Instructor Contact Information: Lindsay G. Jackson, M.Ed.
Email: jacksonlg@cofc.edu
Office Hours: By Appointment
Phone: 843-953-5558 (HHP Administrative Assistant)
Text: Questions and Answers: A Guide to Fitness and Wellness 3e by Ligouri with Connect & SmartBook (electronic version is recommended and includes access to the Connect resources & SmartBook)

Introduction: Welcome to PEAC 100, your Introduction to Fitness! Please carefully review all of the information in this course syllabus. Your awareness and compliance with the guidelines of this course syllabus will enhance your learning opportunity and increase the likelihood of your success in this class.

Purpose: This course presents the principles and methods for developing and maintaining physical fitness. Major emphasis is on developing a personal exercise and nutrition program.

- As a result of participating in PEAC 100, students will distinguish between health-related fitness and performance-related fitness.
- As a result of participating in PEAC 100, students will create a weekly plan to increase cardiovascular fitness.
- As a result of participating in PEAC 100, students will choose four self-bodyweight exercises to enhance muscular fitness to include in a weekly workout routine.

Learning Outcomes:
- Define relationships and differences in health, wellness, and fitness.
- Analyze the major health challenges affecting Americans by determining their underlying causes and risk factors.
- Identify key healthy lifestyle behaviors and the benefits of physical activity and fitness.
- Compare personalized strategies for managing stress with one’s peers.
- Develop a personalized plan for successful behavior change, including appropriate goals and strategies for overcoming barriers.
- Assess personal levels of cardiorespiratory fitness, muscle fitness, flexibility and body composition.
- Apply the key components and training principles of fitness related to health and skill in the development of a personalized fitness and flexibility program.
- Categorize muscle activity and function and apply these classifications in development
of physical training programs.

- Identify safe and unsafe methods of exercise in an effort to prevent bodily injury and protect the spine.

- Critically analyze one’s own dietary intake to validate the importance of essential nutrients in the development of a personalized healthy eating plan.

**Course Materials:** In order to maximize your likelihood of academic success in this course, you will need to secure and utilize each of the following course materials:

- **Text:** *Questions and Answers: A Guide to Fitness and Wellness 3e* by Ligouri *with Connect & Smart Book* (electronic version is recommended and includes access to the Connect resources & SmartBook)

- **OAKS:** The class will be administered through OAKS; the College’s learning management system. Log on to *MyCharleston* and then click the OAKS icon at the upper right; then click on PEAC-100-01. This is your portal to posted lectures, additional articles and links, announcements, instructions, assignments, rubrics, grades.
  - **Link to Student Tutorials:** [OAKS 10.3 Student Tutorials Playlist](#)

- **McGraw Hill’s CONNECT access** *(this should be purchased with your text)*
  - Purpose: to assess student comprehension “by prioritizing concepts based on strengths and weaknesses, LearnSmart provides an efficient and interactive learning experience, instead of a passive one.”
  - Please see [McGraw-Hill Campus Link](#) Module in OAKS for information on registration, navigation &/or assistance.

- **Required Software:** Internet browser (e.g., Internet Explorer, Firefox, Safari, Google Chrome), Adobe Reader, Microsoft Word

- **Required Hardware:** Computer with high-speed Internet access, sound card, microphone, and external speaker.

**Instructional Methods & Delivery Formats**

*Teachers open the door, but you must enter by yourself* (Chinese Proverb). The effectiveness of your learning experience relies upon consistently preparing for each lesson by accomplishing the assigned reading and tasks. Preparation ensures that you can interact with the instructor and fellow students by both answering and asking questions in order to better understand the course material. Readings, Assignments, Mini-Lectures, Discussion Questions, Assessments and Presentations will be used to engage course members in the online lessons. I expect all students to actively participate in class activities. All activities will contribute toward helping you complete your exams and other assignments. Students must have access to a computer with high-speed internet access throughout the course. Computer failure/unavailability does not constitute an excuse for not completing assignments by the due date.

