Course Description and Rationale

This course will provide comprehensive investigation into current methods of health promotion and disease prevention. Knowledge and practical application in the areas of fitness, nutrition, and substance prevention, and other positive life skills will be emphasized.

Purpose/Rationale

Through study of the relationship between physical activity and the development of total wellbeing, you will foster an understanding of the importance of integrating physical activity and other positive health interventions into your daily lifestyle. Assessment of your personal health level will provide the basis for incorporating exercise and other lifestyle modifications for the ultimate purpose of enhancing the quality of life and maximizing your personal potential.

Course Objectives/Competencies

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

1. Identify the components that make up the multidimensional definition of health.
2. Identify and assess health behavior strategies as addressed in current literature (i.e. The New York Times, World Wide Web, etc.).
3. Examine personal, cultural, social, and ethnic characteristics for their influence on health behavior.
4. Analyze the interrelationship of knowledge, attitudes, and behaviors as they impact health behavior associated with substance abuse.
5. Apply paradigms or theoretical models for changing health behaviors.
   KSA 1.9.5 Knowledge of the stages of motivational readiness.
6. Utilize effective techniques employed in changing unhealthy behaviors for improving or maintaining one's own health.
   KSA 1.9.1 Knowledge of behavioral strategies to enhance exercise and health behavior change (e.g., reinforcement, goal setting, social support).
   KSA 1.9.4 Knowledge of extrinsic and intrinsic reinforcement and give examples of each.
7. Develop and analyze foods for their nutritional values and select foods based upon one's nutritional needs.
   KSA 1.8.8 Knowledge of the USDA Food Pyramid and Dietary Guidelines for Americans.
   KSA 1.8.9 Knowledge of the importance of calcium and iron in women's health.
8. Identify stress management skills, coping techniques, and strategies for conflict resolution.
   KSA 1.9.7 Knowledge of signs and symptoms of mental health states (e.g., anxiety, depression, eating disorders) that may necessitate referral to a medical or mental health professional.
9. Apply exercise recommendations of medical organizations and Surgeon General’s Office in developing a realistic physical activity plan that improves cardiorespiratory fitness, muscular strength, endurance and flexibility.

KSA 1.1.9 Ability to describe the systems for the production of energy.
KSA 1.1.10 Knowledge of the role of aerobic and anaerobic energy systems in the performance of various physical activities.
KSA 1.1.31 Knowledge of how the principles of specificity and progressive overload relate to the components of exercise programming.
KSA 1.1.32 Knowledge of the concept of detraining or reversibility of conditioning and its implications in exercise programs.
KSA 1.7.1 Knowledge of the relationship between the number of repetitions, intensity, number of sets, and rest with regard to strength training.
KSA 1.7.11 Knowledge of and the ability to describe exercises designed to enhance muscular strength and/or endurance of specific major muscle groups.
KSA 1.7.13 Knowledge of the various types of interval, continuous, and circuit training programs.
KSA 1.7.27 Ability to differentiate between the amount of physical activity required for health benefits and/or for fitness development.

10. Identify nutritional, exercise, psychological and pathological factors influencing body composition and the principles of achieving/maintaining weight management.

KSA 1.8.10 Knowledge of the myths and consequences associated with inappropriate weight loss methods (e.g., fad diets, dietary supplements, over-exercising, starvation diets).
KSA 1.8.11 Knowledge of the number of kilocalories in one gram of carbohydrate, fat, protein, and alcohol.
KSA 1.8.13 Knowledge of the guidelines for caloric intake for an individual desiring to lose or gain weight.

11. Distinguish between sexual lifestyle habits that lead to optimum health and those that contribute to disease and a diminished quality of life.

12. Demonstrate progress toward achieving a healthy lifestyle by critically evaluating one’s behavior, identifying pattern(s) of risk and assuming responsibility for change.

**Instructional Process**

Your achievement of each objective will be assessed in the following ways: Lecture, small group discussion, mock settings/simulation, on-site observation, self-critique, oral and written analysis of concepts and theories, and utilization of a computer.

