

KIN 121 (Credits 3) Fall 2007
The Healthy Lifestyle
Location: 209 Jenison Fieldhouse
Time: T/TH 12:40-2:30 PM

Instructor: Jennifer Stiller, MS, ATC (stillerj@msu.edu) **Office Hours:** Tues 10-12 PM, or by appointment
Co-Instructor: Ryan Flett, MS (flettm@msu.edu) **Office Hours:** by appointment only
Office: 1 IM Circle
Phone: 517.353.0728

TEXT:

Sharkey, B.J., Gaskill, S.E. (2007). *Fitness and Health*. Champaign, IL: Human Kinetics

COURSE DESCRIPTION:

Cardiovascular risk factors, lifestyle habits, and aerobic capacities and their relationship to optimal health and longevity. Individual physical activity required as part of the course.

COURSE OBJECTIVES:

1. To demonstrate knowledge of concepts required to implement programs of action for positive lifestyle changes in physical fitness, stress management, and nutrition.
2. To demonstrate knowledge of the role of exercise in the areas of physical well-being, nutrition, stress management, health, and disease.
3. To demonstrate a gain in holistic fitness resulting from participation in an exercise program incorporating components of fitness: cardiovascular endurance, flexibility, muscular endurance, muscular strength, and body composition.

COURSE OVERVIEW:

This course is designed to give students a better understanding of what living a healthy lifestyle looks like. The lecture portion of the class will involve talking about those things that are involved in a healthy lifestyle. In addition to the lecture section of the class, a 30-45 minute physical activity portion of the class will occur each day. Students will be expected to partake in various exercise games and drills to advance the goal of healthier lives.

CLASS FORMAT:

Lecture and discussion:	12:40-1:30pm
Location Change:	1:30-1:40pm
Activity section:	1:40-2:30pm

DRESS & EQUIPMENT:

Please **COME TO CLASS** dressed for activity in order to minimize the time spent between lecture and activity. Clothing should be non-restrictive, comfortable and appropriate for doing physical activity. **NO JEANS, SKIRTS OR SANDALS ARE ALLOWED.** Students should wear t-shirts, warm-ups or athletic shorts with appropriate tennis shoes. Temperature should be taken into consideration. **IF STUDENTS ARE NOT DRESSED APPROPRIATELY, THEY WILL NOT**

**BE ALLOWED TO PARTICIPATE IN THE ACTIVITY PORTION OF THE CLASS,
RESULTING IN AN ABSENCE FOR THE DAY.**

PRE-REQUISITES CONTRAINDICATIONS:

Students should be prepared to exercise vigorously for 30-40 minutes each class. If you foresee this to be problem due to a health condition or physician's advice, you may have difficulty completing the course requirements. Please see the instructor with questions.

COURSE POLICY:

Attendance

Students are permitted 3 absences during the semester before losing attendance points.

- Students missing 3.5-4.5 classes will receive 1/2 the possible attendance points
- Students missing more than 4.5 classes **WILL NOT RECEIVE ANY ATTENDANCE POINTS.**
- **2 tardies = 1 absence; 1 tardy = 1/2 of an absence**

Attendance will be taken at the beginning of every lecture and at the beginning and/or end of every physical activity session. **IF YOU ARE NOT CHECKED IN FOR ONE OF THESE SESSIONS, YOU WILL RECEIVE AN ABSENCE FOR THE DAY**

As a general rule, there are NO excused absences.

Participation is crucial in this class, especially the physical activity portion. **IF I SEE THAT YOU ARE NOT PARTICIPATING IN CLASS, YOU WILL LOSE CREDIT FOR ATTENDANCE FOR THAT DAY.**

If you are caught sleeping, reading a newspaper, doing work for another course, or any other non-KIN 121 related activity **you will be considered ABSENT FOR THE DAY.**

- *Note: It will be extremely convenient for students to attend only their presentation when that time arrives, however, **THE FINAL EXAM MAY CONTAIN INFORMATION BASED ON THE STUDENT PRESENTATIONS.**

Cell Phone Usage

- Cell phones **MUST BE TURNED OFF** during all class sessions. Students are NOT permitted to leave class in order to use the telephone, and are NOT permitted to use the phone during class (talking, text-messaging, etc). **STUDENTS WILL BE ASKED TO LEAVE IF THEY ARE CAUGHT USING THE PHONE DURING CLASS. THESE STUDENTS WILL BE COUNTED AS ABSENT FOR THE DAY.**

Late Assignments/Exams

- Assignments are due at the beginning of class (prior to attendance being taken). Assignments will be accepted **LATE (with 50% deduction)** if turned in late on the due date. Assignments will **NOT BE ACCEPTED IF TURNED IN AFTER THE DUE DATE.**
- If you cannot take an exam on the day it is offered, you **MUST COME AND SEE ME AT LEAST 1 WEEK PRIOR TO THE EXAM** in order to work out another solution.

Injuries/Illnesses

- Injuries/Illnesses need to be documented from a doctor or specialist **ONLY** in order to be excused from not participating in the physical activity section of the class.

ACADEMIC DISHONESTY:

Students of the university must conduct themselves in accordance with the highest standards of academic honesty and integrity. Academic dishonesty by a student will not be tolerated in activity or academic areas and will be treated in accordance with the policy in the Academic Programs Publication. Forms of academic dishonesty include falsifying attendance records for oneself or another student, plagiarism, and falsifying graded exam and assignment material. ALL incidences of academic dishonesty are construed as a serious matter and will result in an automatic 0.0 for the course.

COURSE COMMUNICAITON:

This course will be using ANGEL software to maintain a course web page. As the instructor, I have the ability to monitor site usage. You are responsible for announcements and documents that will be placed on ANGEL periodically throughout the course. You also have the ability to check your grade through the course site and **YOU ARE RESPONSIBLE FOR DOING SO EVERY TWO WEEKS TO AVOID GRADE DISCREPANCIES OR POSSIBLE ERRORS.**

ANGEL provides the opportunity to communicate with classmates by selecting email recipients directly from a class roster. When using this feature, DO NOT include Susan H. Creagh in any correspondence unless you have a specific need to talk with her. Additionally, DO NOT select "All Faculty" or "All members" within a general email. Instead, highlight the students you wish to correspond with and hold down the "control button" and scroll to select additional students.

SPECIAL NEEDS:

If you need course adaptations or accommodations because of a disability, if you have emergency information to share with the instructor, or if you need special arrangements in case the building or activity area must be evacuated, please notify the instructor as soon as possible. **IT IS THE STUDENT'S RESPONSIBILITY TO INFORM THE INSTRUCTOR OF ANY MEDICAL CONDITION THAT MAY EFFECT HIS OR HER PARTICIPATION IN CLASS.** Medical clearance may be required.

ASSIGNMENTS

1. Syllabus Contract (5 Points)

- Go to angel.msu.edu and go into the KIN 121 Healthy Lifestyles Class and read over the syllabus. Print of the last page, sign it and return it by the **BEGINNING OF CLASS ON TUESDAY 9/4/07**. This **MUST** be turned in prior to attendance being taken in order to get credit.

2. PAR-Q (5 Points)

- Go to angel.msu.edu and go into the KIN 121 Healthy Lifestyles Class and click on the top tab called "Lessons." Under that tab you will find a folder called "Assignments," under which you will find the file "PAR-Q." Print off this form, answer the questions, and sign the bottom. Return it by the **BEGINNING OF CLASS ON TUESDAY 9/4/07**. This **MUST** be turned in prior to attendance being taken in order to get credit.

3. Life Rx Fitness Evaluation (60 Points Total = 30 Points each Session)

- Pre- and post-fitness evaluations will be conducted at the beginning and end of the semester. Olin Health Center will be conducting the tests as well as providing the students with the results. **There will be a one-time fee of \$15 for the process (checks can be made out to MSU), which you need to bring to your initial testing. TESTING IS MANDATORY FOR THIS CLASS.** Wear loose clothing because physical activity will be involved. Dates of initial testing are September 5, 6, and 10, 2007. Follow-up dates are November 14, 15, and 19, 2007.
 - *Note: If you are unable to attend on these screening dates, you must make arrangements through Olin Health to complete the test. You must complete the initial screening by September 10, 2007 and the second screening by November 19, 2007.

4. Presentations (50 Points Total = 5 Points for Topic + 10 Points for Brief Outline + 20 Points for Oral Presentation + 15 Points for Quick Facts Sheet and Take-Home Point)

- You will be responsible for researching a topic related to Fitness, Health, and the Healthy Lifestyle. Each student will choose a topic (approved by the instructor) related to the class content (i.e. exercise, nutrition, substance abuse, etc.). You will submit a 1-page quick fact sheet with one take-home point that will be used as a question for the final exam. The fact sheet and the 3-5 minute oral presentation should inform the class of risk factors, risky behaviors, strategies to overcome health conditions, proper exercise techniques related to the chosen topic, etc. The oral presentation must be done on powerpoint, and a copy of the powerpoint slides must be provided to the instructor on the day of the presentation. Only 1 student may do each topic; **students may NOT work together on this assignment. TOPICS ARE DUE BY THE END OF CLASS TUESDAY 10/23/07. A BRIEF OUTLINE IS DUE ON TUESDAY 11/13/07** and must include at least 4 main points of your presentation with at least 5 sources listed. The presentation itself will be graded according to quality and quantity of the information presented, as well as your ability to answer questions posed by your classmates and the instructor(s).

5. Exams 1 and 2 (100 Points Each)

- The exams may consist of true/false, multiple choice, fill-in-the-blank, matching, and short answer questions. The exams will be based mainly on my notes and presentations, supplemented by readings from the book. These exams will **NOT** be cumulative. Students will have only the lecture period to complete the in-semester exams.

6. Final Exam (200 points)

- The final exam is a cumulative exam, covering all material covered during the semester. The final exam may contain information presented in student presentations. The format of this exam will be all true/false, multiple choice, fill-in-the-blank, and matching. There will be no short answer questions on the final.

EVALUATION:

Syllabus Contract Assignment	5 pts
PAR-Q Assignment.....	5 pts
LifeRx Participation (30 pts per session)	60 pts
Presentation (see above for points breakdown).....	50 pts
Exam 1.....	100 pts
Exam 2.....	100 pts
Exam 3 (Final).....	200 pts
<u>Attendance (20% total grade).....</u>	<u>130 pts</u>
Total Possible Points	650 pts

GRADE/ ASSIGNMENTS:

<u>%</u>	<u>Points Earned</u>	<u>Grade</u>
92-100%	595	4.0
85-91%	549	3.5
80-84%	517	3.0
75-79%	478	2.5
70-74%	452	2.0
65-69%	419	1.5
60-64%	387	1.0
Below 60%	Below 386	0.0

CAATE Competencies and Proficiencies covered in this class:

NU-C1 Describe personal health habits and their role in enhancing performance, preventing injury or illness, and maintaining a healthy lifestyle.

STUDENT AGREEMENT

I, _____, have read the above syllabus and understand all information stated in it. I understand that it is my responsibility to check ANGEL and my MSU e-mail frequently for grade updates and important announcements. I also understand that my attendance is my responsibility. Active participation is required in this course and I agree to fulfill this requirement.

_____ I have read the ATTENDANCE Policy and understand all of the policies and its consequences for non- compliance.

_____ I have read the ACADEMIC DISHONESTY Policy and understand all of the policies and its consequences for non- compliance.

_____ I have read the COURSE OUTLINE and GRADING CRITERIA and understand and agree to adhere to the guidelines set by my instructor.

Signature _____ Date _____

Emergency contact phone# _____ Name of contact _____

***PLEASE Sign, Date, and Return by September 4, 2007.**