

# Pitt State Pathway

(Undergraduate Course Numbers through 699)

Please check only one:

- ☒ Course is **currently** a "General Education" course
  - ☐ Course is listed in the current catalog, but is **NOT** a "General Education" course
  - ☐ New course that is **NOT** listed in the current catalog and has **NOT** been legislated through PSU Faculty Senate and/or KBOR
- A. Submission date: **January 30, 2019**
- B. Department: **Health, Human Performance, and Recreation**
- C. College: **Education**  
If two or more Colleges, please indicate which Colleges will be involved in teaching the course:  
**Click or tap here to enter text.**
- D. Name of faculty member on record for the course (may be Coordinating Professor or Chair):  
**John Oppliger, Ph.D.**  
*(As faculty of record, I verify all sections agree to address the Core or Essential Studies Element and corresponding Learning Outcome as indicated below.)*
- E. Course prefix: **HHP**
- F. Course number: **150**
- G. Credit hours: **1**
- H. Title of course: **Lifetime Fitness Concepts**  
Is this a change in the title of the course? **No**  
*(If "Yes," a Revision to Course form will need to be completed and uploaded to the Preliminary Briefcase and will go through the legislation process.)*
- I. Will this course require a new course description? **No**  
*(If "Yes," please insert new course description here. A Revision of Course form will need to be completed and uploaded to the Preliminary Briefcase and will go through the legislation process)*  
**Click or tap here to enter text.**
- J. Does this course include a co-requisite laboratory course: **No**  
If "Yes", please provide the co-requisite course name and number:  
**Click or tap here to enter text.**
- K. Will this course be available on-line: **Yes**  
If "Yes", please provide a detailed explanation: **The Dept. of HHPR currently offers this course on-line in the summer session.**
- L. Semester(s) course will be offered (choose all that apply): **Fall - Spring - Summer**
- M. Prerequisite(s): **None**
- N. Co-requisite(s) —other than lab course named above: **None**

- O. Select the *Pitt State Pathway Core Element* or *Essential Studies Element* based on the identified Learning Outcome to be covered in the course (choose only **one** set):  
(Use **Link** to Refer to definitions, hierarchy, and rubrics in the *Pitt State Pathway* document)

Select Only One Element

- Communication
  - **Written Communication**.....
    - Students will communicate effectively.
- Communication
  - **Verbal Communication**.....
    - Students will communicate effectively.
- Quantitative/Analytic Methods and Scientific Literacy
  - **Quantitative/Analytic Methods**.....
    - Students will analyze data logically.
- Global Understanding and Civic Engagement
  - **Human Experience within a Global Context**.....
    - Students will explore global systems conscientiously.
- Global Understanding and Civic Engagement
  - **Human Systems within a Global Context**.....
    - Students will explore global systems conscientiously.
- Global Understanding and Civic Engagement
  - **Natural World within a Global Context**.....
    - Students will explore global systems conscientiously.
- Personal and Professional Behavior
  - **Wellness Strategies**.....
    - Students will model productive behaviors purposefully.

- P. Will the course address a **Companion Element**? **No**  
(Refer to definitions, hierarchy, and rubrics in the *Pitt State Pathway* document.)

If "Yes," please select one: **Choose an item.**

- Q. What is the highest anticipated level of student achievement for the stated learning outcome(s) common across all sections of the course? Note: Sample assessment strategies will be submitted on the representative syllabus. **Milestone I**  
(Refer to definitions, hierarchy, and rubrics in the *Pitt State Pathway* document.)

- R. Please submit course syllabus as an attachment, highlighting the following items: course objectives related to Learning Outcome(s), assessment strategies (e.g. exams, course project, etc.), and assessment tool(s) to be used to measure student achievement.

Legislative Process  
Authorization and Notification Signatures  
(Electronic signatures accepted)

Department Chairperson ..... Approved ☒ Not Approved ☐

  
Department Chairperson Signature

1/30/19  
Date

Faculty Senate General Education Committee..... Approved ☐ Not Approved ☐

\_\_\_\_\_  
Faculty Senate General Education Chairperson Signature

\_\_\_\_\_  
Date

Faculty Senate..... Approved ☐ Not Approved ☐

\_\_\_\_\_  
Faculty Senate Recording Secretary Signature

\_\_\_\_\_  
Date

Note: Each College curriculum representative will notify their respective College and Department(s) of the completion of the approval process.