**Overview of Course Activities:**

**Face-to-face Meetings:** Face-to-face (F2F) sessions will be held in Room 117 Silcox Gym (PCTR), CofC Main Campus. At a designated date in the course, we will transition to having most
lectures/classroom activities on Mondays & physical fitness activities on Wednesdays. The location of our physical fitness activities will be determined. *It is important that you enable text notifications within OAKS so that you will receive updates should our meeting location change (i.e. due to weather, etc.).*

**Calendar of Course Activities:** The schedule of course dates and deadlines can be accessed from the Syllabus Content Module &/or the Calendar on the course homepage. Any changes will be announced in the News section of your course. It is your responsibility to be aware of dates and deadlines posted in the calendar and keep up with course requirements. Please remember to enable your OAKS notifications!

**Chapter Learning Modules:** These are used to organize content, activities, assignments, and course resources into specific units/chapters for the course. Access Chapter Learning Modules from the link on the course content menu. Use the Chapter Learning Modules for an overview and links to the chapter’s activities, assignments, and deliverables. While Learning Modules serve as an organized place to find all activities for a particular unit, you may also access individual activities directly from the respective tools as explained in the sections below.

**Course Assignments and Projects:** Assignments and projects can be accessed from the McGraw Hill Campus Link in the course content menu (or from the corresponding Learning Module for which they are assigned).

**Assignment Submission Instructions:** All assignments for this course will be submitted electronically through OAKS and Connect (publisher software) unless otherwise instructed. Refer to each assignment for specific instructions regarding expectations, deadlines, and submission. Prior to the deadline, you may have the opportunity to make revisions or updates and resubmit. Once the deadline passes, you may not edit an assignment. *Note:* Group assignments will have specific instructions for completion and submission. Typically, one person from each group will be responsible for submitting the group’s assignment file(s).

**Discussion Activities:** The Discussion area can be accessed from the Discussions Tool on the course menu (or from the corresponding Learning Module for the week in which they are assigned). **General Discussion Assignments:** The primary discussion category used for course discussion activities. This space includes threaded discussions with topics posted by the instructor. You will respond, and often be asked to respond to your peer’s postings.

**Online Quizzes & Exams:** Quizzes and exams can be accessed from the McGraw Hill Campus Tool in the Content section (or from the corresponding Learning Module for which they are assigned). You can only take an exam within the specified time frame. **Be sure to pay close attention to deadlines—there will be no makeup quizzes or exams.** When a quiz or exam becomes available, the link will become active and you can then begin the exam. Make sure to save your answers as you take the quiz or exam. Once you are finished you will be able to review your submission via the View Submissions option.
**LearnSmart & Connect Assignments:** Students will be expected to complete 10-12 online LearnSmart &/or Connect assignments (via OAKS McGraw Hill Campus Link) prior to class discussions during the semester. These homework questions will address the learning objectives will serve to prepare the student for the upcoming in-class lecture. The LearnSmart assignments include Multiple Choice, True False, Matching and Short Answer questions. *Students have the option to drop 2 of their LearnSmart Assignments.*

**Exercise Log/Journal:** Students will be required to keep weekly logs of weight training & cardiorespiratory activity throughout the course. In addition to the logs, students will reflect on their weekly activity. Students should bring a copy of the previous week’s logs every Monday. At the end of the course, students will turn in a comprehensive list of their logs and journal entries.

**Important Note:** The activities listed serve as a reference to the types of activities we will complete in this course. This list is subject to change. Specific information about each required activity will be provided in the weekly Learning Module.

**Grading:** Discussion entries, quizzes, exams, and assignments will have a maximum number of points you may earn. You will be able to track your points earned in the GRADES section of OAKS:

<table>
<thead>
<tr>
<th>Methods</th>
<th>Values</th>
<th>Percent of Final Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Connect Online Review Quizzes (3)</td>
<td>300</td>
<td>30%</td>
</tr>
<tr>
<td>Exercise Log/Journal Assignment</td>
<td>150</td>
<td>15%</td>
</tr>
<tr>
<td>LearnSmart Assignments</td>
<td>250</td>
<td>25%</td>
</tr>
<tr>
<td>Class Participation (Attendance, Discussion board)</td>
<td>100</td>
<td>10%</td>
</tr>
<tr>
<td>Final Exam</td>
<td>200</td>
<td>20%</td>
</tr>
<tr>
<td>TOTAL Points Possible</td>
<td>1000</td>
<td>100%</td>
</tr>
</tbody>
</table>

**Grading Scale:**

A: 93-100  
A-: 90-92  
B+: 88-89  
B: 83-87  
B-: 80-82  
C+: 78-79  
C: 74-77  
C-: 72-73  
D+: 70-71  
D: 68-69  
D-: 66-67  
F: < 66
Cell phones & hand held devices: Texting, social media usage, etc. during class is not allowed. Cell phones must be kept in book bags and programmed in a non-sounding setting and remain in the “silent” or “vibrate” mode when in the classroom. Beyond the basic College policy, faculty members, at their discretion, also may have strict individual policies related to personal electronic devices outlined in the syllabi in order to provide and maintain a classroom environment that is conducive to learning and the respect of others. These policies may include penalties for violation of said policy (i.e. confiscation, course score reduction). 1st offense: Verbal Warning, 2nd offense+: 5% reduction in final course score for each offense.

