

PED 100: Fitness for Living

Web Site: <http://www.missouristate.edu/PED100/>

Text: Fahey, Insel & Roth. 2009. **Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness**, 9th ed. Dubuque, IA: McGraw-Hill

Required Tools: Turning Point Response Card NXT (purchase NXT card in the MSU Bookstore).

Prerequisite: None

GENERAL EDUCATION FOCUS:

The primary focus of this course is to introduce the significant impact of lifestyle choices on the current and future health of the individual. Each student will have the opportunity to gather information and data relevant to their current fitness status, to critically evaluate that status and the choices they have made, and to use the new knowledge to make intelligent value decisions concerning future health, physical fitness, and recreational pursuits.

COURSE DESCRIPTION:

The values of health-related physical fitness; ramifications of a negative health lifestyle presented for individuals living in an automated, sedentary society, encouraging students to make intelligent decisions concerning a positive health lifestyle to enhance wellness now and in the future. Laboratory activities help the individual discover his/her needs for achieving and maintaining high level wellness.

STUDENT COMPETENCIES:

The lectures and laboratory activities are intended to provide opportunities for the class members to accomplish the following competencies. The student will:

1. Demonstrate knowledge of the potential values of regular and vigorous muscular activity.
2. Be encouraged to establish a philosophy of fitness.
3. Demonstrate knowledge of scientific techniques of conditioning which do not require a great amount of equipment, facilities, time or neuromuscular skills.
4. Interpret the health and muscular activity needs of a sedentary person in a modern society.
5. Demonstrate knowledge of how to avoid, correct, or cope with the degenerative physical fitness and health hazards associated with stress, inactivity, improper physical activity, inadequate nutrition, and the abuse of harmful substances.
6. Assess and evaluate his/her current health status.
7. Identify hypertension levels systolic and diastolic, and its association with heart disease.
8. Identify and evaluate potential heart attack risk factors.
9. Determine threshold heart rate and application to determine intensity of aerobic exercise.
10. Estimate a level of cardiovascular fitness by a performance on the Rockport Walk Test.
11. Determine an estimate of overall strength level by the use of the grip strength test.
12. Assess the strength and endurance of the abdominal muscles.
13. Apply the concepts of strength and muscular endurance via weight training.
14. Evaluate the degree of flexibility in the lower back and posterior thigh.
15. Analyze eating habits to determine if they are nutritionally sound.
16. Determine an estimate of daily caloric needs.
17. Determine present body composition through the use of skinfold measurement.
18. Identify stressors in your life that aid in the development of healthful patterns of stress management.
19. Demonstrate knowledge of stress management technique, by participation in a passive relaxation exercise.
20. Cultivate and demonstrate critical thinking skills by applying, analyzing, synthesizing and evaluating information provided via case study assignments both in class and on major examinations.

ADDRESSING THE MISSOURI STATE UNIVERSITY PUBLIC AFFAIRS MISSION:

1. Community Engagement

- The PED 100 learning experience increases awareness of cardiorespiratory and related disease states, and their negative impact on the productivity and contributions of individuals to society.
- The PED 100 learning experience addresses the role physical fitness in disease prevention and care, and the relationship of lack of fitness and risky behaviors to rising medical costs and insurance premiums from both individual and community perspectives.

2. Cultural Competence

- The PED 100 learning experience disseminates information regarding the cardiorespiratory and related health and fitness characteristics typical of diverse populations and ethnic groups.

3. Ethical Leadership

- The PED 100 learning experience provides opportunities for students to increase their levels of fitness and wellness, and may, by virtue of (1) the course content, (2) the opportunities afforded for application of its principles and (3) its status as a general education requirement, afford the necessary motivation for selected individuals to pursue future career options in health and fitness, including leadership positions in the field.

GRADING:

Lecture

1. Written exams - **each exam will be worth 55 points for a total of 165 points. Pre-post tests are worth 15 points each for a total of 30 points.** Each test format will consist of a combination of true/false and multiple choice questions. All tests, including final exams, will be given in your **lecture session. YOU MUST BRING YOUR TP NXT RESPONSE CARD TO ALL EXAMINATIONS: NO CARD → NO EXAM!**

A	Content Knowledge Pre-test:	January 24 th /25 th	=	15 points*
B.	First exam date:	February 21 st /22 nd	=	55 points
C.	Second exam date:	April 17 th /18 th	=	55 points
C.	Knowledge Post Test	May 8 th /9 th	=	15 points*
D.	Final exam date:	TBA: SEE WEB PAGE	=	55 points
Total Lecture Examination Points =				195 points