\*Originating Department: Please **complete** the entire form, acquire the Chairperson's signature, and save as **PSP.ABC123.Form**. Save the syllabus to be attached as **PSP.ABC123.Syll**. Email the completed form and attachments to [psupathway@pittstate.edu](mailto:psupathway@pittstate.edu).

Naming convention: <b>PSP.ABC123.Form</b> PSP = Pitt State Pathway. ABC123 = Course abbreviation and number
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**Pittsburg State University**  
**College of Education**  
**Department of Health, Human Performance, and Recreation**

**Lifetime Fitness Concepts**

**HHP 150\*\_\_**

**Course Intended for Partial Fulfillment of the Pitt State Pathway Curriculum**

**Professor:** Scott Gorman, Ed.D.

**Office:** 101K Student Recreation Center

**Office Hours:**

**Office Phone Number:** 1.620.235.4667

**E-mail Address:** rgorman@pittstate.edu

**Course Description:** Basic concepts for the development and maintenance of physical fitness. Concepts are cardiovascular fitness, weight control, nutrition, strength, flexibility, etc. Fitness assessment and exercise prescription included.

**Pitt State Pathway Mission Statement:**

The *Pitt State Pathway* curriculum serves as the heart of the university education by fostering interdisciplinary competencies that typify the educated person. It is designed to facilitate the development of key proficiencies including communication and information literacy. The *Pitt State Pathway* curriculum provides a transformational experience that challenges students to think creatively and critically, and to immerse themselves in the productive examination of humans in their global setting. By encouraging the development of skills that promote life-long learning, the *Pitt State Pathway* fosters a sense of personal responsibility, an appreciation of diversity, and an understanding of interconnectedness in our truly global society.

**Pillar of the Pitt State Pathway and Learning Outcome to be Covered in This Course:**

**1. Personal and Professional Behavior**

To lead productive lives, students must develop personal and professional behaviors, within and across disciplines. This will develop the aptitude to make informed choices regarding general wellness, fiscal decision-making, the development of personal and professional behaviors, and leadership skills. With these abilities, students will be better prepared and more confident in their abilities to actively engage and effectively perform in society.

**Learning Outcome:** *Students will model productive behaviors purposefully.*

**Pitt State Pathway Essential Studies Element to be Covered In This Course:**

**1. Essential Studies Element: Wellness Strategies:**

Wellness encompasses the concepts and importance of physical fitness and/or activity over the lifetime, chronic disease prevention/management, nutritional knowledge, mental health awareness, and continuous involvement in an exercise or physical/leisure time activity program to ensure students create a healthy lifestyle plan throughout their lifetime. Competency in this element means:

- *Understanding* chronic disease prevention/management;
- *Understanding* the principles of behavior and mental processes;
- *Evaluating* healthy lifestyle habits;
- *Analyzing* the benefits of exercise and physical/leisure time activity on mental health;



- *Creating* a healthy nutritional regimen;
- *Creating* a personalized exercise or physical/leisure time activity program;
- *Completing* an exercise or physical/leisure time activity course.

**Prerequisite(s):** None

**Course Objective:**

- **Wellness Strategies:**
  - a. Students will *analyze* wellness strategies for life long health.
- **Additional Objectives:**
  - a. Discuss chronic disease prevention and methods of management through regular exercise,
  - b. Discuss basic life stressors and analyze basics methods to properly reduce stress,
  - c. Discuss the importance of flexibility maintenance to one's health,
  - d. Report the findings of the individual Fitness Evaluation,
  - e. Analyze various modes of cardiovascular/aerobic fitness,
  - f. Analyze proper techniques to measure exercise intensity and recovery methods,
  - g. Analyze how macro- and micronutrients influence the metabolic systems of the human body,
  - h. Create a basic personal exercise program.

**Method(s) of Assessment:**

- **Wellness Strategies:** The student will complete two (2) exams to demonstrate their ability to *analyze wellness strategies for life long health*.
  - The exams will be objective in nature.
  - Each exam will be approximately 50 multiple-choice questions (10 questions will be directly utilized to assess the designated level of student learning).
- **Additional Method(s) of Assessment:**
  - Quizzes will be utilized to ensure student adherence to reviewing presented material(s) on a consistent basis.
  - A Fitness Evaluation will be completed by the student in order to provide relevant, up-to-date information on their current fitness level and to assist them in constructing a personal wellness plan.
  - If deemed necessary by the instructor, extra credit homework will be assigned.

