Lifetime Health  HPER 1003

Instructor: Kim Zachary  Office: HLC128
Textbook: Total Fitness and Wellness 5th Edition

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 in the book, on web pages, powerpoints or video before most assignments.

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

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

Method of Evaluation:

1. 12 tests will be given during; each test will be worth 100 points.

2. 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
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.

According to the ADA (Americans with Disabilities Act), each student with a disability is responsible for notifying the College of his/her disability and requesting accommodations. If you think you have a qualified disability and need classroom accommodations, contact the Counseling Office (C-1E). To receive services, you must submit appropriate documentation and complete an intake process during which the existence of a qualified disability is verified and reasonable accommodations are identified. Please call (580) 477-7710, or email april.dill@wosc.edu for more information.

Please advise the instructor of your disability as soon as possible to ensure timely implementation of appropriate accommodations. Faculty have an obligation to respond when they receive official notice of a disability from the Counseling Office but are under no obligation to provide retroactive accommodations.