2. Lecture quizzes (Turning Point NXT Card is required): = 50 points
55 points total – 5 points for 1 free absence

*** note the combined pre-post tests are worth 30 points. YOU MUST COMPLETE BOTH PRE AND POST TESTS TO RECEIVE ALL 30 POINTS. IN ADDITION YOU MUST PASS THE POST TEST WITH A GRADE OF .60 (RAW SCORE=18) TO RECEIVE ANY CREDIT FOR THE PRE-POST TESTS.**

Laboratory

3. Laboratory Activities - Total point value **225 points**

A.	Laboratory Activities from Text @ 2.5 points per lab 1.2, 2.1 (Par Q retain for your records), 2.2, 3.2, 4.3, 5.2, 6.2, 8.1, 8.2, 8.3, 9.1, 9.2, 10.1, 10.2, 11.1, 13.1, 13.2, 14.1, 15.1	=	50 points
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- B. Exercise Testing & Exercise Intervention Log (**Lab 7.1 – Fitness Program Plan**) = 120 points
Includes:
Daily participation credit in lab * 60 points
• Completion of **ALL** testing * 60 points
- C. **InQsit** internet assignments/quizzes, accessed from <http://www.missouristate.edu/ped100/Quizzes.htm> = 55 points

5. **Total Course Points - Lecture = 245, Laboratory = 225 → 470 = Grand Total; You are granted two lecture absences before point deductions are taken**

6. **Note:**

- (1) There are NO EXTRA CREDIT bearing assignments in either laboratory or lecture.
- (2) To receive points for in class quizzes and examinations you must bring and utilize your Turning Point NXT Responder Card. NO RESPONDER CARD, NO POINTS! Scantron backups will not be provided. The Blackboard 9.1 grade sheet role is the OFFICIAL CLASS ROLL for all lecture classes.
- (3) Lecture quizzes will consist of a combination of questions from the previous lecture and basic information/concepts from current lectures. THE QUIZZES TEST YOUR MASTERY OF THE PREVIOUS LECTURE'S CONTENT AND APPLICATION, AND YOUR BASIC UNDERSTANDING OF INFORMATION PRESENTED IN THE CURRENT LECTURE.
- (4) EXAMS will be administered via Turning Point NXT Responder Card only - **NO RESPONDER PAD, NO POINTS.** Scantrons will be used ONLY under extenuating circumstances. YOU MUST ALSO PRESENT A VALID ID (E.G., MISSOURI STATE ID OR A DRIVER'S LICENSE) TO TAKE THE EXAM.
- (5) **NO LAP-TOPS, IPADS etc. in lecture.**

Grading Scale:

- A. Total points available x 90% = **A – Excellent work. Performance clearly outstanding**
 B. Total points available x 80% = **B – Very good work. Performance clearly above satisfactory**
 C. Total points available x 70% = **C – Satisfactory work. Performance adequate and clearly above minimum passing work**
 D. Total points available x 60% = **D – Passing work. Performance minimally met course requirements**
 F. Your points < 60% of total = **F – Fail: no credit. Performance was not at a level worthy of credit**

PARTICIPATION:

The lab classes incorporate physical activity interventions. Wear clothing that is appropriate for movement to each session unless advised to do otherwise. Our lab experiences are designed to engage you in physical activity and you must be clothed to allow for your participation (shorts, t-shirt, warm-ups, tennis shoes). Points are gained by completing the experience within the class framework.

LOCKERS:

Lockers may be rented in each of the respective locker rooms. Pay \$1.00 at the Bursar's office and bring the receipt to the office in the locker room and you will be issued a locker, lock, and a towel. The towel will be laundered for you throughout the semester. Please lock all valuables up in your locker, don't bring them with you to class.

Important Procedural Information for PED 100

I Turning Point Response Card NXT:

Purchase your Turning Point NXT Response Card in the bookstore:

- ❖ **For Class:** Locate the Device ID on the lower-back right side of the card. IGNORE the P/N number.
- ❖ **Go to your course Blackboard site:** Navigate to the Tools section; scroll down to the yellow Turning



Point Registration Tool icon.

- ❖ Click on the icon. You will be asked to enter your Device ID, and then to enter it again. After you complete this process your response card will be ready for use.
- ❖ All lecture quiz and exams scores will be stored in the grade section of your Blackboard site.

