

**HWS298 Health/Fitness for Life (Summer 2008, 3 credits)**  
**Division of Physical Activity & Health, Eastern Oregon University**  
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**Description:** An overview of the major components of wellness. Special emphasis is placed on needs and interests of college students approached from a social, emotional, physiological, and preventative basis that include diet, exercise, stress management, and substance abuse.

- Goals:** Students will. . .
1. Participate in strength, flexibility, and cardiovascular fitness activities.
  2. Design, implement, and document a personal fitness program according to the instructor's recommendations for cardiovascular, flexibility, and strength training.
  3. Satisfactorily complete various assignments and projects that help examine and understand their health and fitness.
  4. Examine health-related concepts of weight control, stress management, disease risk reduction, nutrition, and sexuality.
  5. Analyze their regular diet for strengths and deficiencies.
  6. Evaluate changes in fitness levels from beginning to end of the term.

**Text:** Hoegar, W.W.K., & Hoegar, S.A. (2007). *Lifetime Physical Fitness and Wellness* (9<sup>th</sup> ed.). Belmont, CA: Thomson Wadsworth. ISBN 0495012025

**Requirements**

- 30% Exams: Multiple choice, true false, matching, and short essay exams as indicated on the schedule.
- 20% Projects: Examples include fitness pre- and post-tests and diet analysis.
- 20% Exercise logs: Completing the required exercise and turning in log sheet as specified: cardiovascular (3x per week), strength (1x per week), and flexibility (3x per week). Students are expected to fill out the exercise log as prescribed in class by honestly indicating actual information from each workout session. If a student falls short of the requirements, they must enter what should have been done and indicate on the log that the information is hypothetical.
- 20% Assignments & participation: The instructor will give various assignments throughout the term.
- 10% Quizzes: Regular quizzes over each chapter.

**Grades**

Students are responsible for reviewing their grades online to ensure that all assignments are turned in and properly recorded. The following are the percentages required for each letter grade:

A 93+	B+ 88-89	C+ 78-79	D+ 68-69	F <59
A- 90-92	B 82-87	C 72-77	D 62-67	
	B- 80-81	C- 70-71	D- 60-61	

## Information Technology

Student proficiency in working with modern computer technology is an important characteristic that supports the educational principles of the university. In this class, each student will be required to access and submit assignments electronically. The student should use up-to-date software and a reliable internet connection. Competency in typing, word processing, and various Internet communication is expected. All submitted documents must be in a universal format: DOC, RTF, PDF, TXT, or HTML. Most word processors allow saving in these formats. Free programs also exist like Openoffice.org and Google Docs & Spreadsheets. For assistance with any of the required technology, please contact computer support or read the help documentation accompanying the product.

## Late Work (other than quizzes & exams)

Assignments are due as indicated by the schedule or instructor. Late work that is accepted may result in a penalty up to 10 percent off the total possible of the assignment. **Work will not be accepted after the final regularly scheduled class (last meeting date on the schedule before the final exam).**

## Academic Integrity

Students are expected to adhere to the Student Conduct Code and exhibit honesty in their learning by turning in their original work and providing information from their own knowledge. Any students caught cheating, lying, plagiarizing, or any other offense outlined in the Code may fail the class and be subject to further discipline by the university. **Students are NOT allowed to log into another student's course account for any reason.**

Each student must submit original work. The majority of writing for assignments and essays must be original prose, with only a few quotes that are clearly identified as quotes and cited properly. According to [www.webster.com](http://www.webster.com) "plagiarize" means "to steal and pass off (the ideas or words of another) as one's own," or, "use (another's production) without crediting the source." Eastern Oregon University's Writing Lab website ( <http://www.eou.edu/writelab/> ) contains helpful information about plagiarism and how to avoid it. Additionally, students are subject to EOU's Academic Honesty Code. Each student will be responsible for knowing this information.

## Online Exams

Exams are administered without a proctor. Students are allowed to utilize sources such as the internet, classmates, discussion boards, text books, and additional readings. However, all information submitted must be original work from the student. To avoid penalties for plagiarism, all copied and borrowed materials from sources must be properly cited (see APA style guide at <http://www.eou.edu/~bsather/documents/apa.pdf> ). The same rules apply for information taken from the textbook, class notes, and class discussions. All essay responses must also be original work. **Students are NOT allowed to turn in the same essays or copied materials from a partner's essays.**

Each exam or quiz must be started on the date and time (or time frame) conveyed by the instructor. Students must complete and submit the test within the specified time limit to avoid a penalty. Once the exam is started the time will run until it is submitted, regardless of what computer activity occurs during the exam. Because of this, it is recommended to keep a personal clock running to ensure the exam is submitted on time. Since many exams include essay items that require the student to type lengthy responses, typing speed is a success factor. The instructor considers typing and other computer competencies as important proficiencies for college students. Deficiencies in these areas should be improved throughout the term with practice.

## Disability Services

Any student who feels they may need accommodations for any type of disability must contact EOU's Disability Services Coordinator to discuss arrangements.