**Required Text(s):**

The student has three (3) options for securing the textbook for the course. They are:

1. Students can purchase a Student LFC Supplement (approximately \$15.00). The supplement contains the following: 1) PowerPoints (with space for taking notes); 2) sample PowerPoint study questions; 3) additional PowerPoint notes; and 4) midterm and final exam review questions.
2. Students can download and bring the PowerPoint outlines to class to facilitate quality note taking. Course materials (e.g., student PowerPoints, exam review sheets, fitness evaluation form, etc.) are available on **Canvas**.
3. Students can bring their laptop to class for taking notes directly from the instructor version PowerPoints.

**Course Outline/Content:**

- Please see the Modules section in the Canvas course.

### **Fitness Evaluations:**

Each student will be responsible for completing their health-related Fitness Evaluation during the semester. The Applied Physiology Laboratory (Room #202 Student Recreation Center) is located on the second floor of the Student Recreation Center (i.e., far West end). Fitness Evaluations will be conducted on a first-come, first-served basis.

**Fitness Evaluations will be conducted for one (1) week only for each respective section of Lifetime Fitness Concepts.**

**The assignments for each section of LFC are as follows:**

<b>HHP 150*01 - August 27-31</b>	Graduate Assistant/Instructor
<b>HHP 150*02 - August 27-31</b>	Graduate Assistant/Instructor

<b>HHP 150*50 - Sept. 3-7</b>	Graduate Assistant/Instructor
<b>HHP 150*51 - Sept. 3-7</b>	Graduate Assistant/Instructor
<b>HHP 150*52 - Sept. 3-7</b>	Graduate Assistant/Instructor

<b>HHP 150*53 - Sept. 10-14</b>	Graduate Assistant/Instructor
<b>HHP 150*54 - Sept. 10-14</b>	Graduate Assistant/Instructor

**\*In an effort to make Fitness Evaluation sessions more consistent and efficient, students WILL NOT be allowed to come in either before OR after their section's assigned week.**

### **Applied Physiology Laboratory Working Hours:**

- The Applied Physiology Laboratory will be open at the beginning of the semester **during weeks 2-4** for Fitness Evaluations. This will provide a 3-week timeframe for students to complete the evaluation.
- The laboratory will be open \_\_\_\_\_ **through \_\_\_\_\_, 2019 from 12:00-4:00 PM Monday – Friday**, for your convenience. Each section of Lifetime Fitness Concepts will be assigned a specific week to be tested (see schedule above). The laboratory staff will follow a strict timeline; doors will open and close at the times listed above. Any student who has not completed their Fitness Evaluation during their assigned week will not receive their full 50 points, thus, penalizing themselves one full letter grade. Students who request a late appointment, beyond the deadlines listed above, will **NOT** be tested. Laboratory personnel may include: Laboratory Director Dr. Carper, Dr. Crawford, or Dr. Barry, HHPR faculty, HHPR Graduate Assistants, the student's Lifetime Fitness Concepts instructor/s, Exercise Science students, or the Applied Physiology Laboratory student workers.
- **Prior** to attending your Fitness Evaluation, the student will need to download, print, and complete the following paperwork: 1) a copy of the **DATA COLLECTION SHEET**; 2) **INFORMED CONSENT**; 3) **PHYSICAL ACTIVITY QUESTIONNAIRE**; and 4) **HEALTH HISTORY QUESTIONNAIRE**. This paperwork can be located in the FILES tab in the Canvas course. The paperwork can also be located in the appendices of your new student supplement, available in the Pittsburg State University bookstore. The Fitness Evaluation testing staff **will not** provide you with the above documents. If you fail to bring these documents, you will not be tested.
- **Please answer all questions on the paperwork honestly and to the best of your ability.**
- **Please inform testing staff if you have any condition that limits your ability to perform any type of exercise.**
- The Fitness Evaluations will measure the following: 1) blood pressure; 2) body composition; 3) aerobic capacity; 4) flexibility; 5) muscular endurance and strength.
- **Please show up to your Fitness Evaluation dressed appropriately and dressed to exercise. The Applied Physiology Laboratory personnel have the right to refuse this evaluation due to inappropriate dress and/or poor personal hygiene.**



### **Etiquette Expectations (Netiquette):**

- It is expected that all students will communicate with one another and the professor in proper tone and civility, whether the communication is by electronic means, by phone, or face-to-face.
- E-mails are to be written in standard speaking style and not in popular abbreviations used online and/or using regional colloquialisms.
- Proper spelling and grammar are expected in communications with other students and the professor.
- Please be aware of and sensitive to all cultural differences of students and the professor when communicating.