**Course Resources**

American Journal of Epidemiology
American Journal of Public Health
Journal of Geriatrics Society
Journal of American Medical Association
Journal of Physical Education, Recreation and Dance
Journal of Health Education

**Required Text**

Customized text for the University of Central Oklahoma

Student Information Sheet and Syllabus Attachment found at http://www.uco.edu/academic-affairs/files/aa-forms/faculty/StudentInfoSheet.pdf

Methods of Evaluation

<table>
<thead>
<tr>
<th>Description</th>
<th>Points</th>
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<tbody>
<tr>
<td>3 Unit Exams (100 points each)</td>
<td>300 pts</td>
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<tr>
<td>Departmental Final</td>
<td>150 pts</td>
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<tr>
<td>Connect (online assignments)</td>
<td>150 pts</td>
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<tr>
<td>Case Studies/Labs/Quizzes</td>
<td>75 pts</td>
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<tr>
<td>Attendance</td>
<td>50 pts</td>
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<tr>
<td>Literature OR Website Review</td>
<td>30 pts</td>
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<tr>
<td>Behavior Modification Assignment</td>
<td>30 pts</td>
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<tr>
<td>Alcohol Module (ECHUG &amp; ETOKE)</td>
<td>30 pts</td>
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<tr>
<td>Nutrition Assignment</td>
<td>25 pts</td>
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<tr>
<td>Perception vs. Reality (HLS-11)</td>
<td>10 pts</td>
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Total: 850 pts

Grading

- A (90 - 100) 765 – 850 pts
- B (80 - 89) 680 – 764 pts
- C (70 - 79) 595 – 679 pts
- D (60 - 69) 510 – 594 pts
- F (59 and below) 509 and below

Assignments are tentative and may be changed, thus altering the number of points.

Course Requirements

The final grade will be based upon total points possible including all the areas listed below:

- **Attendance**: Each student is allowed three absences (or one and a half absences for classes meeting one time per week). For each additional absence, excused or unexcused, 10 points will be deducted from a student’s total attendance points. After a total of eight absences (or four absences for classes that meet one time per week), the student will receive a zero for attendance score. For University sanctioned events, military obligations, serious illness or serious family illness or death (immediate family), documentation will need to be provided to the instructor.

- **Tardiness**: Dependent on the instructor – make sure you ask! Students are expected to arrive on time and stay for the entire class period. It is the instructor’s discretion to count a tardy or early departure the same as an absence.

- **Participation**: Each student is expected to be prepared for class by reading assignments prior to class. Students are responsible for all assigned readings, class lectures, discussions, films, etc. Therefore, it is the student’s responsibility to obtain copies of assignments, handouts, and notes if absent from class. Behavior that is distracting to your colleagues such as talking, phones, inappropriate dress, etc. is prohibited. As adults we are expected to take care of any business before class; it is unacceptable to leave or disrupt class for this purpose. Students that display disruptive behavior will be asked to leave class. Repeated offenses will result in expulsion from the course.

- **Cell phone and electronic devices**: All electronic devices are to be turned off during class session. A five-point deduction may be taken from the final grade for each occurrence.
Your level of success in this class is very much up to YOU! We will do everything we can to assist in your progress and success – but the bottom line is that YOU must take full responsibility for yourself.

Assignments

Assignments are due at the beginning of class on the due date. Assignments will only be accepted up to one class period late and will receive a maximum of 75% credit. After one class period, no grade will be given. Unless otherwise stated, all assignments should be typed and stapled.

