Oregon State University
College of Public Health and Human Sciences
HHS231: Lifetime Fitness for Health

Credit Hours: 2.0 (students should expect to spend ~60 hrs/term for course related work)
Course Type: OSU Extended Campus via Blackboard

Course Instructor: Name
Office Location: XX
Office Phone: XX
E-Mail: XX
Office Hours: XX

Teaching Assistant: None
Office Location:
Office Phone:
E-Mail:
Office Hours:

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.

Prerequisites: None
Co-requisites: None

LEARNING RESOURCES:

- This course will be delivered via Blackboard where you will interact with your classmates and with your instructor. Within the course Blackboard site you will access the learning materials, such as the syllabus, class discussions, assignments, quizzes, and exams. To preview how an online course works, visit the Ecampus Course Demo. For technical assistance, please visit Ecampus Technical Help.
- Required Textbook: Title: Get Fit, Stay Well! Custom- available in hard copy or E-Book from the OSU Beaver Store Author: Hopson
- Note to prospective students: Please check with the OSU Bookstore for up-to-date information for the term you enroll (http://www.osubookstore.com/ or 800-595-0357). If you purchase course materials from other sources, be very careful to obtain the correct ISBN.
- Three copies of the textbook are on reserve in the Valley Library, which can be checked out for use within the library for a maximum of 2 hours at a time.

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:
*See course calendar for specific assignments and corresponding due dates.

- Narrated online interactive lectures
- Blackboard-based reading assessments
- Blackboard-based discussion boards
- 2 Behavior Change Assessment Assignments
- Midterm exam
- Final exam

EVALUATION OF STUDENT PERFORMANCE:
*Each week begins on Monday and all assignments are due Sunday of assigned week.

Evaluation of Student Grading: (See course calendar and Blackboard for corresponding due dates and grading rubrics)

A. Assignments:
- Behavioral Change Assessment (BCA) Assignment #1 – 40 pts
- Behavioral Change Assessment (BCA) Assignment #2 – 40 pts

Total Assignment Points: 80 pts

B. Reading Assessments: Each chapter of required reading, with the exception of chapter 6, has a corresponding reading assessment for a total of nine (9) throughout the term. These assessments are open book and open note, but MUST be completed within 2 hours of opening the assignment. Each assessment is worth 10 points.

Total Reading Assessments Points: 90 pts

C. Discussion Board Participation: Students will be graded on their participation in ten (10) total discussion boards throughout the term. In order to earn full points for each week’s discussion board, each student must complete the following:
  a. Post an original discussion board thread relating to the assigned topic (100 words minimum) by Wednesday of the assigned week.
  b. Reply to two (2) other students’ postings (50 words minimum for each posting) by Sunday of the assigned week.
Discussion boards will be graded as follows:
  • Original posting (100 words) - 5 pts (DUE WEDNESDAYS OF ASSIGNED WEEK)
  • Responses to classmates (50 words each) - 2.5 pts each (5 pts total) - DUE SUNDAYS OF ASSIGNED WEEK
  • Total weekly points available - 10

**Total Discussion Board Points**: 100

**D. Proctored Exams**
This course requires that you take exams under the supervision of an approved proctor which may involve an additional fee. It is the responsibility of the student to schedule a proctor ahead of time. **If this will cause you hardship, please drop the course before 5:00 pm PST on FRIDAY of WEEK 2 to avoid tuition charges.** It is important to submit your proctoring request as early as possible to avoid delays. Proctoring guidelines and registration for proctored exams are available online through the Ecampus [testing and proctoring website](http://ecampus.oregonstate.edu/services/proctoring/) or contact Ecampus via phone: 541-737-928.
  • Midterm Exam - 50 pts
  • Final Exam - 50 pts

**Total Exam Points**: 100 pts

**Total Course Points Available**: 370

**Grading Scale**

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<thead>
<tr>
<th>Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>93-100 %</td>
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<tr>
<td>A-</td>
<td>90-92 %</td>
</tr>
<tr>
<td>B+</td>
<td>87-89 %</td>
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<tr>
<td>B</td>
<td>83-86 %</td>
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<tr>
<td>B-</td>
<td>80-82 %</td>
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<tr>
<td>C+</td>
<td>77-79 %</td>
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<tr>
<td>C</td>
<td>73-76 %</td>
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<tr>
<td>C-</td>
<td>70-72 %</td>
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<tr>
<td>D+</td>
<td>67-69 %</td>
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<td>D</td>
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<td>D-</td>
<td>60-62 %</td>
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<td>F</td>
<td>≤59%</td>
</tr>
</tbody>
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* You may elect to be graded on a Satisfactory- Unsatisfactory (S-U) basis instead of the traditional

**Incompletes**
Incomplete (I) grades will be granted only in emergency cases (usually only for a death in the family, major illness or injury, or birth of your child), and if the student has turned in 80% of the points possible (in other words, usually everything but the final paper). If you are having any difficulty that might prevent you completing the coursework, please don't wait until the end of the term; let me know right away.

