

Health, Fitness for Life  
HSC 2100-2 Credits  
Sequence # :50915 -004  
Summer Term, 2009  
Print this syllabus!

Instructor Name: Dr. Don Torok  
Department: Exercise Science & Health Promotion, 2912 College Ave, ES-205,  
Davie, FL 33314  
Phone#: 954-236-1261  
Online office hours: by appointment  
Email: Torok@fau.edu

Welcome message: See video welcome on Blackboard site under course Information or a similar podcast on Blackboard.

Course Expectations: This course requires good independent, self-motivated students that have some computer skills and have good time management skills. If you are a procrastinator, then this online class may not be a good match. You will be required to turn in all assignments on set deadlines and be able to name and save files to a disk or other storage device and then upload them into blackboard. If you are not familiar with Blackboard, then you should do the tutorials provide by Blackboard before beginning this class.

Course description & objectives: This is the on-line version for Health Fitness for Life. This class is completely on-line. There will be no on campus meetings for this class. Your first stop should be to the Course Information Section. Here you will find the course syllabus, required textbook, computer skills required, and the general outline of the course. **Print the syllabus.**

Please visit the document section to view, course objectives, lecture materials, and summaries for each chapter of the book. After viewing, these content sections please visit the testing section for each chapter. The Practice testing section for the book is here : (<http://health.jbpub.com/hwonline/9e/onlinequizzes.cfm>), which has some sample questions (student review questions which do not count towards your grade). Then the test that is recorded for your grade is found in the Chapter Notes and Exam section. **DO NOT OPEN the CHAPTER EXAM until you are ready to take the exam. These exams should be taken without any assistance (i.e., no books, notes, or other individuals).** You need to have 20 minutes of uninterrupted time to take each exam. Do not have any other programs running while you are taking your exam. Do not resize the browser window, once you have begun the test, as this may erase all of your entries. You only get 20 minutes to take and submit the exam. Exceeding this time limit will result in a 15-point penalty. Any problem with an exam must be reported (email or phone call to my office) within one hour of the occurrence. Failure to do this will result in you receiving no credit for that exam! All exams must be completed by 4 AM on the day that they are due. After this time, the exam will no longer be available! (If the exam is due on 5/29 before 4 AM, that is 240 minutes after midnight. For most individuals that do not plan on staying up all night, it means that you need to submit your materials on 5/28.). Always check the gradebook after completing an exam, to be sure that your grade has been posted. Late work is not accepted.

Prerequisites: *There are NO prerequisites for this class.*

Schedule of deadlines: **Due by 4 AM on the day that they are due!**

The fitness, nutritional, tobacco, and alcohol assessments will be dropped into the online drop box (found in Course Tools). **See Deadlines at the end of the syllabus.** These assessments will be found in the assignment section. There is a **10 penalty for failure to do each of these assessments on time.** All answers should be in complete sentences. Late work is not accepted.

Class Discussion procedures: First and foremost it is important to remember that everyone should have an opinion and you should not criticize someone, even if their response is not correct. In responding to the discussion questions, please go beyond just agreeing or disagreeing with the line of the question and provide specific support for your response. There may not be a “right” answer for all the questions, so do a little thinking and gather your supporting evidence. You are required to post a bio with a picture and to respond to all 24 different chapter questions **by the due date.** (Responding to 1b and 1c- only counts as one chapter) and you must respond or comment to at least one of your classmates responses in each chapter. **A response is a minimum of 50 words (your own words, do not repeat the question as part of your submission).** You do not need to respond to each question, but you must respond to at least one in each of the 24 chapters. All discussion questions are due by 4 AM on the day that they are due. Late work is not accepted. Failure to respond to a discussion item on time will result in the **loss of one point for each item.**

Attendance requirements: There is no specific class meeting time, but there are **deadlines for everything.** This will allow everyone to have a little freedom to work on this class within your own schedule. You should dedicate about 6-10 hours per week on this class. See deadlines for chapter exams and the mid-term and final exam below. Chapter discussion participation deadlines and self-assessments deadlines are also discussed below. You are expected to login to this class **at least three times each week(Sunday-Saturday).** This will help to keep you up on any new postings. Failure to login at least three times each week will result in the **loss of one point for each week not meeting this requirement. (The loss of up to 15 points is possible).**

Explanation of evaluation process:

1) There is a test for each chapter worth **25 points.** Each chapter test has a few extra questions; this provides some extra credit on each test. Each of these exams has a time limit (**20 minutes**) and exceeding this time limit has a **15-point penalty.** Total for the chapter tests is **600 points** (24 chapters x 25 points). All Chapter exams deadlines are listed below along with the mid-term and final exam, which all must be completed by **4 AM on the due dates.** Student review tests do not count toward your grade. They are there to prepare you for the chapter tests. The student review tests can be taken more than once. There is also a **syllabus exam,** which covers materials in the syllabus. Be sure to read it carefully and complete by the due date! Failure to take this exam will result in **the loss of 10 points!** You must also post your Par-Q to the drop box. Failure to complete this correct will result in the loss of **10 points!** Any challenge to an exam question answer must be requested within a week of the exam due date. You must provide your correct answer and the page which supports your selected “correct” answer with your request.

2) There is a mid-term and final exam. The **mid-term** covers chapters 1-11 and is worth **50 points.** The **final** covers chapters 12-24 and is worth **50 points.** Both of these exams have a **35-minute** time limit and exceeding this time limit has a **25-point penalty.** There are a few

extra questions; this provides some extra credit opportunities. Total points for this section is **100 points**.

3) Failure to turn in and complete all of the self-assessment (Blackboard) assignments will result in the loss of **10 points for each missing** or incomplete assignment. There will be **two exams** that covers materials related to all of the self-assessment assignments. Each exam will be worth **25 points**. There are five blackboard assessments that must be completed: Two fitness assessments (10 points each), a nutritional assessment, a tobacco assessment, and an alcohol assessment (**10 points each**)-total of 50 additional points. This is a total of 100 points

4) There will be discussion questions posted to the chapters to foster class participation. Everyone is expected to comment and respond to these chapter postings. Everyone is expected to participate in all 24 different chapter discussions during the course. You will receive 20 bonus points for on-time participation in these 24 different chapter discussions, plus your bio/picture. Failure to participate **on-time (responding before 4 AM)** in all 24 chapter discussions and bio will result in a **penalty of 1** point for each missing item. There are deadlines on each of the chapter discussions that are posted with the discussion questions and found below.

5) Total points for the course is 800 points.

#### Explanation of how point totals equate to letter grades:

24 chapter exams=  $25 \times 24 = 600$  points, mid-term and final=  $50 \times 2 = 100$  points, two assessment exams  $2 \times 25 = 50$  points, two fitness assessments  $10 \times 2 = 20$  points, a nutritional, tobacco, and alcohol assessment  $3 \times 10 = 30$  points = 800 points, add bonus points or subtract penalty points.

Here is the grading breakdown: A= 93-100 ( $\geq 744$ ), A-=90-92 (720-743), B+=87-89 (696-719), B=83-86 (664-695), B-=80-82 (640-663), C+=77-79 (616-639), C=73-76 (584-615), C-=70-72 (560-583), D+=67-69 (536-559), D=63-66 (504-535), D-=60-62 (480-503), F<60 (<480)

#### Course Policies:

- Grading Policy-See above. Do not ask me for your grades, they are posted in blackboard (grade book).
- Attendance policy- Totally on-line, but there a specific deadlines for the chapter discussion participation, chapter exams, the mid-term and final, and the chapter self-assessments. You need to log-in on at least 3 different days each week.
- **Late work policy- will not be accepted.** Plan ahead and do not wait until the last minute to get your exams finished. The electricity went out or my Internet service was down is not an acceptable reason for not getting your assignments completed on time.
- Academic Integrity Code Statement (Plagiarism, etc). Any plagiarism or cheating will result in a zero for that exam or assignment and notification to the registrar and Dean of Students.
- Extra Credit policy-There are opportunities with each chapter exam, mid-term and final, self-assessments, and participation with the chapter discussion questions.
- In the event of a problem with accessing blackboard, one must submit a ticket with the help desk within one hour of the event. [www.fau.edu/helpdesk](http://www.fau.edu/helpdesk) or by phone:561-297-3999 or toll free 866-885-8325.

- **Students with Disabilities:** “In compliance with the Americans with Disabilities Act (A.D.A.) - Students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton in SU133 (297-3880) or in Davie in MOD I (236-1222), and follow all OSD procedures.” The student will present each instructor two copies of a Letter of Notification each semester from the OSD attesting to his/her approved accommodations.

Required texts: A **Book** is Required. The required text for this online course is: Health and Wellness by -**Nineth** Edition; Jones and Bartlet Publishers, ISBN: 10: 0--7637-4145-0

Recommended Texts: See the other recommended readings listed at the end of each chapter of the required text for other supplementary reading.

