

Mayville State University

HPER 100 Concepts of Fitness and Wellness

Spring 2025
2 credits

Course and Instructor Information

Instructor Name: Kasey T. Young

Office Location: Campus Center room, 106

Office Phone: 701-788-5246

Email: Kasey.young@mayvillestate.edu

Hours of Availability: On-campus M-F 7:30 am-3:30 pm. The best times are Mondays or Wednesdays before 10:00 am and after 1:00 pm, by appointment or drop by and see if I am available.

Instruction Mode: on-campus, face-to-face

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT).

Meeting Times: Tuesdays and Thursdays, 9:00 am-9:50 am

Location: Fieldhouse room 113

Zoom Link: <https://mayvillestate.zoom.us/meeting/register/tZ0kcuvqqjMsHdLkPE22pYrookJx3lFO6WC6>

Please schedule a meeting, and we will use this link.

Course Materials and Technologies

Required

1. Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness, 15th Edition, Fahey, Insel and Roth, 2023.
ISBN 1264393253 **Or newer edition**
2. Ability to use Microsoft Office
3. Computer that can operate Microsoft Office, blackboard and play videos

Course Description

A course designed to introduce the concepts of overall wellness to students of all ages. The course will focus mainly on the different aspects of physical fitness and its interrelationship with other facets of wellness. Students will have the opportunity to self-evaluate their fitness, design a fitness program with specific guidelines, and try different methods of developing and improving their health.

Pre-/Co-requisites: No Pre-/Co-requisites are required.

Course Objectives

To successfully complete this course, the learner will be expected to meet the following objectives, as aligned to Health Education Program Approval Standards through North Dakota's Education Standards and Practices Board ([ND ESPB](#)):

The course activities, experiences, assignments, and sequence are intended to provide opportunities for class members to accomplish the following:

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1. Understand the role physical activity (PA) and nutrition play in achieving optimal wellness.
2. Understand the role of physical activity in our society.
3. Gain an understanding of the human body, its structure, function, capacities, and limitations in relation to PA, exercise, and nutrition.
4. Assist in designing safe and effective programs of personal fitness & wellness for achieving optimal quality of life.
5. To help understand the human body, its structure, function, capacities, and limitations in relation to physical activity.

Standards Alignment (Health Education Program Approval Standards-[ND ESPB](#)):

1. 18015.1 Content Knowledge-Component 1.a: Candidates demonstrate knowledge acquisition in multiple health content areas.
2. 18015.1 Content Knowledge-Component 1.b: Candidates describe the theoretical foundations of human development, learning and health behavior.

Course Expectations

Instructor/Student Communication

1. Students are accountable for all academic communications sent to their Mayville State University e-mail address.
2. Students will be expected to check their Mayville State University e-mail account regularly, especially on the day of a class taking place (every day would be preferable).
3. Email is the preferred method of communication, but office visits are always welcome. Students can typically expect an email response within 24 hours during a school week or 48 hours on a weekend.
4. Please use my office hours or appointments for in-person visits and phone calls.

Assignments and Assessments

1. Each assessment item may consist of multiple choice, true/false, matching questions, labeling, short answer, long answer, and/or essay questions randomly selected from the sections covered. Questions will require applying information given during the lecture, within the text, and from assigned readings or websites. Quiz material will generally be based on information covered since the previous exam, although some information will be cumulative and, therefore, included.
2. Exams will take place during regular class sessions. If an exam is missed, PRIOR arrangements MUST be made to ensure your chance to take the exam. **NO MAKE-UPS WILL BE PERMITTED WITHOUT APPROPRIATE DOCUMENTATION.** There are no make-up exams for individuals who missed the exam after the exam was given and results posted (**athletic events included**).
3. Quizzes will be given periodically outside of class and in class via LMS (Blackboard) prior to beginning new content and at the end of a module. Each quiz will be worth 10 points based on your current chapter readings. **Quizzes may NOT be made up if absence is unexcused. Missed quizzes must be made up prior to the next scheduled class unless PRIOR arrangements are made (This includes athletic events).**

Projects/Assignments/Labs are due as assigned. **Late assignments are generally NOT accepted past due date and time; however, I will take individual circumstances into consideration.** Use of Dropbox in LMS for assignments is due at the beginning of class.

