Lifetime Health  HPER 1003

Instructor: Kim Zachary  Office: HLC128
Textbook: None Required

A If you have a disability, please let the instructor know so that they may work cooperatively with you and the Counseling Office to provide reasonable and fair opportunities for you to be a productive and successful learner.

Class Objectives:

1. Students will be able to identify elements that are necessary for a complete state of physical, mental, and social well-being.

2. Students will become acquainted with the importance of physical fitness.

3. Students will develop a consciousness of how physical fitness can affect their lives.

4. Students will expand their understanding of physical fitness, nutrition, and weight control as it relates to personal health.

Course Requirements:

1. Reading you have reading assignments for each test.

2. Ten Tests. Each test will consist multiple choice and True/False questions.

3. Ten practice tests. Each practice test will consist multiple choice and True/False question.

4. Twelve Assignments. Each assignment is worth 10 points each.

Method of Evaluation:

1. 10 tests will be given during the semester; each test will be worth 100 points.

2. 10 practice tests will be given during the semester; each practice test will be worth 20 points.

3. 12 assignments will be given during the semester: each assignment is worth 10 points.

2. Final grades will be determined by adding the total amount of points earned from each test and added to the points earned from the assignment

FINAL POINTS/GRADE CHART

1180 -- 1320  A

1055 -- 1179  B

930 -- 1054  C

790 -- 929  D
Academic Ethics:

The student enrolled in the class is expected to complete the assignments. If unethical behavior is detected, ALL parties involved will be denied points for that assignment or examination. The suspected material and a report of the ethics violation may be submitted to the Division Dean or the Academic Vice President for further action as deemed necessary.