

- Any student who misses twenty-five percent (25%) or more of the regularly scheduled class meetings will receive a grade of F for that course. (Two evening classes or one weekend class is the limit...more than 2 results in an F.)
- When a student reaches a number of absences considered by the instructor to be excessive, the instructor will so advise the student and file an Unsatisfactory Progress Report in the external campus office.
- Additional attendance policies for each course, as defined by the instructor in the course syllabus, are part of Wayland's attendance policy.

**Students must notify their instructors in writing of any absences that they are aware of in advance. In the case of an unavoidable military TDY or job-related obligation the students must also provide documentation (a copy of their orders, etc.) to verify that the absence was beyond their control. Instructors may require make-up work to compensate for the missed class time in that situation. No student will be punished for work-related or illness-related absences, but must be willing to make the extra effort to make up the missed work.

(Online Class)

- Since attendance is not "real-time" with a Virtual Campus class, attendance is not part of the grading. However, participation is just as, if not more, important in a VC class as a face-to-face class. Therefore, any student who falls behind in participation will be notified of the deficiency, and if the deficiency is not made up in a timely manner, the student will be given an 'F' in the course and no further work will be graded. Contact the instructor if you must miss some time due to work, military, or other obligations.
- The class will be broken down into segments/units; you must complete all unit-specific work before the unit "times out" on BlackBoard. Once the unit "times out" the unit assignments will disappear. They CANNOT be brought back for individual students. If you miss the time frame for these assignments, you will not get credit for them.

Disability Statement: Any student, who because of a disabling condition, may require some special arrangement in order to meet course requirements, should contact the instructor on the first day of class to make the necessary accommodations.

Course Requirements and Grading Criteria:

Without Final Exam (waived for no missing quizzes)		With Final Exam		
Grading:	Position Papers	200 pts.	Position Papers	200 pts.
	Labs	250 pts.	Labs	250 pts.
	Exercise Log	300 pts.	Exercise Log	300 pts.
	Quizzes	250 pts.	Quizzes	250 pts.
	Total	1000 pts.	Final	100 pts.
			Total	1100 pts.

Grading Scale:	A	900 and above	990 and above
	B	800-899	880-989
	C	700-799	770-879
	D	600-699	660-769
	F	599 and below	659 and below
	I	Incomplete (given only in special circumstances; and only in last two weeks of course)	
	W	Withdrawal (give to students who drop after the census date but before the deadline)	

A grade of incomplete is changed if the deficiency is made up by the middle of the next regular semester, otherwise it becomes an "F." This grade is given only if circumstances beyond the student's control prevented completion of work during the semester enrolled and attendance requirements have been met, and then only in the last two weeks of a class. For a student to be granted an "I" the instructor must file an incomplete report which details which work must be completed by the student and the deadline date for the completion. The incomplete report must be signed by the instructor and the student (exception for VC students in remote areas).

Specific Requirements for the Online Student-

- Compatible Computer and Access to Blackboard- You CANNOT take this course unless you can do the following-
 - Have regular access to a computer
 - Be able to log in to Blackboard
 - Be able to complete the assignments within Blackboard
 - Be able to rectify any software issues related to using Blackboard
 - Be able to communicate with the instructor via email
 - Know how to check to see if assignments have posted to Blackboard

If you cannot do ALL of the above, for the duration of the course, you must immediately do one of the following-

- Borrow a friend's computer to complete the above
- Find a public computer to complete the above
- Drop the course

****Computer incompatibility or software issues is NOT an excuse for allowing make-ups on assignments!! ****

- Reading Assignments- Students will need to read along in the supplied materials and web-based materials. The labs in the textbook should be completed in a timely manner. Assessment of student reading will come from student participation in posting materials in a timely manner, student performance on quizzes, and direct questioning from the instructor.
- Position Papers- Two position papers will be written in this course; these are short (1-2 pages) summaries of an assigned topic, including YOUR interpretation of the facts. (For the Virtual Campus version of the course, these will be completed on the "Discussion Board" portion of BlackBoard.)

Paper #1 will be on *the politics of health issues* (this relates to things like the use of health issues by politicians/candidates for political gain or social views of medicine and healthcare)

Paper #2 will be on *fad diets* or *weight loss gimmicks* (this relates to diet pills, fad/TV diets, liquid or restrictive diets, exercise gimmicks, squirrely exercise equipment, etc.)

Pick an area of interest from within either of these areas. Then write the paper using your own views, supported by facts, of the particular topic. This is NOT a research paper, but rather an exercise in critical thinking about one's own positions regarding the listed topics. Even though it's not a research paper, you need to support your statements with factual material, not heresay. Not everyone will agree on all issues, but everyone should be able to make an argument from principle and facts (as opposed to emotions) for each area. (20% of final grade)

- Examinations- Quizzes are given periodically as needed (usually at the beginning of each class or unit) and will cover material from each assigned chapter of the book. The purposes of the quizzes are to assure the instructor the reading material is being read as assigned and to determine the level of competence with each concept from the textbook. Quizzes which are missed may *not* be made up (i.e., timed out). The student's grade on the final exam will be substituted for each missing quiz grade. The final examination is comprehensive. It may also be waived by students who have completed all quizzes. (20% of final grade)
- Labs- There will be a set of "labs" to complete on your own. These will include labs assigned from the textbook, some of which will require physical activity outside of class, other which will only require a survey of personal information. In no case will labs be shared with the class as the information is personal and private. For the Virtual Campus version of the course, the labs will be verified by completing assignments on BlackBoard (30% of final grade)

- Exercise Log- Each student will begin a regular exercise program and will keep an updated log of exercise activity during the term. This log will be turned in at the end of the course. These exercise sessions should be comprised of an activity fitting with the student's abilities, physical condition, and interests. All students who need physician permission to begin an exercise program should obtain such before starting the log (see Lab 3A and complete the PAR-Q there). (30% of final grade)

Course Outline:

<i>Week</i>	<i>Unit</i>	<i>Topic</i>
1	1	Introduction; Syllabus; Concepts 1 and 2
2	1	Introduction to Physical Activity; Concepts 3, 4, and 5
3	2	Physical Activity, continued; Concepts 6 - 8
4	2	Physical Activity, continued; Concepts 9 - 11
5	3	Special Considerations for Physical Activity; Concepts 13 - 14
6	3	Nutrition; Concepts 15 - 17
7	4	Stress; Concepts 18 - 19
8	4	Destructive Behaviors; Concepts 20 - 23
9	4	Changing the Lifestyle; Concepts 24 - 25
10	4	Changing the Lifestyle, continued; Concept 26
11	4	Review/Final Exam

Email Account: As part of the basic requirements of this class, it is expected that every student will use their WBU email account. Email will be used by the instructor to disseminate information to students in such areas as general information, quizzes, and assignments. Further, it has been my experience that email provides a useful and convenient way for students to contact me with questions, comments, and/or concerns. Please use this means of communication to contact the instructor or any other students in the class. I prefer the email contact to phone contact, especially if you are notifying me of an absence.

Blackboard page: As part of the benefits of enrolling in the course, each student will have access to a Blackboard account through Wayland. You will need your PowerCampus ID number to login to this account. Homework, assignments, syllabus, and schedules will be available on the Blackboard page, along with supplementary materials and information. For the virtual campus version of this course, all assignments will be completed via BlackBoard.

Other Information:

University students are expected to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, forgery, or plagiarism. The penalties for academic misconduct are severe and will be enforced. For specific information on the policies and penalties relating to academic misconduct, see the WBU catalog or the student handbook.

Disclaimer: The instructor reserves the right to cancel, change, modify, rearrange or otherwise divert from this document, to make changes as I deem appropriate, or to change, without notice, any of the information or requirements if I deem such change to be appropriate, in the best interest of the class as a whole, or when necessary due to unforeseen circumstances. This syllabus is not a contract, but a set of guidelines by which the class will operate.

Bibliography: TBA

Assignment Checklist (Labs/Position Papers)

EXSS 2306 – Fall 2008 – Virtual Campus – WBU

Labs will normally be open from 6 AM CT and will close at 11:55 PM CT on the due date.

Labs WILL NOT be available for make-up after they close. You MUST complete the lab in the window in which it is available.

