

University of Nevada, Las Vegas
School of Allied Health Sciences
Department of Kinesiology and Nutrition Sciences

**KIN 175-1001
PHYSICAL ACTIVITY & HEALTH
Spring 2016**

Class Info	CHE 101 Monday & Wednesday 0830-0945
Instructor	Kelly Bumgarner, MPH, MS, BS Mailbox: BHS 319 Contact: kbum@unlv.nevada.edu
Office Hours	BHS 218 Mon & Wed 10:00-11:00 AM by appointment only, scheduled via email

Course Description

Basic understanding of elementary exercise physiology as it applies to exercise and physical fitness. Principles of good nutrition and caloric values of common foods. Energy equation and factors in weight gain and weight loss. Practical assessment of fitness and body composition.

Learning Outcomes (Objectives)

At the completion of the course, the student should be able to:

1. Discuss components of overall fitness and wellness including exercise methods and appropriate parameters for physical activity.
2. Explain and utilize information from Healthy People 2020. www.healthypeople.gov.
3. Construct a personalized wellness plan.
4. Understand general concepts of nutrition relating to health, fitness, and body composition.
5. Discuss weight control, design a research-based weight loss program, and understand and recognize the symptoms and imperative need for treatment relating to disordered eating.
6. Understand cardiovascular disease; its prevalence, risk factors, and preventative measures.
7. Define stress and stress responses; explain stress management techniques and preventative measures.
8. Understand physiological responses to exercise in extreme environments.
9. Understand general principles when considering fitness for special populations.
10. Discuss prevention of exercise-related and unintentional injuries.
11. Explain what cancer is, including types of cancer, risk factors, detection, and prevention of the illness.
12. Understand prevalence, preventions, and risk factors associated with Sexually Transmitted Infections.
13. Discuss addiction and substance abuse and strategies to avoid drug and alcohol abuse.

Required Text (Paperback)

Total Fitness & Wellness Plus MyFitnessLab with eText -- Access Card Package (6th Edition)
[Scott K. Powers](#) (Author), [Stephen L. Dodd](#) (Author), [Erica M. Jackson](#) (Author)

Requirements, Evaluation Procedures, and Grading Policy

Course Requirements

Throughout this course, students will be responsible for material covered in lectures, class discussions, a personal challenge, and assigned reading. Attendance is required in this course. No extra credit will be offered for any reason.

Student Evaluation

Final grades will be determined according to the following criteria:

Written Exams

Exam I	February 17	20%
Exam II	March 9	20%
Exam III	April 6	20%
Exam IV	May 11	20%

Involvement Assignment 5%

Personal Challenge 10%

Attendance & Participation 5%

Exams must be taken on the designated dates and times. Tardy students entering the classroom after anyone has turned in an exam will not be permitted to take the exam. Students will not be permitted to make up an exam unless they obtain permission from the professor **prior** to the exam. If the professor is not notified **at least 24 hours** prior to the exam, a make-up will not be allowed for any reason and the student will receive a "zero". Even with 24 hours notification, make-up exams may be granted at the instructors' discretion and the instructor reserves the right to require a written excuse.

Grading Scale

92% - 100%	A
90% - 91%	A-
88% - 89%	B+
82% - 87%	B
80% - 81%	B-
78% - 79%	C+
72% - 77%	C
70% - 71%	C-
68% - 69%	D+
62% - 67%	D
60% - 61%	D-
59% and below	F

Extra Credit

Extra credit will not be awarded for any reason in this class. Attendance and participation will provide the best opportunity for success.

Seating

Seating is assigned alphabetically by last name to assist the instructor in taking attendance. Students who would like to request a specific seat (ex. close to the front of the room) must ask the instructor within the first week of class.

Lectures

Lectures will not be posted online or shared in any way by the instructor with students outside of the classroom. **If a student misses class, regardless of reason, the instructor will not email or provide the student with the missed lecture.** Students are responsible for acquiring the missed material from the textbook, a scheduled meeting with the instructor, and/or classmates. The instructor will have a copy of the textbook available for students to borrow on a first come, first served basis. Students are responsible for bringing paper and a writing utensil to every class period.

Personal Challenge

The personal challenge includes short, online assignments that encourage students to choose and enact a positive behavioral change. For credit, all assignments must be completed on WebCampus by their due dates (which will be posted by the instructor no later than March 1, 2016). Late assignments will not be accepted for any reason.

Involvement Assignment

The involvement assignment introduces students to on-campus resources and encourages participation in on-campus service opportunities. For credit, students will attend two on-campus activities (selected from a list of approved activities which will be provided by the instructor no later than March 1, 2016) and submit documentation online by Friday, May 6, 2016.

Exams

Exams may contain multiple choice, true or false, fill in the blank, matching, listing, short answer, and/or short essay questions. **Students are required to bring a pencil and Scantron sheet on exam days.** Tardy students will be permitted to take the exam unless someone has already completed their exam and left the classroom. Once any student has submitted their exam and left the classroom, tardy students will no longer be permitted to take the exam.