### **Course and University Policies:**

- Any student who, because of a disabling condition, may require special arrangements in order to meet course requirements should contact the instructor as soon as possible to make necessary accommodations. Please click the link to the **Syllabus Supplement** for more detailed information: <https://www.pittstate.edu/registrar/files/documents/syllabus-supplement-spring-2019-updated-10-5-18-.pdf>.
- As stated in the **Syllabus Supplement** regarding Dead Week Policy: (<https://www.pittstate.edu/registrar/files/documents/syllabus-supplement-spring-2019-updated-10-5-18-.pdf>) "no tests or major assignments will be presented during the week prior to final examination week, *unless identified in the course syllabus presented at the start of the semester.*" For this class, final points, the syllabus, assignments, due dates, exams, and/or quizzes may be changed accordingly throughout the semester as deemed necessary by the professor.
- To gain access to the Student Recreation Center (SRC) you must have your "active" PSU student ID with you. PSU needs to be able to make sure the facility is being used by the people who are supposed to be using it. Approved users are currently enrolled students, staff with paid membership, and groups or individuals approved access by the Department of Campus Recreation. You could be denied access into the Student Recreation Center without your active PSU student ID. This could impact your attendance and/or grade. **PLEASE BRING YOUR PSU STUDENT ID CARD EACH DAY OF CLASS.**

**IMPORTANT:** Students must stop at the front desk and inform the Student Recreation Center staff they are there to attend a class. Do not, under any circumstances, just walk through the entrance or exit gates without first notifying the staff. Students who wish to remain in the Student Recreation Center and workout **after** class, must return to the welcome center desk with their student ID.

- Please be respectful of other student's time and that of your instructor. Please power down or mute all electronic devices (e.g., cell phones, iPods, etc.) prior to the beginning of class.
- Laptops and tablets are acceptable means by which to take notes or fill in the PowerPoint presentations during course lectures.
- **Absences:**

Absence #1\_\_\_ Absence #2\_\_\_ Absence #3\_\_\_ Absence #4 ☹ Absence #5 = XXX

A total of three **(3)** absences are allowed during the semester. In order for the student to be successful in this course they should attend all class times, complete all notes, and participate during class. Upon the fourth absence the student's letter grade will be dropped one letter grade and upon the fifth absence they will be dropped from the class roster. For our one day per week courses (i.e., full semester of classes): if your fifth absence occurs after the deadline for withdrawing from courses, you will receive an automatic "F" for the course from the office of the Pittsburg State University Registrar.

**Grading Policy:**

Course grades will be determined from earned scores (e.g., two exams) and for timely completion of the fitness evaluation. *Assignments may be changed/added/withdrawn at the discretion of the professor/instructor at any time during the semester.*

**Grading Scale:**

<b>A</b>	<b>= 100 – 90%</b>
<b>B</b>	<b>= 89 – 80%</b>
<b>C</b>	<b>= 79 – 70%</b>
<b>D</b>	<b>= 69 – 60%</b>

• Midterm & Final Examinations (100 pts each)	200 pt
• Fitness Evaluation	50 pts
• Personal Wellness Plan	50 pts
• Daily Quizzes	55 pts
• <u>Extra Credit Homework</u>	20 pts
<b>Total</b>	<b>325 pts</b>

**Note:** Extra credit homework will **NOT** be accepted after the instructor's due date has passed.

**Minimum Technology Requirements:**

- Gorilla Geeks is a great resource for technical issues with Canvas, log ins, etc. They can be reached at the following:
- Gorilla Geeks Help Desk: 1.620.235.4600
- E-mail: [geeks@pittstate.edu](mailto:geeks@pittstate.edu)
- Web site: <https://www.pittstate.edu/it/gorilla-geeks.html>
- Most everyone is new to the Learning Management System (LMS) of Canvas. If you are not completely comfortable with Canvas please click the link to a Canvas help page: <https://www.pittstate.edu/it/information-technology-services/canvas.html>
- Students will need to be familiar and competent with general computer skills such as downloading information, saving, and uploading. Advanced skills that may be necessary are video chat (mic and webcam) and uploading PowerPoint Presentations with a self-video embedded within.
- If you have technical questions, you can message the professor, use the Help menu the Canvas menu to the left, and/or contact Gorilla Geeks (see above for contact information).