Information about the course web site:

This course uses a web-based course management tool called Blackboard. On the first day of classes you should login to the course website at: <http://blackboard.fau.edu>

LOG-IN: It is recommended that one check the blackboard site at least twice each week for any new announcements or emails. ONE must use their **FAU email** with this class.

*NOTE: You will have access to the online course web page on Blackboard during the first week of classes if you have registered for the course prior to the first day of class. There will be periodic updates to the online course roster during the add/drop period for additional registrants.*

All email messages about the course will only be sent to a FAU email address. **You must put HSC 2100 in the subject line of all emails related to this class**-otherwise they might get filtered into the trash.

See the blackboard site to see which browser's work with best when viewing blackboard.

Deadlines: Last day to Drop without an “F” is 7/10/09

Fitness Assessment #1	5/27	Post bio/picture	5/19	Syllabus test & Par-Q	5/19
Nutritional Assessment	6/10	Chapter 1 & 2	5/22	Chapters 1 & 2	5/22
Assessment Exam 1	6/24	Chapter 3 & 4	5/29	Chapters 3 & 4	5/29
Tobacco Assessment	7/8	Chapter 5 & 6	6/5	Chapters 5 & 6	6/5
Alcohol Assessment	7/22	Chapter 7 & 8	6/12	Chapters 7 & 8	6/12
Fitness Assessment #2	7/29	Chapter 9 & 10	6/19	Chapters 9 & 10	6/19
Assessment Exam 2	8/1	Chapter 11	6/24	Chapter 11	6/24
				Mid-term Exam	6/26
		Chapter 12 & 13	7/1	Chapters 12 & 13	7/1
		Chapter 14 & 15	7/7	Chapters 14 & 15	7/7
		Chapter 16 & 17	7/13	Chapters 16 & 17	7/13
		Chapter 18 & 19	7/19	Chapters 18 & 19	7/19
		Chapter 20 & 21	7/24	Chapters 20 & 21	7/24
		Chapter 22 & 23	7/29	Chapters 22 & 23	7/29
		Chapter 24	8/3	Chapter 24	8/3
				Final Exam	8/3

*Last updated: 3/27/2009*

*After you have read and agree to the content of each sentence, please check the box for each question below.*

Save this file as your (last name.doc) and then upload it to the dropbox and then send it to the dropbox.  
Yes

1. I have read the course syllabus.
2. I understand I must login at least three times per week, which is part of the class attendance. (Sunday-Saturday, or I will lose one point for each week of non-class participation).
3. I have read and understand the grading procedures, and point distribution.
4. I understand that I need to read the textbook and other class readings and complete assignments by the due date. Late work is not accepted.
5. I understand that all assignments must be done on time and failure to turn in some assignments will result in points being deducted from my class points.
6. I understand no books, other notes, are to be used during exams for this class.
7. I understand that all exams have time limits and must be submitted before the time limit or points will be deducted from the exam score.
8. I understand that if a problem occurs during an exam, that I must contact Dr. Torok within one hour of the problem, or no credit will be assigned to that exam.
9. I understand that all assignments and exams for this class have due dates and times, but they may be done early. All assignments are due before 4 AM on the date due.
10. I understand plagiarism or cheating on any assignment or exam will result in a failing grade on the assignment or exam or possibly even the course. Turnitin may be used to evaluate for plagiarism. Appropriate university guidelines will be followed for disciplinary action. See FAU catalog for specifics.
11. I understand I cannot make up any exams, in class work or other assignments.
12. All assignments will only be accepted electronically for credit. I understand that all assessments will be put into the drop box on Blackboard.
13. If I have a learning disability and need special assistance, I will notify the instructor by the end of the first week of the semester.
14. I understand that all discussion questions (one for each chapter) must be answered before the due date and time, or one point will be deducted for each missing chapter.
15. I understand that I need to check the grade book to see that exams, assignments, and discussion questions have been correctly recorded. This must be done within 48 hours of the posting of the scores for that assignment.
16. I understand that all answers to the discussion questions needs to be a minimum of 50 words and the questions should NOT be part of your submitted work.
17. I understand that there is an exam on the syllabus, which must be completed by the date on the syllabus.
18. I understand that certain computer skills are required for this class and knowledge of Blackboard. In the event of a problem with accessing blackboard, I need to submit a ticket to the helpdesk within one hour of the event.

Type your name:

Your Z Number

Today's Date: