All students are responsible for all course related information contained within this document, discussed during lecture, posted on Blackboard, and sent via email.

HEALTH AND FITNESS: HWS 298

Credit Hours: 3 credit hours  
Days of week: Tuesday/Thursday  
Lecture time: 10-11:50pm  
Lecture Location: Quinn (Room 103)

INSTRUCTOR CONTACT INFORMATION:

Name: Dr. Kelly Rice  
Email: krice@eou.edu  
Office: 102A Zabel  
Office Hours: Monday and Wednesday 9 – 11:00 am and by appointment

COURSE DESCRIPTION:

HWS is designed to present up-to-date and relevant health and wellness information including nutrition, exercise/activity, weight management, and stress. Through lecture and assignments students will be directed toward developing a balance between the demands of school, work, and social lives and the subsequent impact on short and long-term health and fitness goals. Through behavior change activities students will gain experience in self-assessment and personal health development.

Prerequisites:
There are NO prerequisites required for this course.

Required Course Materials:
Title: Get Fit, Stay Well!  
Author: Hopson  
Edition: 2nd

COURSE OBJECTIVES:

1. Discuss life transitions related to the college setting and associated impacts on nutrition and physical health.
2. Identify and promote nutritional behaviors that produce desired outcomes relating to healthier eating, reading nutrition labels, weight management, school performance, emotional wellbeing, and adaptation to exercise.
3. Identify and promote physical activity habits that will improve and protect overall wellness while incorporating healthy habits for consistent daily physical activity throughout their lifespan.
4. Using personal nutritional data, analyze average eating style and identify areas of improvement and how to accomplish those in the university setting.
5. Using in-class activities, assignments, and supplemental reading, critically investigate and analyze consumer messages relating to nutrition, fitness, wellness, and learn how to evaluate these messages for effectiveness, feasibility, and safety.

Health does not occur in the doctor's office or hospitals alone ... It also occurs where we work, where we learn, where we play.” Regina M Benjamin: Surgeon General
STUDENT LEARNING OUTCOMES:

Upon successful completion of this course, the student will be able to:

1. Identify and explain scientific principles and concepts of physical fitness, nutrition, and positive health behaviors.
   a. Demonstrate personal awareness and understanding of how to maintain health and physical well-being.
   b. Critically evaluate current fitness and nutrition knowledge and its impact on personal health.
2. Understand and apply guidelines for safely improving personal wellness through physical activity and balanced nutrition.
3. Conduct and maintain self-assessment, goal-setting, and behavior change exercises.
4. Develop a personally appropriate fitness and health program, including, for example, realistic physical activity, behavior-change strategies, stress management, and nutrition.

STUDENT EVALUATION AND GRADING

In Class Labs Assignments                  120 total points
• In class lab assignments – 10 pts each (10 assignments)
• Fitness Testing – 10 pts each (2 during semester)

Behavioral Change Analysis (BCA) Project (2) 80 total points
• BCA #1-40 points and BCA #2-40 points.
• *50% point deduction for late assignments. – will not except BCA’s after 24 hrs.

Midterm Exam – 50 total points
• Multiple choice, true/false and matching questions.

Final Exam – 50 total points
• Multiple choice, true/false and matching questions.

300 TOTAL POINTS POSSIBLE

GRADING SCALE

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PHILOSOPHY ON ATTENDANCE AND CLASS BEHAVIOR

- A major part of this class will involve class discussions regarding the course content and current events. Classroom discussion is highly valued and strongly encouraged.
- Please be thoughtful, insightful, and exemplary with your class discussions.
- Students are expected to be in class on time.
- Turn your phone off when you walk through the door!!!
- Texting, checking emails, and texts is not permitted. If you are using your phone for any reason during class you will be required to develop PPT for the following class!!

SPECIAL ACCOMMODATIONS

If you have a documented disability or suspect that you have a learning problem and need reasonable accommodations, please contact the Disability Services Program in Loso Hall 234. Telephone: 962-3081.

ACADEMIC HONESTY

Eastern Oregon University places a high value upon the integrity of its student scholars. Any student found guilty of an act of academic misconduct (including, but not limited to cheating; plagiarism; or theft of an examination or supplies) may be subject to having his or her grade reduced in the course in question, being placed on probation or suspended from the university, or being expelled from the university - or a combination of these.

See Section II of the Student Handbook and Planning Calendar for clarification.

If you have any questions about this material, course requirements and policies, contact your instructor as soon as possible.