II – Procedure for Preparing for and Accessing Internet Quizzes

1. Access the PED 100 university web site [PED 100 Fitness for Living - Missouri State University](#)
2. In the left column, open the **Lecture, Internet Quiz and Exam Schedule** icon. Peruse this page. It contains the specific quizzes that you must complete; the date that specific quizzes are due, and the range of dates over which they are offered. In addition, the specific lecture and exam schedules can be found on this page.
3. In the left column of the PED 100 Web Page, click on the **Internet Quizzes and Directions** icon. These directions are presented in the PDF link on this page. **THE INFORMATION ON THIS PAGE IS CRITICAL IF YOU ARE TO CORRECTLY COMPLETE THESE ASSIGNMENTS.** Download this page and keep it as a reference before you take any of your quizzes.
4. In the left column of this page, click on your assigned quiz or quizzes.
5. This will link you to the study assignments that you must complete before you take your quiz.
6. After completing all of the study assignments, click ← at the top of the page and you will be returned to the page that contains the study directions. In the left column, click on your **Lab Instructor's** name. This will take you to another page that lists your laboratory instructor's lab section numbers. **CLICK ON YOUR LABORATORY SECTION NUMBER.**
7. This will link you to the *InQsit* website where you will see the list of all the internet quizzes. On that list click the Radio button for your assigned quiz. Scroll down the page and click the Continue button.
8. This will bring you to your quiz sign in page. **Sign in for your quiz the same way that you would sign on to your MSU E-Mail account → username/password.** No one will ever have access to your password! **ALSO Passwords that include the following symbols will not be recognized: *, + or “. Smiley faces or other similar symbols are NOT recognized.** You may have to change your password to conform to these constraints. If you have transferred from the West Plains campus be sure to transition your old User Id into the Missouri State domain.
 - a. **NOTE:** If you do not sign in **EXACTLY** as directed your score will be lost and **you will not receive any credit for the quiz.** **THERE ARE NO MAKE-UP QUIZZES AND NO OPPORTUNITIES TO RE-TAKE A QUIZ AFTER YOUR FIRST ATTEMPT.**

- b. Sign in slowly and deliberately – you will not see a visible sign in, just dots. This is for security purposes, and is also designed to protect your privacy.
9. Complete the quiz in the time allotted. With the exception of the pre and post tests, you will have five (5) minutes to complete each quiz.
10. When you are finished, click the **Submit Quiz** button on the bottom of the page. This ensures that your quiz is registered with *InQsit* and sent to your laboratory instructor, who will keep a record of your quiz results.
11. A **Log Out** button will appear on the screen in addition to **YOUR SCORE FOR THAT QUIZ**. You are responsible for recording and keeping track of each of your quiz scores. When you have done this click the **Log Out** button. You may then leave the *InQsit* site.

Please note:

- ❖ As with Turning Point, you may access the results of your quizzes. You may access your scores by (1) signing on to <http://learning.missouristate.edu/inqsitor/index.cgi> (2) scrolling through the menu [sample account] until you reach **PED 100**, (3) clicking on PED 100, (4) clicking on the **Student/Respondent** icon, (5) clicking on the Lab instructor/Lab section button and (6) accessing your quiz results by *first* clicking the **Gradesheet** button at the bottom of the page and *then* signing-in EXACTLY as if you were taking a quiz. **Note: you can avoid this procedure by keeping track of your scores after you complete each quiz.**
- ❖ Please take your quiz **on campus**, preferably in a computer lab, or at least on a computer with a *reliable* server that blocks pop ups and allows uninterrupted work. **You will only have one attempt to take the quiz!**
- ❖ **WHEN YOU TAKE YOUR QUIZ DO NOT OPEN OR LEAVE OPEN ANY OTHER WEB SITES, E.G., THE URL THAT CONTAINS THE STUDY MATERIAL. IF YOU LEAVE ANOTHER WEB SITE OPEN DURING YOUR QUIZ, INQSIT WILL LOCK YOU OUT OF THE QUIZ. YOU WILL NOT BE AFFORDED AN ADDITIONAL OPPORTUNITY TO COMPLETE IT.**
- ❖ **QUIZZES ARE ONLY OPEN OVER THE RANGE OF TIMES INDICATED ON THE INTERNET QUIZ SCHEDULE (SEE #2 IN THIS SECTION).** Your laboratory instructor will inform you when each quiz is due, and this schedule will be disseminated in the laboratories. Please complete our quizzes in a timely manner. **There will be no make-up quizzes** unless you can document and individual or family emergency.

This procedural information can also be found on the PED 100 Website

Missouri State University Course Policy Statements 2011 – 2012

The Faculty Handbook (Section 2.3.1.1.2) requires that all course syllabi/policy statements include statements on nondiscrimination, disability accommodation, cheating and plagiarism, and attendance. In compliance with this regulation, the following statements offer additional general remarks beyond what has been expressed elsewhere in this syllabus. Please consult the fuller statements on these policy issues in the current Missouri state University Undergraduate Catalog and in the current Missouri State University student handbook.

