

HESF 101-001 Fitness and Wellness

COURSE MEETING: Mon-Wed. 8:00-9:00 am
CREDIT HOURS: ONE
COURSE PREREQUISITES: NONE

Required Text:

North Carolina State University Health and Exercise Studies Department. *Focus on Fitness and Wellness. 7th Edition 2018*, Hayden-McNeil Publishers (ISBNs: 9781533908452). E-Book version (from \$30.59), can be purchased [E-Book Purchase](https://hmpublishing.redshelf.com/book/948883) (<https://hmpublishing.redshelf.com/book/948883>). NC State bookstore price \$33.15 (new).

Course Description: This course is designed to teach and apply the principles of lifetime physical fitness, utilizing the five major components of cardio-respiratory endurance, muscular strength, muscular endurance, flexibility and body composition. A variety of health and wellness issues will be addressed. The components of fitness will be met through structured individually paced running activities as well as strength and endurance conditioning exercises.

Health Information Statement: Physical activities in this class are considered moderate to vigorous and are considered limited contact. The NC State Department of Health and Exercise Studies support the development and improvement of physical health, while doing so safely. If you have a known medical condition that could be adversely affected by participating in the typical activities of this class, please contact your usual physician for recommendations about how to participate safely or whether it is more appropriate to choose a different Health and Exercise Studies course. If your physician has provided you with recommendations to modify participation in this class, please share those recommendations with the instructor within the first week of class, if possible. If you are not certain whether you have a medical condition that puts you at risk for participation in this class or have a medical condition and cannot access your usual physician in a timely manner for recommendations for safe participation, consider making an appointment at Student Health to discuss your concerns (appointment number is 919.515.7107 or book on-line at healthweb.ncsu.edu).

GEP Objectives for Courses in the Category of Health and Exercise Studies

Each course in the physical education category of the General Education Program will provide instruction and guidance that help students to:

1. Acquire the fundamentals of health-related fitness, encompassing cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition; and
2. Apply knowledge of the fundamentals of health-related fitness toward developing, maintaining, and sustaining an active and healthy lifestyle; and
3. Acquire or enhance the basic motor skills and skill-related competencies, concepts, and strategies used in physical activities and sport; and

- Gain a thorough working knowledge, appreciation, and understanding of the spirit and rules, history, safety, and etiquette of physical activities and sport.

GEP Student/course Learning Outcomes

By the end of this course, students will be able to:

- Explain and perform the fitness requirements associated with physical activity including cardio-respiratory and cardiovascular endurance, muscular strength and endurance, muscular flexibility and body composition.
- Perform fitness activities through in-class and out-of-class activities.
- Discuss and explain how adopting healthy lifestyle practices will lead to lifelong wellness.
- Identify and explain how the body responds during physical activity through running, muscular strength, and muscular endurance activities.
- Explain how these forms of exercise and fitness principles affect the intensity of an individual’s workout.
- Explain and demonstrate the ability to safely and correctly perform running, muscular strength, and muscular endurance activities.

Grading/Evaluation:

Cognitive Testing

Midterm	20%
Final	20%

Physical Skills Exam

1.5 mile run	30%
2-minute Sit-Up Test	15%
Push-Up Test	15%
	100%

Clothing and Equipment

Students must wear clothing appropriate for the activity (including footwear). Instructors should suggest preferred clothing for activity classes. Students may obtain shirts, shorts and socks via Carmichael Gym checkout for no charge (laundry included). Students may purchase a departmental shirt from the NC State Bookstore.

Attendance:

Students are expected to attend all classes and to arrive and leave at the scheduled times. The instructor will adhere to the university attendance policy. In case of an excused absence, the student will be allowed to make up any written work missed within one week of returning to class, **however doctors note will still result in an absence.** Students are responsible for submitting such work and for scheduling make-up exams with the instructor. **In order to make up a written exam documentation must be presented,** but will still count as an absence. See <https://policies.ncsu.edu/regulation/reg-02-20-03-attendance-regulations/> for more information.

- Students are expected to be in class, participating in activity, each class day.

Absences	Points
0	+3
1-4	0
5	Failure

2. Attendance recording begins the first day of the semester.
3. Tardy (more than 5 minutes late) two times = one absence
4. Anything more than 10 minutes late will result in an absence

Note: the positive points are optional by the instructor.

Grading Scale:

Each student has the option of taking the class for a letter grade (+/-), credit only, or audit.

97-100 = A+	93-96.99 = A	90-92.99 = A-
87 – 89.99 = B+	83-86.99 = B	80-82.99 = B-
77-79.99 = C+	73-76.99 = C	70-72.99 = C-
67-69.99 = D+	63-66.99 = D	60-62.99 = D-
0-59.99 = F		

Requirements for Credit Only: In order to receive a grade of S, students are required to take all exams and quizzes, complete all assignments, and earn a grade of C- or better. Conversion from letter grading to credit only (S/U) grading is subject to university deadlines. Refer to the Registration and Records calendar for deadlines related to grading. For more details refer to: <https://policies.ncsu.edu/regulation/reg-02-20-15/>

Note: The student is responsible for requesting credit only grading on MyPack Portal by the University deadline.

