

# **GS 1181: Avoid the Freshman 15: The Keys to Staying Healthy in College**

**Location: Science III building room 213**

**Time: TR 3:30-4:20 pm**

**8/26-10/18 (8 weeks)**

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Student Contact Hours: MW 1:00-3:00 pm by appointment

## **Course Description**

According to American College Health Association (ACHA), only 61.6% of college students were at a healthy weight, 48.7% of students met the federal guidelines for aerobic physical activities, and only 37.6% of students met the federal guidelines for muscle strengthening activities. The goal of the course is to help freshmen develop a healthy lifestyle with a proper diet and exercise regimen. In this interactive course, students will learn about healthy diet, supplements, and the normal values of various health/fitness markers (such as heart rate, blood pressure, respiratory rate, cardiopulmonary fitness, body mass index, body composition/body fat, and muscle strength/endurance). More importantly, students will have hands on experience in testing some of those markers to assess their own health and fitness level. The instructor will further provide guidance to improve students' health and fitness, or direct the students to proper health professionals as needed.

## **Core Student Learning Outcomes**

Upon completion of this course, students will be able to

- Develop, interpret, and express ideas through effective written communication
- Locate campus resources to solve problems/answer questions
- Gather, analyze, evaluate, and synthesize information relevant to health and fitness

## **Course Objectives**

- Understanding the importance of a healthy diet and other health/fitness markers
- Learning the current guidelines of a healthy diet and other health/fitness markers
- Learning to track and analyze calorie update
- Learning to analyze body composition and cardiovascular fitness
- Learning to analyze muscle strength and endurance
- Learning proper techniques to enhance muscle strength and cardiovascular fitness
- Learning to design a proper exercise program to enhance muscle strength and/or aerobic capacity
- **Developing skill in expression oneself orally or in writing**
- **Learning how to find and use resources for answering questions or solving problems**
- **Learning to analyze and critically evaluate ideas, arguments, and points of view**

### **Student Learning Assessment:**

Student learning will be assessed via class discussions, course projects, exams, and assignments.

### **Grades and Assignments:**

Assignments:

Goals and baseline self-analysis	20%
Library's Information Literacy tutorials on Blackboard	20%
College-wide event participation and reflection	20%
Attendance and participation	40%

The final course grade will be assigned based on the cumulative percentage of points earned throughout the course:

A = 90-100
B = 80-89
C = 70-79
D = 60-69
F < 60

For the first report (goals and baseline self-analysis), it should have a minimum of 200 words and include the following information:

- Goals for taking this course
- Baseline self-analysis:
  - Do you have a healthy weight? If not, are you overweight or underweight?
  - Are you eating healthy? If not, what keeps you from eating healthy?
  - Do you engage sufficient aerobic physical activities? If not, what stops you from doing more?
  - Do you engage sufficient muscle strengthening activities? If not, what stops you from doing more?

College-wide event participation and reflection. Qualifying events include health related events and fitness classes taught by instructors from University Recreation. Please consult with the instructor to find out if a specific event is appropriate for the assignment.

### **Attendance/Tardiness:**

Attendance at all scheduled classes is mandatory. Students who have an excusable absence must contact the instructor within 12 hours by email with a written explanation and students must contact a class member to get a course update. **Students who fail to notify the instructor in time or have no proper excuse will receive 2% deduction per absence from their final grade.**

Tardiness is a disruption to the instructor and fellow students. A student is considered tardy if he/she arrives for class after the instructor has begun class activities. **The student will receive a verbal warning after the first offense and 1% deduction from their final grade for each sequential offense.**

### **Academic Integrity**

Angelo State University expects its students to maintain complete honesty and integrity in their academic pursuits. Students are responsible for understanding the Academic Honor Code, which is contained in both print and web versions of the Student Handbook.

### American Disability Act

Persons with disabilities which may warrant academic accommodations must contact the Student Life Office, Room 112 University Center, in order to request and to implement academic accommodations.

### Religious Holy Day

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence.

### Course Schedule *(includes critical dates for assignments and exams)*

Week	Date	Content
1	8-27	Course introduction Participants introduction
	8-29	The keys to staying healthy Nutrients (part 1) <ul style="list-style-type: none"><li>• Macronutrients</li></ul>
2	9-3	Nutrients (part 2) <ul style="list-style-type: none"><li>• Micronutrients</li></ul>
	9-5	Healthy diet (part 1) <ul style="list-style-type: none"><li>• Food label</li><li>• Calorie counting</li><li>• My pyramid</li><li>• My plate</li></ul>
3	9-10	<b>First report due</b> Healthy diet (part 2) <ul style="list-style-type: none"><li>• Different diets</li><li>• Personal tips discussion</li></ul> Food for thought: exercise equivalent label
	9-12	ASU recreation opportunities: intramural sports, fitness classes, fitness facilities, and working opportunities
4	9-17	Scavenger hunt (locate campus resources to solve problems)
	9-19	Weight Control <ul style="list-style-type: none"><li>• Weight gain</li><li>• Weight loss</li></ul> Food for thought: cooking classes for medical professionals
5	9-24	<b>Library's information literacy tutorials on Blackboard due</b> Cardiopulmonary (aerobic) fitness <ul style="list-style-type: none"><li>• PAR-Q &amp; YOU</li><li>• Heart rate, respiratory rate, blood pressure</li><li>• Contraindications to exercise testing</li><li>• Rockport 1-mile walking test</li></ul>
	9-26	Muscle strength and endurance <ul style="list-style-type: none"><li>• Muscle strength testing: hand grip strength</li></ul> Muscle endurance testing: <ul style="list-style-type: none"><li>• Push-up test</li><li>• Curl-up test</li></ul>

		<ul style="list-style-type: none"> <li>• Plank test</li> </ul>
6	10-1	Flexibility <ul style="list-style-type: none"> <li>• Sit-and-reach test</li> <li>• Overhead squat test</li> </ul> Posture assessment Balance assessment
	10-3	Resistance training principles
7	10-8	Exercise prescription/ resistance training design
	10-10	Stretching (static and dynamic), core exercise, and resistance exercise
8	10-15	No class. College-wide event participation , report write up
	10-17	<b>College-wide event participation and reflection report due</b> Q&A about nutrition and fitness