Attendance: You are advised that class attendance will be recorded and reported at every class meeting. It is your responsibility to arrive to class on time, and to maintain your class attendance throughout the duration of the semester. Students will be allowed 2 absences (excused or unexcused). Excessive absences will decrease your total course score by 5%. If an absence occurs on a scheduled exam, then the student will have one week to make up the exam before the exam is recorded as a “zero”. At the discretion of the professor, assigning a course grade of “F” for excess absences is possible. In the event of unavoidable circumstances, the student can petition the professor for an excused absence, but must do so within one week of the absence. Appropriate documentation from Academic Affairs would be required in special circumstances.

Activity Dates: On designated dates (most often Wednesdays, but not exclusively), we will participate in some form of physical activity. Students will be expected to complete several physical activity “labs” during the semester. Please come to class prepared for the activity. This includes wearing comfortable, athletic clothing for fitness, having previously viewed the activity to be performed, bringing a hardcopy of the lab, and having a writing utensil with which to document data collection. No make ups or late submissions for labs without a written doctor’s excuse and/or prior notice given to the instructor (e.g. student notified instructor prior to lab date of athletic match). If a student does not wear athletic clothing on one of these scheduled days, then he/she will be given an opportunity to change (marked as tardy), or he/she will be marked as absent & not given credit for any lab work submitted for that lab.

Writing Criteria: Discussion Forum postings, though casual, should still reflect proper grammar and style. Proper writing style and format are the minimum requirements to achieve A or B grades.

- Network + etiquette = Netiquette: You might have the intent of posting something with sarcasm, but that sarcasm does not necessarily come across in the online environment. In order to avoid unintentionally offending someone in this course, please take a moment to review some recommendations for proper behavior online:
  http://www.albion.com/netiquette/corerules.html

Access: This College abides by section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act. The College will make reasonable accommodations for persons with documented disabilities. Any student eligible for and needing accommodations because of a
disability must be registered with the Center for Disability Services/SNAP. Students must discuss needed accommodations within the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be arranged. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed. Please visit the Center for Disability Services/SNAP website at http://disabilityservices.cofc.edu/index.php or apply for services with an administrator at the Center of Disability Services/SNAP located on the first floor of the Lightsey Center, Suite 104. Please contact (843)953-1431 for further information on their services.

**Center for Student Learning:** Please utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. The CSL offers various academic tutoring utilizing different delivery methods via supplemental instruction, study skills appointments, academic coaching, workshops and more. For more information regarding these free services, please visit the CSL website at http://csl.cofc.edu or call (843)953-5635.

**Academic Integrity:** Unless otherwise specified, all coursework must be accomplished on an individual basis without assistance from any other person except the instructor. The College of Charleston’s Honor Code and Academic Integrity policy applies to all course activities (As stated by the Office of Academic Affairs):

“Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed both by the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive a XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration--working together without permission-- is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using an unauthorized study aid (which could include accessing information via a cell phone or computer), copying from others’ exams, fabricating data, and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.
Students can find the complete Honor Code and all related processes in the Student Handbook at: http://studentaffairs.cofc.edu/honor-system/studenthandbook/documents-pdfs/handbook.pdf

When in doubt, you might find it useful to use a plagiarism checker. Links to some free tools here: http://paperrater.com/plagiarism_checker
http://plagiarisma.net/

**Technical Difficulties:** It is your responsibility to complete your assignments on time; therefore, it is *imperative* that you promptly resolve any technical problems as soon as possible. If you have encounter any technical problems, please contact the Student Computing Support Desk at (843) 953-5457 or studentcomputingsupport@cofc.edu
Additional support and tutorials can be accessed at Student Computing Support

**Remember:** Computer failure or unavailability is not an excuse for not submitting work by the due date.