Requirements for Audit: Students must attend all classes except written exams and will be allowed four absences before NR will be recorded as a final grade. <https://policies.ncsu.edu/regulation/reg-02-20-04/>

Incomplete Grades: <https://policies.ncsu.edu/regulation/reg-02-50-03/>

Incomplete grades will be assigned only if unavoidable and unforeseen events occur, such as a medical emergency, preventing the student from completing a course requirement before the final grades are submitted. Incompletes must be made up before the end of the next regular semester in which the student is enrolled and in no case may be made up more than 12 months after the end of the semester in which the IN is awarded, unless the teacher or department offering the course is not able to provide the student with an opportunity to make up incomplete

work, in which case the period can be extended. Make up work is to be limited to accomplishing the work not completed.

Late Assignments: No late assignments will be accepted. (**Including failure to take an online exam**).

Electronic Hosted Course Components: Students may be required to disclose personally identifiable information to other students in the course, via electronic tools like email or web postings, where relevant to the course. Examples include online discussions of class topics, and posting of student coursework. All students are expected to respect the privacy of each other by not sharing or using such information outside the course.

Online class evaluations will be available for students to complete during the last 2 weeks of semester. Students will receive an email message directing them to a website where they can login using their Unity ID and complete evaluations. All evaluations are confidential; instructors will not know how any one student responded to any question, and students will not know the ratings for any instructors.

Evaluation website: <https://oirp.ncsu.edu/classeval/>

Student help desk: <https://oirp.ncsu.edu/classeval/for-students/>

Communicating with your Instructor:

All communication with your instructor should be via e-mail. This will provide you with the quickest response for most questions you may have. When emailing your instructor, please identify who you are, what course you are in, and details regarding the assignment or question that you are referencing. Announcements regarding the class will be posted on Moodle.

General Information:

1. **Academic Integrity:** For all written assignments, students will be expected to adhere to the **University Honor Code:** "I have neither given nor received unauthorized aid on this test or assignment." It is the understanding and expectation of the instructor that the student's signature on any test or assignment means that the student neither gave nor received unauthorized aid. Consult the university website: <https://policies.ncsu.edu/policy/pol-11-35-01/>
2. **Students with Disabilities:** Reasonable accommodations will be made for students with verifiable disabilities. In order to take advantage of available accommodations, students must register with the Disability Resource Office (<https://dro.dasa.ncsu.edu/>) at Holmes Hall, Suite 304, Campus Box 7509, 919-515-7653. For more information on NC State's policy on working with students with disabilities, please see the Academic Accommodations for Students with Disabilities Regulation (REG02.20.01) <https://policies.ncsu.edu/regulation/reg-02-20-01/>
3. **Anti-Discrimination Statement:** NC State University provides equality of opportunity in education and employment for all students and employees. Accordingly, NC State affirms its commitment to maintain a work environment for all employees and an academic environment for all students that is free from all forms of discrimination. Discrimination based on race, color, religion, sex, creed, national origin, age, disability, veteran status or

sexual orientation is a violation of state and federal law and/or NC State University policy and will not be tolerated. Harassment of any person (either in the form of quid pro quo or creation of a hostile environment) based on color, religion, sex, creed, national origin, age, disability, veteran status or sexual orientation is also a violation of state and federal law and/or NC State University policy and will not be tolerated. Retaliation against any person who complains about discrimination is also prohibited. NC State's policies and regulations covering discrimination, harassment, and retaliation may be accessed at <https://policies.ncsu.edu/policy/pol-04-25-05/> or <https://oied.ncsu.edu/divweb/> . Any person who feels that he or she has been the subject of prohibited discrimination, harassment, or retaliation should contact the Office for Equal Opportunity (OEO) at 515-3148.

4. Due to the nature of the activities in this class, it may be necessary for safety reasons to have some amount of physical contact occur to assist in acquiring the proper form/technique. The students should inform the instructor if they do not want any physical contact to assist in acquiring the proper form/technique.
5. Every fitness activity has certain inherent risks, and regardless of precautions taken it is impossible to ensure total safety. Adhere to all safety guidelines to reduce your risk of injury.
6. The use of illegal drugs, tobacco products, or alcoholic beverages is prohibited.
7. Pets and visitors are not allowed during class periods. Firearms, weapons, and/or fireworks are prohibited from class.
8. Please turn off cell phones during class time.
9. All musical devices, such as MP3 players must be turned off when you enter this class.
10. Attendance: Activity Log submissions should meet the 80% rule (16 of 20 submissions required) to pass the class. See Activity Log information.