- **Nutrition Assignment (25 points):** Each student will develop and submit a nutrition assignment. Your instructor will provide you with separate instructions for this assignment.
- **Literature OR Website Review (30 points):** Each student will research a topic related to health and will write a brief summary of the topic. Your instructor will give you specific guidelines for this assignment.
- **Examinations (3 100 point exams + 150 point final):** The student will participate in three exams and one comprehensive, departmental final. Exams must be taken on the scheduled date unless prior arrangements are made with the instructor. Point deduction for taking the exam late is up to the discretion of the instructor. Students that participate in university-sanctioned events such as choir, athletics, etc., must notify the instructor to review any conflicts with assignments or exams (prior to due dates). **A Green Scantron and Pencil are required for all exams.**
- **Behavior Modification (30 points):** Outline and instruction provided by instructor.
- **Case Studies/Labs/Quizzes (75 points):** Activities in class about related topics (quizzes, reviews of presentations or videos, etc.). Activities cannot be made up if missed.
- **ECHug & EToke (30 points):** Each student will complete this individual online activity. Directions are available in the text and further instructions will be provided by instructor.
- **Connect (150 points).** McGraw-Hill Connect is a web-based assignment and assessment platform that helps you, the student, connect to the coursework and to success beyond the course. Your instructor will assign specific lessons throughout the class. Be sure to check the class schedule for important dates.

** Students may request assistance from the Academic Support Center, Thatcher Hall, Room 106 or by calling 974-2520. **

ADA Statement regarding Special Accommodations:

The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting the assistant director of Disability Support Services, at 974-2549. The office is located in the Nigh University Center, Room 309. Students should also notify the instructor of special accommodation needs by the end of the first week of class.

Emergencies during Finals Statement

If an emergency occurs that prevents the administration of a final examination, the student’s final course grade will be calculated based on the work in the course completed to that point in time and the faculty member’s considered judgment. Final exams will not be rescheduled, and a grade of “I” will not be given as a result of the missed exam.
Ethical conduct is expected in this course; academic dishonesty will not be tolerated.

According to the University of Central Oklahoma Code of Student Conduct 2004-2005 (Section III, Paragraph C, Number 3) academic dishonesty includes, but is not limited to: plagiarizing; cheating on exams or in the preparation of academic work; copying from tests, reports, etc.; collaborating with others without prior authorization; reuse of work in more than one class without informing the instructor; possessing contents of an un-administered examination; and using materials during a test not authorized by the instructor.

While collaboration with cohorts is allowed and encouraged for studying, each student is responsible for his or her own work in regard to assignments. Students may not, under any circumstances, turn in work that has been prepared by someone else.

Disciplinary action (as outlined by the Code of Student Conduct) will result in one of the following at the instructor's discretion:

- A substitute assignment or examination
- A reduced grade for the assignment, examination, or course
- A grade of zero or F for the assignment, examination, or course
- A grade of F for the course

Turnitin.com Plagiarism Syllabus Statement

UCO subscribes to the Turnitin.com plagiarism prevention service. Students agree that by taking this course, all required assignments may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted assignments will be included as source documents in the Turnitin.com restricted access reference database for the purpose of detecting plagiarism of such assignments. Use of the Turnitin.com service is subject to the Terms and Conditions of Use posted on the Turnitin.com website. Turnitin.com is just one of various plagiarism prevention tools and methods which may be utilized by your faculty instructor during the term of the semester. In the UCO Student Handbook, there is a process for contesting any plagiarism allegations against you.

Contact Information

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<tbody>
<tr>
<td>Academic Advisement</td>
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<td>2001</td>
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Housing Department/Central Office 2746
Help Desk – Technology 2255
Library 3361
Student Counseling Center 2215
Student Financial Services 2983
University Health Services - clinic, pharmacy, etc. 2317
Wellness Center 3150

Department of Kinesiology and Health Studies

Undergraduate Degree Programs

Office located in Wantland Hall 102
Office Phone: 974-5230

Exercise/Fitness Management prepares professionals to promote and manage positive, healthful lifestyles in others. Outdoor/Community Recreation Management provides training for professionals who will guide others toward life enrichment through lifetime leisure pursuits.

Community Health is the application of a variety of methods that result in the identification and assessment of factors contributing to the health of a population. This professional is responsible for the mobilization and education of community members into actions to resolve health issues and problems that affect their community.

The Physical Education/Health’s educational program provides students with entry level competencies to teach physical education and health in schools, grades K-12.

NOTE: This is a ‘universal syllabus’ that is included in the textbook. Each individual instructor provides an addendum indicating additional section information and a specific class schedule for each section.