

COURSE NUMBER GS 1181

Avoid the Freshman 15: The Keys to Staying Healthy in College

Fall 2021



Instructor/Coordinator:

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Office: HHS 224G

Office Hours: by appointment

Course Information

Location: Science Building III, Room 213

Time: TR 3:30-4:20 pm

8/24-10/14

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.

Course Credits

1 Credit

Prerequisite and Co-requisite Courses

None

Prerequisite Skills

None

Program Outcomes

Upon completion of the program of study for the physical therapy program, the graduate will be prepared to:

Student Learning Outcomes

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 intake
- 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 expressing 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, and assignments.

Course Delivery

This is a face-to-face course with learning resources and supplemental materials posted on ASU's Blackboard. The content of the course in-class instruction/discussion, video demonstration, case study analysis, multi-media programs (including PowerPoints), reading assignment, and lab reports.

Required Texts and Materials

None

Recommended Texts and Materials

None

Technology Requirements

To successfully complete this course, students need access to ASU's Blackboard and Respondus Lockdown Browser.

To participate in one of ASU's distance education programs, you need this technology:

- A computer capable of running Windows 7 or later, or Mac OSX 10.8 or later
- The latest version of one of these web browsers: internet Explorer, Firefox, or Safari
- Microsoft Office Suite or a compatible Open Office Suite
- Adobe Acrobat Reader
- High Speed Internet Access
- Ethernet adapter cable required (wireless connections can drop during tests and Collaborate sessions)
- Webcam

Refer to Angelo State University's Distance Education website for further technology requirements: [Angelo State University's Distance Education Website](#)

Topic Outline

Unit 1: The keys to staying healthy

Unit 2: Nutrients

Unit 3: Healthy diet

Unit 4: ASU recreation opportunities

Unit 5: Weight control

Unit 6: Cardiopulmonary fitness

Unit 7: Muscle strength and endurance

Unit 8: Exercise prescription

Communication

All communications for the class will take place via blackboard, which will send an e-mail to all active participants in the class.

E-mail through the ASU e-mail address is the preferred communication method for this course. Faculty will respond to e-mail messages within 24 hours during working hours Monday through Friday. Weekend messages may not be returned until Monday. Students should check ASU email account daily for announcements and schedule changes.

Appointments can be made for face to face meetings as needed.

Grading

Evaluation and Grades

Course grades will be determined as indicated in the table below.

Assessment	Percent/Points of Total Grade
Goal and baseline self-analysis	20%
Library's information literacy	20%
Scavenger hunt (locate campus resources to solve problems)	20%
Attendance and participation	40%
Total	100%

Grading System

Course grades will be dependent upon completing course requirements and meeting the student learning outcomes.

The following grading scale is in use for this course:

A = 90-100

B = 80-89

C = 70-79

D = 60-69

Teaching Strategies

Students are expected to be “active learners.” It is a basic assumption of the instructor that students will be involved (**beyond the materials and lectures presented in the course**) discovering, processing, and applying the course information using peer-review journal articles, researching additional information and examples on the Internet, and discussing course material and clinical experiences with their peers.

Assignment and Activity Descriptions

***Please note: Rubrics for all assignments and activities are located at the end of this syllabus.**

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?

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.

Assignment Submission

Some assignments may be submitted in person, and some assignments may be submitted through the Assignments link in the Blackboard site. Issues with technology use arise from time to time. If a technology issue does occur regarding an assignment submission, email me at yhung@angelo.edu and attach a copy of what you are trying to submit. **Please contact the IT Service Center at (325) 942-2911 or go to your Technology Support tab to report the issue.** This lets your faculty know you completed the assignment on time and are just having problems with the online submission feature in Blackboard. Once the problem is resolved, submit your assignment through the appropriate link. This process will document the problem and establish a timeline. Be sure to keep a backup of all work.

Late Work or Missed Assignments Policy

None

General Policies Related to This Course

All students are required to follow the policies and procedures presented in these documents:

- [Angelo State University Student Handbook](#)¹
- [Angelo State University Catalog](#)²

Student Responsibility and Attendance

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 4% 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 per tardiness from their final grade for each sequential offense.**

Technology

It is an expectation of the program that technology be used in a way that supports learning and benefits you and your classmates. **Students must silence cell phones and place them out of sight during class unless instructed to use them by the professor.** Permission may be granted, at the instructor's discretion, to have a cell phone out during class. Students seeking permission to have cell phones out during class must do so prior to the start of class. **The first offence will result in a verbal warning. Each following offense will result in 2 point deduction from your final score.**

Academic Integrity

Students are expected to maintain complete honesty and integrity in all work. Any student found guilty of any form of dishonesty in academic work is subject of disciplinary action and possible expulsion from ASU.

The College of Health and Human Services adheres to the university's [Statement of Academic Integrity](#).³

Accommodations for Students with Disabilities

ASU is committed to the principle that no qualified individual with a disability shall, on the basis of disability, be excluded from participation in or be denied the benefits of the services, programs or activities of the university, or be subjected to discrimination by the university, as provided by the Americans with Disabilities Act of 1990 (ADA), the Americans with Disabilities Act Amendments of 2008 (ADAAA) and subsequent legislation.

Student Disability Services is located in the Office of Student Affairs, and is the designated campus department charged with the responsibility of reviewing and authorizing requests for reasonable accommodations based on a disability. It is the student's responsibility to initiate such a request by contacting an employee of the Office of Student Affairs, in the Houston Harte University Center, Room 112, or contacting the department via email at ADA@angelo.edu. For more information about the application process and requirements, visit the [Student Disability Services website](#).⁴ The employee charged with the responsibility of reviewing and authorizing accommodation requests is:

Dallas Swafford
Director of Student Disability Services
Office of Student Affairs
325-942-2047
dallas.swafford@angelo.edu
Houston Harte University Center, Room 112

Incomplete Grade Policy

It is policy that incomplete grades be reserved for student illness or personal misfortune. Please contact faculty if you have serious illness or a personal misfortune that would keep you from completing course work. Documentation may be required. See ASU Operating Policy 10.11 [Grading Procedures](#)⁵ for more information.

Plagiarism

Plagiarism is a serious topic covered in ASU's [Academic Integrity policy](#)⁶ in the Student Handbook. Plagiarism is the action or practice of taking someone else's work, idea, etc., and passing it off as one's own. Plagiarism is literary theft.

In your discussions and/or your papers, it is unacceptable to copy word-for-word without quotation marks and the source of the quotation. It is expected that you will summarize or

paraphrase ideas giving appropriate credit to the source both in the body of your paper and the reference list.

Papers are subject to be evaluated for originality. Resources to help you understand this policy better are available at the [ASU Writing Center](#).⁷

Student Absence for Observance of Religious Holy Days

A student who intends to observe a religious holy day should make that intention known in writing to the instructor prior to the absence. See ASU Operating Policy 10.19 Student Absence for [Observance of Religious Holy Day](#)⁸ for more information.

Copyright Policy

Students officially enrolled in this course should make only one printed copy of the given articles and/or chapters. You are expressly prohibited from distributing or reproducing any portion of course readings in printed or electronic form without written permission from the copyright holders or publishers.

Syllabus Changes

The faculty member reserves the option to make changes as necessary to this syllabus and the course content. If changes become necessary during this course, the faculty will notify students of such changes by email, course announcements and/or via a discussion board announcement. It is the student's responsibility to look for such communications about the course on a daily basis.

Title IX at Angelo State University

Angelo State University is committed to providing and strengthening an educational, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. In accordance with Title VII, Title IX, the Violence Against Women Act (VAWA), the Campus Sexual Violence Elimination Act (SaVE), and other federal and state laws, the University prohibits discrimination based on sex, which includes pregnancy, and other types of Sexual Misconduct. Sexual Misconduct is a broad term encompassing all forms of gender-based harassment or discrimination and unwelcome behavior of a sexual nature. The term includes sexual harassment, nonconsensual sexual contact, nonconsensual sexual intercourse, sexual assault, sexual exploitation, stalking, public indecency, interpersonal violence (domestic violence or dating violence), sexual violence, and any other misconduct based on sex.

You are encouraged to report any incidents involving sexual misconduct to the Office of Title IX Compliance and the Director of Title IX Compliance/Title IX Coordinator, Michelle Boone, J.D. You may submit reports in the following manner:

Online: www.angelo.edu/incident-form

Face to face: Mayer Administration Building, Room 210

Phone: 325-942-2022

Email: michelle.boone@angelo.edu

Note, as a faculty member at Angelo State, I am a mandatory reporter and must report incidents involving sexual misconduct to the Title IX Coordinator. Should you wish to speak to someone in confidence about an issue, you may contact the University Counseling Center (325-942-2371), the 24-Hour Crisis Helpline (325-486-6345), or the University Health Clinic (325-942-2171).

For more information about resources related to sexual misconduct, Title IX, or Angelo State's policy please visit: www.angelo.edu/title-ix.

Course Schedule

Week/Date	Topic/Assignments/Assessments DUE
Week 1/Aug. 24 & 26	Aug. 24: Course introduction Participants introduction Aug. 26: Fitness facilities at ASU, fitness testing (CHP 202 reserved)
Week 2/Aug. 31 & Sep. 2	Aug. 31: The keys to staying healthy in college Nutrients (macronutrients) Sep. 2: Nutrients (micronutrients)
Week 3/Sep. 7 & 9	First report due on Sep. 7 Sep. 7: Healthy diet (food label, calorie counting, my plate) Sep. 9: Healthy diet (different diets, personal tips, exercise equivalent label)
Week 4/Sep. 14 & 16	Sep. 14: Fitness day (TBD) Sep. 16: Body composition and testing
Week 5/ Sep. 21 & 23	Library's information literacy tutorials on Blackboard due on Sep. 21 Sep. 21: Scavenger hunt (locate campus resources to solve problems) Sep. 23: Weight control (weight gain, weight loss)
Week 6/Sep. 28 & 30	Sep. 28: Fitness day (TBD) Sep. 30: Cardiopulmonary (aerobic fitness)

Week/Date	Topic/Assignments/Assessments DUE
Week 7/Oct. 5 & 7	Oct 5: Muscle strength and endurance Oct 7: Exercise prescription
Week 8/Oct. 12 & 14	Oct. 12: Fitness day (TBD) Oct. 14: Conclusion, Q&A about nutrition and fitness, IDEA form

Grading Rubrics

For the written assignment, students would receive the full credit if it was turned in on time and include all the required components. For the scavenger hunt, students would receive the full credit if they participate the activity fully. If unexcused absences and tardiness occur, deduction from the total score will be implemented according to the guidelines described in the “Student Responsibility and Attendance” section.

Student Evaluation of Faculty and Course

Students in all programs are given the opportunity to evaluate their courses and the faculty who teach them. Evaluations are most helpful when they are honest, fair, constructive, and pertinent to the class, clinical experience, or course. Faculty value student evaluations, and use student suggestions in making modifications in courses, labs and clinical experiences.

Angelo State University uses the IDEA (Individual Development and Educational Assessment) system administered through Kansas State University for all course evaluations. The Office of Institutional Research and Assessment administers IDEA for the entire university, online and has established a policy whereby students can complete course evaluations free from coercion.

The faculty and course will be evaluated with the focus on the following objectives:

1. Gaining a basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, theories)
2. Learning to apply course material (to improve thinking, problem solving, and decisions)

End of Syllabus

¹ <https://www.angelo.edu/student-handbook/>

² <https://www.angelo.edu/catalogs/>

³ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁴ <https://www.angelo.edu/services/disability-services/>

⁵ <https://www.angelo.edu/content/files/14197-op-1011-grading-procedures>

⁶ <https://www.angelo.edu/student-handbook/community-policies/academic-integrity.php>

⁷ https://www.angelo.edu/dept/writing_center/academic_honesty.php

⁸ <https://www.angelo.edu/content/files/14206-op-1019-student-absence-for-observance-of>