Students will be required to remove their hats/caps while taking exams and remove all personal belongings from their table/desktop. Cell phones will be stored in pockets, purses, or bags during exams. If a student schedules a makeup exam with the instructor, a different but equivalent version of the exam may be used. Exams are property of the Kinesiology Department. Review of individual exams must be scheduled with the instructor. **Exams removed from the classroom will receive a zero grade.**

Attendance

Attendance is mandatory. Attendance may be taken verbally by the instructor or by a written sign-in sheet. Attendance is taken at the beginning of class; however, leaving prior to class dismissal without previously discussing it with the professor is considered an absence. Students may miss **3 scheduled class sessions**; upon missing a fourth class session, students will lose their 5% attendance grade. There are absolutely no exceptions to this policy unless the student is participating in school sanctioned events or religious holidays. Students participating in school sanctioned events must present written notice of their upcoming absence on UNLV letterhead **no less than one week prior to the absence.** For students participating in religious holidays which will cause them to miss class, the instructor must be notified **no later than the end of the second week of class.**

Tardiness

Students arriving after attendance is taken may sign in; however, their tardiness will be noted on the sign-in sheet. It is the late students' responsibility to see the instructor after class and request they be marked present but tardy. **2 tardy marks is the equivalent of one absence** (see policy above regarding absences).

Classroom Technology

Unless the student has authorization due to a documented disability with the campus DRC; the use of laptops, tablets, iPads, camera phones, and any other personal computers in this course is prohibited. Cell phones, smart phones, and any other personal communication devices are prohibited from use during all lectures and exams. All phones are to remain in pockets, purses, or bags during class. If a calculator is required, it will be provided by the instructor. Audio recordings may be taken only after receiving verbal approval from the instructor.

Personal Conduct

The instructor and students will behave in a courteous, mature, and constructive manner inside the classroom and in all course-related communications via the internet, phone, and face-to-face conversations. If student's conduct during or outside of class disrupts the atmosphere of respect and safety that we strive to maintain, or is deemed in any way inappropriate by the instructor, the student will be asked to leave the classroom immediately and may face expulsion from the course, department, university, and/or legal action. If the student does not immediately leave the classroom or change their inappropriate behavior, the campus police will be called to remove the student from class for their safety and the safety of others. Battery and/or assault of faculty or classmates will not be tolerated and offenders will be legally prosecuted.

Side Conversations

Personal conversations between students during class, even those pertaining to the course, are disruptive and not permitted. The instructor reserves the right to reassign seats and separate students at any time.

Participation

Students violating the **Classroom Technology Policy**, **Personal Conduct Policy**, and/or **Side Conversation Policy** (see above) will be given one verbal warning by the instructor. The **2nd violation** of any or all of the aforementioned policies **will result in loss of the 5% Attendance & Participation grade**.

Academic Misconduct – Academic integrity is a legitimate concern for every member of the campus community; all share in upholding the fundamental values of honesty, trust, respect, fairness, responsibility and professionalism. By choosing to join the UNLV community, students accept the expectations of the Academic Misconduct Policy and are encouraged when faced with choices to always take the ethical path. Students enrolling in UNLV assume the obligation to conduct themselves in a manner compatible with UNLV's function as an educational institution.

An example of academic misconduct is plagiarism. Plagiarism is using the words or ideas of another, from the Internet or any source, without proper citation of the sources. See the *Student Academic Misconduct Policy* (approved December 9, 2005) located at: <http://studentconduct.unlv.edu/misconduct/policy.html>.

Copyright – The University requires all members of the University Community to familiarize themselves and to follow copyright and fair use requirements. **You are individually and solely responsible for violations of copyright and fair use laws. The university will neither protect nor defend you nor assume any responsibility for employee or student violations of fair use laws.** Violations of copyright laws could subject you to federal and state civil penalties and criminal liability, as well as disciplinary action under University policies. Additional information can be found at: <http://provost.unlv.edu/copyright/statements.html>.

Disability Resource Center (DRC) – The UNLV Disability Resource Center (SSC-A 143, <http://drc.unlv.edu/>, 702-895-0866) provides resources for students with disabilities. If you feel that you have a disability, please make an appointment with a Disabilities Specialist at the DRC to discuss what options may be available to you. If you are registered with the UNLV Disability Resource Center, bring your Academic Accommodation Plan from the DRC to me during office hours so that we may work together to develop strategies for implementing the accommodations to meet both your needs and the requirements of the course. Any information you provide is private and will be treated as such. To maintain the confidentiality of your request, please do not approach me before or after class to discuss your accommodation needs.

Religious Holidays Policy – Any student missing class quizzes, examinations, or any other class or lab work because of observance of religious holidays shall be given an opportunity during that semester to make up missed work. The make-up will apply to the religious holiday absence only. It shall be the responsibility of the student to notify the instructor no later than the end of the first two weeks of classes, **February 3, 2016**, of his or her intention to participate in religious holidays which do not fall on state holidays or periods of class recess. This policy shall not apply in the event that administering the test or examination at an alternate time would impose an undue hardship on the instructor or the university that could not reasonably be avoided. For additional information, please visit: <http://catalog.unlv.edu/content.php?catoid=4&navoid=164>.