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Evaluation and Grading

Grading Policies

- **Tests/Quizzes** – All quizzes are closed books and notes. They will be timed, and There are pre- and post-module quizzes each week. The pre-quizzes must be completed before covering the module content. Post-module quizzes are required to be completed within one week after covering the content. Quizzes will be given weekly.
- Tests are given on specific days and must be completed during the class period assigned during that particular day/week. Unless otherwise noted, all test are completed in the classroom, online and closed book and closed notes.
- **Chapter Review Questions** – Check the drop box in Blackboard for specific questions to be completed for each assignment. Completely answer each question assigned and save it on a Word document. When completed, submit the assignment into the assigned drop box.
- **Labs**—Labs cannot generally be made up as they require group work. If a student is missing a lab, the student must arrange a time to complete it. **All missed labs will receive a zero until they are completed.**
- **Assignments**—Grades on assignments and tests are generally posted right after completion in Blackboard. However, some assignments such as labs, may take additional time but will be available for review online within two weeks of completion.

Attendance/Participation Policies

1. Attendance will be recorded and tracked each class period. Students will be marked present or absent; late arrival to class or leaving class and not returning will result in being marked absent.
2. If participating in a university-sponsored event (e.g., athletic competition, DECA), it is the student's responsibility to let the professor know ahead of time.
3. If participating in a university-sponsored event (e.g., athletic competition, DECA), it is the student's responsibility to let the professor know ahead of time.
4. All students missing a class are responsible for the missed content.

Grading Scale

- | | | |
|--------------------------------|-------|----------------|
| • Lab (10 points each) | 13-15 | 130-150 points |
| • Assignments (15 points each) | 2-3 | 30-45 points |
| • Quizzes (10 points each) | 10-15 | 100-150 points |
| • Mid-term Exam (100 points) | 1 | 100 points |
| • Final Exam (100 points) | 1 | 100 points |
| • Total | | 460-545 points |

Breakdown of Grades

- 90%-100%- A
- 80%-89.99%- B
- 70%-79.99%- C

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- 60%-69.99%- D
- 59.99% and below- F

Enrollment Verification

Online Course Statement

The U.S. Department of Education requires instructors of online courses to provide an activity that will validate student enrollment in this course. The only way to verify that a student has been in this course is if he, she, or they perform an action in the LMS, such as completing an assignment or taking a quiz. Logging into the LMS is **NOT** considered active course participation. Please complete the designated enrollment verification activity by the date indicated. If it is not completed, your enrollment in this course will be at risk.

Proctor Notification

This course will use an asynchronous, and there is no proctoring required for the course.

Important Student Information

In the Announcements section of the Blackboard Institution Page, you can view and download the Important Student Information document for the current academic year. It includes information about:

- ✓ Land Acknowledgement Statement
- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ NetTutor - Online Tutoring Program
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Student Learning Outcomes / Essential Learning Outcomes
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement (Title IX)

Course Timeline/Schedule (Tentative)

Chapters	Due Date	Labs
1	Jan 17	1.1, 1.2
2	Jan 25	2.1-2.3
3	Feb 7	3.1, 3.2
4	Feb 14	4.1-4.3
5	Feb 21	5.1-5.3
6	Feb 28	6.1, 6.2
7,8	March 7	7.1-7.3

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9	<i>March 21</i>	8.1, 8.2
10	<i>March 28</i>	9.1-9.3
11	<i>April 4</i>	10.1-10.3
12	<i>April 11</i>	11-1
13	<i>April 18</i>	12-1
14	<i>April 25</i>	13.1-13.2
15	<i>May 2</i>	14.1 and 15.1
<i>Catch Up</i>	<i>May 9</i>	

Program Student Learning Outcomes (SLOs) Addressed in This Course

As part of Mayville State's effort to demonstrate continuous improvement in achieving student learning outcomes, this course will address the following SLOs:

SLO 1: Through demonstration and application of discipline specific concepts, HPER students will serve as advocates for fitness

SLO 2: Students will effectively communicate through a variety of methods with a discipline-specific population

SLO 3: Students will utilize a variety of technological resources and equipment to enhance discipline-specific population engagement and learning

SLO 4: Students will assess individual understanding of discipline-specific concepts and utilize that assessment toward overall improvement