
- Explain safe and effective protocols for assessing fitness.
- Assess your level of fitness for all health-related fitness components.
- Set appropriate next steps based on your fitness assessment results.
- Identify and evaluate dietary sources of energy.
- Describe essential nutrients for your health and wellness.
- Explain how to use food labels to compare the energy and nutrients in food choices.
- Compare your energy and nutrient intake to recommended intakes—and identify areas of concern for you.
- Describe key guidelines from healthy eating plans, including MyPlate and DASH.
- Describe recommended food selection, preparation, and safety skills.
- Evaluate strategies and products for weight loss and maintenance.
- Describe recommended techniques for healthy weight gain.
- Describe factors that influence body image and strategies for promoting healthy body image.
- Identify symptoms of eating disorders.

Student Learning Outcomes:

At the Conclusion of this course, the student will be able to:

1. Describe how becoming fit and healthy can improve the quality of life. (CA-1,2)
2. Describe how a person can become fit and well. (CA 1, 2)
3. Demonstrate how to make healthy choices as they relate to becoming fit and well. (CA 1,2)

4. Demonstrate how to plan, implement, assess, and restructure their exercise routines and behaviors to promote physical fitness and overall health (CA 3)

Course Assessment:

1. There will be 1 quiz at the conclusion of each Chapter worth 100 points each for a total of 500 points.
2. There will be Chapter Homework assignments at the conclusion of each Chapter worth 100 points each, for a total of 400 points.
3. There will be two Fitness tests, Pre and Post test. These are worth 25 points each.
4. Students will maintain an Activity Log throughout the course worth a total of 50 points.

Grading Policy:

900 and above—A

800-899—B

700-799—C

600-699—D

599 and below—F

No late work will be accepted.

Attendance Policy:

This class will be conducted through the online classroom available through Blackboard. Students are expected to login a minimum of 3 times a week. There are due dates for quizzes, homework and assignments, make sure you follow the due dates. Assignments or Quizzes will not be extended or re-opened. The Activity Log must show the minimum weekly entries.

Technical Support

If you experience technical issues while in Connect, contact Customer Support by email or phone (1-800-331-5094)

If you experience technical issues with Blackboard, contact IT Help Central at 806-742-HELP(4357). Or, via email at ithelpcentral@ttu.edu

Grade Appeals: Students initiating grade appeals should follow the official Grade Appeal Procedures outlined by the College/University.

Grade Appeals. A student who wishes to appeal a final course grade should first consult with the course instructor, then with the department chairperson, and then, if the matter remains unresolved, with the dean of the college in which the course is offered. A grade appeal must be filed in the office of the dean of the college in which the course is offered within 45 days of the start of the next long semester after the term in which the disputed grade was received. Copies of the grade appeals policy can be obtained from any academic dean's office or from the Center for Campus Life.

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.

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.** (p.49)

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 web site at: <http://www.campuslife.ttu.edu/crisis/>

Illness and Death Notification:

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 course work during their absence. The student is encouraged to contact the faculty member immediately regarding the absences and to provide verification afterwards. 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

Student Conduct

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 .

Academic Misconduct:

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.**

"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. **"Cheating"** includes, but is not limited to, the following:

1. Copying from another student's test paper.
2. Using materials during a test that have not been authorized by the person giving the test.
3. Failing to comply with instructions given by the person administering the test.
4. 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.
5. Using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program.
6. Collaborating with or seeking aid or receiving assistance from another student or individual during a test or in conjunction with an assignment without authority.
7. Discussing the contents of an examination with another student who will take the examination.
8. 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.
9. Substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course related assignment.
10. 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.
11. Falsifying research data, laboratory reports, and/or other academic work offered for credit.
12. 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:

Students are to act responsibly and respectfully toward peers and instructors of the class. Respect for mentor teachers and students are expected at all times. Any students not meeting the highest standards of civility will be subject to disciplinary action as recommended by Texas Tech University.

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.

Ombudsman for Students

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 742-4791.