**Course Policies:**

**Assignments & Grading**
  • Late discussion board postings, assignments, quizzes, or exams will not be accepted. The course assignment deadlines are the student's responsibility to monitor and cannot be modified for individual students.
  • A malfunctioning computer and/or bad internet connection will not be an acceptable excuse for missing due dates. It is the students’ responsibility to maintain a working computer to complete required assignments and exams. It is highly recommended that students have an alternative internet connection available (i.e. local library or coffee shop, friend, neighbor, or family member’s computer, etc.) in the event of experiencing technical difficulties with a primary internet connection.
  • All grade inquiries MUST be addressed within ONE week of the posted grade. Any inquiries
after one week of posting will not be addressed unless a legitimate grading error is found.

**Communication Procedures:**
In an academic community, students, faculty, and staff each have responsibility for maintaining an appropriate learning environment, whether online or in the classroom. Students, faculty, and staff have the responsibility to treat each other with understanding, dignity and respect. Disruption of teaching, administration, research, and other institutional activities is prohibited by Oregon Administrative Rule 576-015-0015 (1) and (2) and is subject to sanctions under university policies, OSU Office of Student Conduct. As such the following are course policies for effective communication among all:

- General course questions should be posted in the “General Discussion Forum” so that all participants can benefit from the exchange.
- Private matters, of course, may be communicated by email or telephone.
- Provide full name and course number in all email communication.
- All email communication should be conducted in a respectful and professional manner.
- Address all inquiries and concerns as soon as possible. A delay in contacting the instructor may result in points lost.

**Guidelines for a productive and effective online classroom:**
- It is expected that each student will participate in the discussion board conversations in a mature and respectful fashion.
- Pay close attention to what classmates write in their online comments. Ask clarifying questions, when appropriate. These questions are meant to probe and shed new light, not to minimize or devalue comments.
- Think through and reread comments before posting them.
- Value the diversity of the class. Recognize and value the experiences, abilities, and knowledge each person brings to class.
- Disagree with ideas, but do not make personal attacks. Do not demean or embarrass others. Do not make sexist, racist, homophobic, or victim-blaming comments at all.
- Be open to be challenged or confronted on your ideas or prejudices.
- All online communications need to be composed with fairness, honesty and tact. Spelling and grammar are very important in an online course. What you put into an online course reflects on your level of professionalism. Here is a reference that discusses this:
- Please check the “Announcements” area and the course syllabus before you ask general course questions. If you do not see your answer there, then contact the instructor.

**Technical Assistance**
If you experience computer difficulties, need help downloading a browser or plug-in, assistance logging into the course, or if you experience any errors or problems while in your online course, contact the OSU Help Desk for assistance. You can call (541) 737-3474, email [osuhelpdesk@oregonstate.edu](mailto:osuhelpdesk@oregonstate.edu) or visit the [OSU Computer Helpdesk](http://www.oregonstate.edu/helpdesk) online.

**Conduct in this Online Classroom**
Students are expected to conduct themselves in the course (e.g., on discussion boards, email postings) in compliance with the university’s regulations regarding civility.

**Tutoring**
NetTutor is a leading provider of online tutoring and learner support services fully staffed by experienced, trained and monitored tutors. Students connect to live tutors from any computer that has Internet access. NetTutor provides a virtual whiteboard that allows tutors and students to work on problems in a real time environment. They also have an online writing lab where tutors critique and
return essays within 24 to 48 hours. Access NetTutor from within your Blackboard class by clicking on the Tools button in your course menu.

**OSU Student Evaluation of Teaching**
Course evaluation results are extremely important and are used to help me improve this course and the learning experience of future students. Results from the 19 multiple choice questions are tabulated anonymously and go directly to instructors and department heads. Student comments on the open-ended questions are compiled and confidentially forwarded to each instructor, per OSU procedures. The online Student Evaluation of Teaching form will be available toward the end of each term, and you will be sent instructions via ONID by the Office of Academic Programs, Assessment, and Accreditation. You will log in to “Student Online Services” to respond to the online questionnaire. The results on the form are anonymous and are not tabulated until after grades are posted.

**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."