✓	Assignment	Method of Completion	Available	Due Date
	Healthy Lifestyle Questionnaire	Complete on "Labs" page	Aug 18	Sep 5
	Lab 1A, 2B, 3A, 4A, 5B	Complete on "Labs" page	Aug 18	Sep 5
	Lab 6B, 7B (mile walk only), 8A, 10B	Complete on "Labs" page	Sep 1	Sep 26
	Position Paper #1	Write paper as a post on the "Discussion Board" area of Blackboard	Aug 18	Sep 26
	Lab 13C, 14A, 15A, 16A, 16B, 17D	Complete on "Labs" page	Sep 15	Oct 17
	Position Paper #2	Write paper as a post on the "Discussion Board" area of Blackboard	Aug 18	Oct 24
	Lab, 18A, 19B, 21A, 22A, 24A	Complete on "Labs" page	Oct 6	Oct 31

Quiz Checklist

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All quizzes must be completed on Blackboard by the due date. Quizzes will be unavailable after the due date, and cannot be made up. If you cannot take the quiz on the due date, make sure to take it early.

****If you do not miss any quizzes, you may waive (not take) the final exam.****

The quizzes are open-book. They are also timed. The time allowed is based on the length of the quiz. Most are ten to fifteen minutes. If you have not read the chapter as assigned, you will have difficulty completing the quiz in the allotted time using the book.

Once you start a quiz, you may not go back to it later. Finish it at that time.

Students who wait until the last day/night before attempting a quiz are asking for trouble. If BlackBoard is down, or your computer crashes, or there's a snowstorm and the power goes out, you will miss that quiz, and will then have to take the final! Start a day or two early!!

The quiz schedule always starts and ends on a Wednesday. **The quizzes become available at 6 am Central Time and will time out (vanish) at 11:55 pm Central Time.**

Quiz Schedule

Chapter	Quiz Available	Quiz Due By	Comments
1	Aug 20	Sep 3	Don't wait until 11 pm the last night. If you have a computer crash, you are out of luck!!
2	Aug 20	Sep 3	
3	Aug 20	Sep 3	
4	Aug 20	Sep 3	
5	Aug 20	Sep 3	
6	Sep 3	Sep 24	
7	Sep 3	Sep 24	
8	Sep 3	Sep 24	
9	Sep 3	Sep 24	
10	Sep 3	Sep 24	
11	Sep 17	Oct 15	
12			Chapter 12 is not required reading; optional material
13	Sep 17	Oct 15	
14	Sep 17	Oct 15	
15	Sep 17	Oct 15	
16	Sep 17	Oct 15	
17	Sep 17	Oct 15	
18	Oct 8	Oct 29	
19	Oct 8	Oct 29	
20	Oct 8	Oct 29	
21			No Quiz for Chapter 21
22	Oct 8	Oct 29	
23	Oct 8	Oct 29	
24			No Quiz for Chapter 24

Discussion Board Instructions - EXSS 2306 Fall 2008 – Virtual Campus – WBU

Instructions for Position Papers (posted in the “Discussion Board” section)-

- Write your position paper by adding a new thread to each of the topical sections. Do not attempt to attach files...there are too many folks who won't have compatible software to open them. If you 'pre-write' your paper in other software, copy-and-paste it into the Blackboard window, or re-type it there.
- Reply to previous postings by other students to add your comments to their paper. Do not be offended if other students do not agree with you. PLEASE be aware that body language isn't possible in an online forum, so you can't 'read' things like sarcasm, dry humor, or other non-verbal cues, so BE CAREFUL how you word your comments and BE AWARE that even if it sounds like someone is being insulting or rude, that is likely not the case.
- This is the place to put your opinions on these controversial subjects, but BE PREPARED to defend your opinions with facts. The instructor WILL CHALLENGE you if you post hearsay, myths, or other undocumented fallacies masquerading as facts. If you say “studies show” or “science has proven”, I will insist on supporting research...I'll ask you to name those studies. Be prepared. One of my favorite quotes- “It ain't what we don't know that will hurt us...it's what we know that ain't so!” - Will Rogers
- Write your paper with the same care you would write a hard-copy to turn in for a grade. **Do not use emoticons or other 'chatroom' slang...these will receive deductions in points.** All of your writing in this course should be college-level and professional.
- And finally, have some fun with it!!

Assignment	Topic	Due Date
Position Paper #1	Politics of health care (i.e. health care policy, controversies, government intervention, personal rights, etc.)	September 26
Position Paper #2	Fad diets, or weight loss gimmicks, or fitness/health gimmicks and rip-offs	October 24