COURSE DESCRIPTION:
Provides up-to-date and relevant health and wellness information; practical strategies to implement positive behavior change in physical activity, nutrition, and stress management throughout college and the lifespan.

HHS 231 is a Baccalaureate Core course that is required for all students at Oregon State University. This course partially fulfills the Fitness requirement of Oregon State University. To fulfill the Fitness requirement of the Bacc Core this two-credit course must be taken as well as either a one-credit HHS Lab or a Physical Activity Course (PAC). A previously taken PAC class will satisfy the Fitness requirement.

LEARNING RESOURCES:
Textbook: Fit & Well Custom with Connect Plus Access Code Pkg. Author: Fahey

Turning Technologies Responsecard NXT Clicker

STUDENT LEARNING OUTCOMES/BACC CORE LEARNING OUTCOMES FOR FITNESS SKILLS
Upon successful completion of this course the student will partially fulfill OSU’s Baccalaureate Core course requirements in the Skills category under Fitness and should be able to:

1. Identify and explain scientific principles and concepts of physical fitness, nutrition, and positive health behaviors.
2. Develop a personally appropriate fitness and health program, including, for example, realistic physical activity, behavior-change strategies, stress management, and nutrition.
3. Through regular and sustained engagement, demonstrate the knowledge, skill, and ability to participate in a selected physical activity for health, fitness, sport, or recreation.

*The student learning outcomes #1 and #2 will be met in the lecture portion of the course while #3 will be met through participation in a HHS laboratory or PAC.

PROGRAM COMPETENCIES IN the College of Public Health and Human Sciences (CPHHS):
Upon satisfactory completion of the degree in CPHHS, the students will have met the program competencies found at http://health.oregonstate.edu/degrees/competencies

COURSE CONTENT:
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 exercises students will gain experience in self-assessment and personal health development.

**EVALUATION OF STUDENT PERFORMANCE:**
This course is designed as a learner centered class. Many of the class meetings will include group discussions where you will be required to participate. As your success in HHS 231 is contingent on preparing for each class meeting appropriately, completion of the associated LearnSmart module is mandatory prior to attending the class meeting.

*See course calendar for corresponding due dates

**LearnSmart Modules (11)**  
- 11 chapter based opportunities for 10 points per module

**Behavior Change Contract (1)**  
20 total points

**Behavioral Change Analysis (BCA) (2)**  
- BCA #1 and BCA #2 – both 45 points each
- 50% point deduction for late assignments not submitted on time

**Midterm Exam** – Ch. 1, 2, 3, 4 & 5  
- Multiple choice, true/false and matching questions

125 total points

**Final Exam** – Ch. 6, 7, 8, 9, 10 & 11  
- Multiple choice, true/false and matching questions. Locations will be announced during the last week of class

155 total points

**Extra Credit**

**Surveys on Bb (2)**  
- 2 surveys for 5 points each  
- Points awarded for answering each question honestly

10 total points

**Grading Scale**

A 93-100 %  A- 90-92 %  B+ 87-89 %  B 83-86 %  B- 80-82 %  C+ 77-79 %  C 73-76 %  
C- 70-72 %  D+ 67-69 %  D 63-66 %  D- 60-62 %  F ≤59%

* You may elect to be graded on a Satisfactory-Unsatisfactory (S-U) basis instead of the traditional letter grading (A-F). A grade of S (satisfactory) is equivalent to a C- or above. **Refer to the current term catalog schedule to check the last day grading can be changed.**

**STUDENT FAQs REGARDING COURSE-RELATED POLICIES:**
- **Is attendance required and are there any excused absences?**
  Your level of successful learning in this learner-centered class depends on your class attendance and active participation; however, points are not awarded for attendance. There are no excused absences relating to illness, doctor appointments, advising appointments, athletic events, personal travel plans, etc.
• **What do I do if I am having technical difficulties with my TurningPoint clicker?**
  If technical difficulties occur during lecture make sure to raise your hand, so a TA knows to assist you. If technical difficulties persist take your clicker to the Teaching across the Curriculum (TAC) Office (Waldo 317-319).

• **If I miss class can I contact my instructor to get the lecture notes?**
  No. It is each individual student’s responsibility to acquire lecture notes and any course related materials missed due to absence. It is advised to partner with another student for these reasons.

• **What can I do if my classmate is consistently being disruptive in class?**
  If someone is disturbing you, politely ask them to stop. If they continue, as an active participant in the class community, you may ask them to leave and alert your TA and/or instructor to the situation.

**Blackboard (Bb), Connect/LearnSmart, Assignments, Exams, & Grades:**

• **How do I know my grade in the course?**
  All grades for assignments and exams will be posted within 1 week of the due date. Students are responsible for monitoring Bb grade book for accuracy. It is advised to capture a screen shot of the submission of your electronic assignments in the event you are required to present your assignment completion. It is recommended to work with Firefox as your browser as other browsers are considered unstable. Direct ALL Bb grade book and LearnSmart Module grading questions within one week of the due date to: Brian Souza (souzabr@onid.orst.edu). Email must include: name, student ID#, course section/day and time, and date of missing assignment points.

• **Can I turn in an assignment late? Can I make-up a missed assignment or exam?**
  There are no late assignments with the exception of the Behavior Change Analysis (BCA). Late BCA assignments will be penalized 50% up until the day assignments are returned in class. After this point students forfeit ALL credit for the assignment. Make-up exams are NOT permitted without previous instructor or TA approval. Technology difficulties of any kind are not accepted as an excuse for missing due dates.

• **What do I do if I have technology difficulties with Connect, LearnSmart, or Bb?**
  Refer to the resources below:
  o McGraw Hill ConnctPlus Helpdesk, (800) 331-5094
  o Information Services - Blackboard OSU Computer Helpdesk, 121 The Valley Library, (541) 737-3474, osucomputerhelpdesk@oregonstate.edu

• **Will students get their midterm and final exams returned back to them?**
  No. Students have up to 1 week after the midterm exam scores are posted to review their exam and address any concerns with their instructor. Students have until the first week of the next term to review their final exam and final grade and address any concerns with their instructor.

• **What happens if I turn in another student’s assignment by accident because I picked it up off the printer at the library thinking it was mine?**
  This is considered academic dishonesty and will be handled according to the University policies around academic dishonesty.
**DIVERSITY STATEMENT**
The College of Public Health and Human Sciences strives to create an affirming climate for all students including underrepresented and marginalized individuals and groups. Diversity encompasses differences in age, color, ethnicity, national origin, gender, physical or mental ability, religion, socioeconomic background, veteran status, sexual orientation, and marginalized groups. We believe diversity is the synergy, connection, acceptance, and mutual learning fostered by the interaction of different human characteristics.

**EXPECTATIONS FOR STUDENT CONDUCT**
The Student Conduct Code establishes community standards and procedures necessary to maintain and protect an environment conducive to learning, in keeping with the educational objectives of Oregon State University. This code is based on the assumption that all persons must treat one another with dignity and respect in order for scholarship to thrive. For the full Student Conduct Code see [http://oregonstate.edu/studentconduct/](http://oregonstate.edu/studentconduct/)

Academic or Scholarly Dishonesty is prohibited and considered a serious violation of the Student Conduct Code. It is defined as an act of deception in which a Student seeks to claim credit for the work or effort of another person, or uses unauthorized materials or fabricated information in any academic work or research, either through the Student's own efforts or the efforts of another. For Student Conduct and Community Standards see [http://oregonstate.edu/studentconduct/faculty/facacdis.php](http://oregonstate.edu/studentconduct/faculty/facacdis.php)

**RELIGIOUS HOLIDAY STATEMENT**
Oregon State University strives to respect all religious practices. If you have religious holidays that are in conflict with any of the requirements of this class, please see me immediately so that we can make alternative arrangements.

**STUDENTS WITH DOCUMENTED DISABILITIES**
"Accommodations are collaborative efforts between students, faculty, and Disability Access Services (DAS). Student with accommodations approved through DAS are responsible for contacting the faculty member in charge of the course prior to or during the first week of the term to discuss accommodations. Students who believe they are eligible for accommodations but who have not yet obtained approval through DAS should contact DAS immediately at 737-4098."