Statement on Nondiscrimination: Missouri State University is an equal opportunity/affirmative action institution, and maintains a grievance procedure available to any person who believes he or she has been discriminated against. At all times, it is your right to address inquiries or concerns about possible discrimination to the Office for Equity and Diversity, Park Central Office Building, 117 Park Central Square, Suite 111, (417) 836-4252. Other types of concerns (i.e., concerns of an academic nature) should be discussed directly with your instructor and can also be brought to the attention of your instructor's Department Head. Please visit the OED website at www.missouristate.edu/equity/.

Statement on Disability Accommodation: To request accommodation for disability, students must contact: Director of Disability Services, Plaster Student Union, Suite 405, Plaster Union Suite 405, 417-836-4192 or TTY (417) 836-6792. Students must provide documentation of disability to Disability Services prior to receiving accommodations. Disability Services refers some types of accommodation requests to the Learning Diagnostic Clinic, which also provides diagnostic testing for learning and psychological disabilities. For information about testing, contact Director, Learning Diagnostic Clinic, (417) 836-4787; see <http://www.missouristate.edu> for details.

Statement on Academic Dishonesty:

SMSU is a community of scholars committed to developing educated persons who accept the responsibility to practice personal and academic integrity. You are responsible for knowing and following Missouri State University's student honor code, *Student Academic Integrity Policies and Procedures*, available at <http://www.missouristate.edu>. Any student participating in any form of academic dishonesty will be subject to sanctions as described in this policy.

Statement of Attendance Policy: **This course** involves a combination of lecture and seminar features; **it is not a correspondence course; regular daily attendance and preparation of assigned materials are expected as part of the completion of the course.** Occasional absences due to sickness or other emergency circumstances are understandable and where appropriately documented will be excused without penalty; **students are allowed two unexcused absences from lecture**, but further unexcused absences will result in course grade penalties.

Missouri State University's Policy Statement Concerning Dropping of Courses:

It is your responsibility to understand the University's procedure for dropping a class. If you stop attending this class but do not follow proper procedure for dropping the class, you will receive a failing grade and will also be financially obligated. To drop a class any time after the first week of classes, you must complete and turn in a drop slip at an authorized registration center (see current Undergraduate Catalog and the university's website @ <http://www.missouristate.edu>). You do not need to obtain any signatures on the drop slip. If you wish to withdraw from the University, (that is, drop all your classes), contact the Registration Center, Carrington 320, or @ 836-5522. For details concerning drop deadlines, consult the current MSU Academic Calendar @ <http://www.missouristate.edu>.

Missouri State University Office of Academic Affairs Policy on Use of Cell Phones in Classes:

The office of Academic Affairs prohibits the use by students of cell phones, pagers, or similar communication devices during scheduled classes. **All such devices must be turned off or put in a silent mode and cannot be taken out during class.** At the discretion of the instructor, exception to this policy is possible in special circumstances. Sanctions for violation of this policy are determined by the instructor and may include dismissal from the class – see Class Disruption @ <http://www.missouristate.edu>. In testing situations, use of cell phones or similar communication devices may lead to a charge of academic

dishonesty and additional sanctions under the *Student Academic Integrity Policies and Procedures* (<http://www.missouristate.edu>). A sanction for class disruption may be appealed using the appeal process stated in the Class Disruption policy; however, a violation that involves a charge of academic dishonesty must be appealed using the process described in *Student Academic Integrity Policies and Procedures*. Students have the right to continue attending class while an appeal is in progress.

Make-up Policy:

Opportunities for make-ups will be provided only where valid and acceptable reasons justify such. Wherever possible, students should discuss in advance their prospective absences from examinations and their requests for extensions of due dates for written assignments.

Emergency Response Policy Statement:

Students who require assistance during an emergency evacuation should discuss their needs with their professors and Disability Services. If you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible. For additional information students should contact the Office of Disability Services, 836-4192 (PSU 405), or Larry Combs, Interim Assistant Director of Public Safety and Transportation at 836-6576. For further information on Missouri State University's Emergency Response Plan, please refer to the following web site: <http://www.missouristate.edu/safetran/erp.htm>

Emergency Response Plan for Individuals with Disabilities:

Students who require assistance during an emergency evacuation must discuss their needs with their professors and Disability Services. If you have emergency medical information to share with me, or if you need special arrangements in case the building must be evacuated, please make an appointment with me as soon as possible.

For additional information students should contact the Office of Disability Services, 836-4192 (PSU 405), or Larry Combs, Interim Assistant Director of Public Safety and Transportation at 836-6576.

For further information on Missouri State University's Emergency Response Plan, please refer to the following web site: <http://www.missouristate.edu/safetran/erp.htm>.

Name _____ Lab Section _____

Lecture Section: _____ (Letter)

Lecture day: _____ Lecture time: _____

Lecture Instructor: _____

Fill in the information and submit this copy to your laboratory instructor

