

Mayville State University

AH 341 Epidemiology in Exercise and Health

Fall 2025

3 Credit Hours

Course and Instructor Information

Instructor Name: Sofia Wentz

Contact Information: Fieldhouse 136, sofia.wentz@mayvillestate.edu

Hours of Availability: 12-2, Tuesdays and Thursdays, feel free to schedule a time to meet with me

Instruction Mode: on-campus face-to-face

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

Meeting Times and/or Location: MWF 1:00-1:50 PM, FH 142

Course Materials and Technologies

Computers/Laptops will be used throughout the semester.

Course Description

This course provides students with an overview of morbidity and mortality surveillance by understanding disease etiology, distribution, and control. This course focuses on disease surveillance related to physical activity, exercise, rehabilitation, and health through both descriptive and analytical methods.

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 student objectives are:

1. To increase your understanding of what epidemiology is and how this discipline relates to exercise and physical activity
2. To increase your understanding of how exercise and physical activity can impact chronic disease.
3. Promote an understanding of how exercise and physical activity impact the risk factors associated with disease and mortality rates.

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

18015.4 Assessment-Component 4.a: Candidates analyze and select assessment strategies, tools and technologies to determine their appropriateness for enhancing learning among all students.

18015.4 Assessment-Component 4.c: Candidates use assessment data to plan instruction, analyze student learning, reflect on implementation practices, provide meaningful feedback and adjust units and lessons so they meet the diverse learning needs of all students.

Course Expectations

Instructor/Student Communication

Students are accountable for all academic communications sent to their Mayville State University email address. Students may also come to my office during normal work hours.

Assignments and Assessments

Exams, quizzes, class activities, presentations, research paper, debate, and article assignments

Evaluation and Grading

Grading Policies

Grades will be posted throughout the semester on the class website, in most instances, within 24 hours of completion of a task for assignments, 48 hours after submission of an exam, and 72 hours after the completion of a large project/paper. All coursework must be submitted by the Friday before Finals Week. Make-up exams will be made up at the convenience of the instructor. Other late work will not be accepted.

Attendance/Participation Policies

Attendance is expected and mandatory. Excused absences must be cleared before the absence to make up for the missed work. Excused absences are Mayville State-sanctioned events, funerals, and sick days with a doctor's note (this is not a complete list, case-by-case absences may be discussed with the instructor).

Grading Scale

A = 360-400 points (90-100%)
B = 320-359 points (80-89%)
C = 280-319 points (70-79%)
D = 240-279 points (60-69%)
F = 0-239 points (0-59%)

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Breakdown of Grades

Final Exam	100 points
Quizzes	100 points
Class Activities	30 points
Presentation	50 points
Research Paper	50 points
Article Assignments	30 points
Attendance	40 points
Total Points	400 points

Rounding of the percentages will occur to the nearest tenth for final grades (e.g., 79.5% = B; 79.4% = C).

Enrollment Verification

On-Campus Course Statement

The U.S. Department of Education requires instructors to conduct an activity which will validate student enrollment in this course. Class attendance will be used to verify enrollment in on-campus courses. If you do not attend, your enrollment in this course will be at risk.

Proctor Notification

No proctors are required for this 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

Course Timeline and Schedule are subject to change as deemed necessary by the instructor.

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WEEK	DATE	CLASS ACTIVITY	ASSIGNMENTS DUE	SUPPLEMENTARY NOTES
1	27-Aug	Introductions & Syllabus		
		Intro to course, research paper and presentation		
		Lecture 1		
2	1-Sep	NO CLASS: Labor Day		
		Lecture 1-2		
		Lecture 2		
3	8-Sep	Class Activity #1		
		Lecture 3		
		Lecture 3	Class Activity #1	
4	15-Sep	Quiz Review		
		Quiz 1		
		Lecture 4		
5	22-Sep	Lecture 4		
		Class Activity #2	Article Assignment #1	
		Lecture 5	Class Activity #2	
6	29-Sep	Lecture 6		
		Lecture 6		
		Work Day		
7	6-Oct	Presentation Day		
		Quiz Review		
		Quiz 2		
8	13-Oct	Lecture 7		
		Presentation Day		
		Midterm Exam		
9	20-Oct	Lecture 8		
		Lecture 8		
		Presentation Day	Article Assignment #2	
10	27-Oct	Lecture 9		
		Lecture 9		
		Class Activity #3		
11	3-Nov	Quiz Review		
		Quiz 3	Class Activity #3	
		Lecture 10		
12	10-Nov	Lecture 10		
		Presentation Day		
		Lecture 11		
13	17-Nov	Lecture 11		
		Lecture 12	Article Assignment #3	
		Lecture 12/Presentation Day		
14	24-Nov	Work Day		

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	26-Nov	NO CLASS: Thanksgiving		
	28-Nov	NO CLASS: Thanksgiving		
15	1-Dec	Lecture 13	Research Papers Due	
		Lecture 13/Lecture 14		
		Lecture 14		
16	8-Dec	Work Day		
		Work Day		
		Debate Day		
	17-Dec	Final @ 12		

Late Arrivals

The grading system for students adding this course after the first day of instruction will not be modified. The student will be responsible for any activities, assignments, or grades before they are enrolled.