Incomplete Grades - The grade of I – Incomplete – can be granted when a student has satisfactorily completed all course work up to the withdrawal date of that semester/session but for reason(s) beyond the student's control, and acceptable to the instructor, cannot complete the last part of the course, and the instructor believes that the student can finish the course without repeating it. A student who receives an I is responsible for making up whatever work was lacking at the end of the semester. If course requirements are not completed within the time indicated, a grade of F will be recorded and the GPA will be adjusted accordingly. Students who are fulfilling an Incomplete do not register for the course but make individual arrangements with the instructor who assigned the I grade.

Tutoring – The Academic Success Center (ASC) provides tutoring and academic assistance for all UNLV students taking UNLV courses. Students are encouraged to stop by the ASC to learn more about subjects offered, tutoring times and other academic resources. The ASC is located across from the Student Services

Complex (SSC). Students may learn more about tutoring services by calling (702) 895-3177 or visiting the tutoring web site at: <http://academicsuccess.unlv.edu/tutoring/>.

UNLV Writing Center – One-on-one or small group assistance with writing is available free of charge to UNLV students at the Writing Center, located in CDC-3-301. Although walk-in consultations are sometimes available, students with appointments will receive priority assistance. Appointments may be made in person or by calling 895-3908. The student's Rebel ID Card, a copy of the assignment (if possible), and two copies of any writing to be reviewed are requested for the consultation. More information can be found at: <http://writingcenter.unlv.edu/>

Rebelmail – By policy, faculty and staff should e-mail students' Rebelmail accounts only. Rebelmail is UNLV's official e-mail system for students. It is one of the primary ways students receive official university communication such as information about deadlines, major campus events, and announcements. All UNLV students receive a Rebelmail account after they have been admitted to the university. Students' e-mail prefixes are listed on class rosters. The suffix is always @unlv.nevada.edu.

Final Examinations – The University requires that final exams given at the end of a course occur at the time and on the day specified in the final exam schedule. See the schedule at: <http://www.unlv.edu/registrar/calendars>.

Library Resources – Students may consult with a librarian (www.library.unlv.edu/consultation) about research needs. For this class, the subject librarian is Xan Goodman. UNLV Libraries provides resources to support students' access to information. Discovery, access, and use of information are vital skills for academic work and for successful post-college life. Access library resources and ask questions at www.library.unlv.edu/

KIN 175-1001 Tentative Schedule – Spring 2016

Subject to Change at Instructor Discretion

1/20	Intro/Syllabus	3/16	Chapter 10
1/25	Assign Seats/Chapter 1	3/21	NO CLASS
1/27	Chapter 1	3/23	NO CLASS
2/1	Chapter 2	3/28	Chapter 11
2/3	Chapter 3	3/30	Chapter 12
2/8	Chapter 4	4/4	Chapter 12
2/10	Chapter 4	<u>4/6</u>	<u>Exam III</u>
2/15	NO CLASS	4/11	Chapter 13
<u>2/17</u>	<u>Exam I</u>	4/13	Chapter 14
2/22	Chapter 5	4/18	Chapter 14
2/24	Chapter 6	4/20	Chapter 15
2/29	Chapter 7	4/25	PT Speaker
3/2	Chapter 8	4/27	Chapter 16
3/7	Chapter 8	5/2	Stress Speaker
<u>3/9</u>	<u>Exam II</u>	5/4	Chapter 16
3/14	Chapter 9	5/9	NO CLASS
		<u>5/11</u>	<u>Exam IV at 8:00 AM</u>

Student Behavior Contract

PERSONAL CONDUCT

Students are expected to demonstrate restraint and professionalism at ALL times. Being courteous in class/WebCampus/email does not mean that you have to agree with everything being said. However, you will rarely get your way by being rude, hostile, or combative. If you disagree with the instructor or your fellow students, please wait to discuss the situation at an appropriate time when you are no longer emotional.

All interactions with your instructor and other students in this course must be of a positive nature. Disrespectful and rude behavior towards the instructor or fellow students will not be tolerated and any student who violates this rule may be asked to leave the classroom, not return to class in the future, and may face expulsion from the course, department, and/or university in addition to possible legal action.

Please do not study or work on material from other classes during this class. Treat this course as you would a job; you would not text or play on your phone while in a meeting with your boss and coworkers because it is not professional behavior.

ACCEPTANCE OF CLASS TERMS

I have read and understand the course requirements and grading scale and have been given the opportunity to ask for clarification.

I understand the instructor has the right to revise the syllabus at any time (of which I will be informed), that lectures will not be posted online or emailed to me for any reason, and that no extra credit will be offered in this course.

I understand what is expected of me with regard to exams and the attendance and tardiness policies. If I violate the **Technology**, **Personal Conduct**, or **Side Conversation** policy more than once, I understand I will lose my attendance grade.

I understand not every rule is listed in the syllabus. No instructor can and should list every rule imaginable. I know right from wrong, and will use common sense and behave in a responsible manner.

Print name, sign, student ID, date, and return to Instructor

Name: _____

Signature: _____

NSHE ID: _____

Today's Date: _____