

HLTH 1500: Lifetime Fitness and Wellness
Department of Exercise Science
Salt Lake Community College

Instructor:
Office Location:
Office hours:
E-Mail Address:

COURSE DESCRIPTION:

This interdisciplinary course teaches students to become active participants responsible for achieving a higher level of wellness in the physical, intellectual, emotional, social, spiritual, and environmental areas of health in their lives. Students will improve their quality of life by learning how to balance the needs of both the mind and body within our social and environmental contexts.

Prerequisites: None

Credit Hours: 3

Required Text: Connect Core Concepts in Health, BRIEF Edition, 18th Edition By Paul Insel and Walton Roth (access included with course fee)

Supplies & Tools: Access to internet, McGraw-Hill Connect, and Canvas

COURSE OUTCOMES:

Student's will:

1. Understand the need and assume the responsibility for maintaining a healthful lifestyle.
2. Learn strategies that will improve their quality of life in relation to exercise, nutrition, and managing stress.
3. Develop an understanding of what lifestyles cause disease and how they can incorporate behavior change to reduce their risk for disease.
4. Be able to demonstrate techniques for everyday healthful living, such as strategies for conflict resolution, building and maintaining personal support systems, lowering their risk of injury, and interacting with new and diverse populations.
5. Learn about personality, attitude, and communication styles that they use in personal relationships and in the workplace. Their understanding of different personalities will help them better understand others and take responsibility for their own behavior.
6. Participate in out-of-class lab experiences that will give them the opportunity to process in-class information, assess their own attitudes, values, beliefs, and

behaviors, then design and implement strategies toward making better lifestyle choices.

7. Understand the importance of serving others and how it benefits those they serve and themselves.

COURSE REQUIREMENTS AND POLICES:

All students are required to:

1. Attend and actively participate in class. *If you choose not to attend, you accept the responsibility for what occurs during your absence. That means that the instructor is not responsible to let you know what happened during your absence. *
2. Be on time for class. You don't want to miss out on all the important information! Students who arrive more than 5 minutes late or leave class early without notifying the instructor prior to class will be marked tardy and lose attendance/participation points.
3. Complete both in-class and online assignments and exams on time to receive full credit.
4. All work must be turned in on time. *Late work is typically not accepted.* If an assignment is accepted late, a 5%-point reduction will be applied for each day late. It's best to plan ahead and get as much done ahead of time in case of unexpected events. I do understand life happens, please communicate with me as situations arise. There will be some opportunities to earn points with extra credit to cover lost points. It will be up to the student to earn these points if they are available.
5. Refer to Canvas and Connect for course content and due dates. Assignments and due dates are subject to change. Students will be notified of any changes with anticipation. All assignments will be discussed during class time.
6. Notify the instructor in a timely manner if a situation arises that may affect your ability to participate in the course or meet course expectations.
7. Ensure cell phones are silenced and stored in your backpack during class time. Let's all be fully present during class.
8. Practice mutual respect and cooperation. We all contribute to the learning community and can learn from one another. Respect towards the instructor and fellow students should be shown at all times.

CLASS EXPECTATIONS:

Decided on by the class on the first day.

- Be respectful to classmates and instructor. Be respectful of different opinions and beliefs.
- Refrain from using electronics (other than note taking) unless instructed to use them.
- Participate to the best of your ability. This makes class more engaging and fun.
- Keep distractions to a minimum.
- Be on time.

GRADING:

Students are graded on a fixed-point basis. (Note: percentages given in Canvas reflect only the percent of assignments and quizzes/exams completed not the actual percent of your grade). If you need a certain grade for this course to maintain or increase your grade point average, you must put the appropriate amount of effort into the class requirements to earn that grade. The final grade for this course will be computed as follows:

Grade breakdown by percentage:

A	95-100%	C	73-75
A-	90-94	C-	70-72
B+	86-89	D+	66-69
B	83-85	D	60-65
B-	80-82	D-	55-59
C+	76-79	E	Below 55%

If the digit at the tenths place is less than 5 we have to round the number down to the nearest whole number, if it is 5 or greater, we round up to the next whole number. So 94.4 will be an A- and 94.5 will be an A.

*The instructor reserves the right to modify points/dates for assignments.

Incompletes: An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class but is unable to complete coursework due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation from your physician will be required.

IMPORTANT DATES:

1st Day of the Semester:

- Full term- August 20
- 1st half 8-week- August 20
- 12-week- September 11

- 2nd half 8-week- October 14

Last Day of Classes:

- Full term- December 5
- 12-week- December 5
- 1st half 8-week- October 12
- 2nd half 8-week- December 5

Holidays:

- September 2- Labor Day (no classes, college closed)
- October 17-18- Fall Break (no classes)
- November 27-30- Thanksgiving (no classes the 27th) (no classes/college closed the 28th-30th)

TENTATIVE COURSE SCHEDULE:

This is a tentative schedule that may change during the semester. The content of this course includes:

Week 1	Introductions; Taking Charge of Your Health- Chapter 1
Week 2	Taking Charge of Your Health- Chapter 1 & Nutrition- Ch. 10
Week 3	Nutrition- Ch. 10 & Exercise for Health and Fitness- Chapter 11
Week 4	Exercise for Health and Fitness- Chapter 11
Week 5	Weight Management- Ch. 12
Week 6	Cardiovascular Health and Cancer- Ch. 13
Week 7	Stress- Ch. 2
Week 8	Sleep- Ch. 4
Week 9	Psychological Health- Ch. 3
Week 10	Relationships and Communication- Ch. 5
Week 11	Drug Use and Addiction- Ch. 8
Week 12	Alcohol and Tobacco- Ch. 9
Week 13	Personal Safety- Ch. 17
Week 14	Immunity and Infection- Ch. 14
Week 15	Conventional and Complementary Medicine- Ch. 16
Week 16	The Challenge of Aging- Ch. 18; Wrap-up

INSTRUCTIONAL CONTINUITY AND CONTINGENCY PLAN:

In the event of a campus emergency, mandatory action for air quality, inclement weather, instructor absence, or other event that disrupts academic activities the instructor may need to adjust the following:

- course format
- assignments and deadlines
- grading policies
- other course requirements

Possible changes to the class format could include:

- shifting from in-person to alternative online assignments such as completing an online assignment or discussion at home to count for attendance/participation points
- shifting from in-person to livestream (Zoom) class

Information about changes in the course will be communicated as soon as possible via email and in Canvas. The instructor will do their best to notify students in a timely manner. They will comply with state and college recommendations in making a decision that is in the best interest of the class. It is the responsibility of the student to check Canvas and their email not only regularly but also when there is the potential threat of a disruption to academic activities. Students are expected to contact their instructor promptly if they have any questions or concerns.

STUDENT CODE OF CONDUCT:

Each student is expected to follow the SLCC Code of Student Rights and Responsibilities found at: https://www.slcc.edu/policies/policies/student_affairs/8.1.050.aspx

Use of Artificial Intelligence (AI) in this course:

"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same standards as the Code of Student Rights and Responsibilities statement on plagiarism. *Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so.*" -SLCC Dean of Students

Generative AI can be an excellent resource, but your own thoughts and words must be used on all assignments and discussion posts. *If any sources are used, including generative AI, they must be properly cited.* As stated in the SLCC Code of Student Rights and Responsibilities, " Students who are unsure of what constitutes plagiarism should consult with their instructors. Claims of ignorance will not necessarily excuse the offense."

ACCESSIBILITY AND DISABILITY SERVICES:

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Disability

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Please refer to the [Institutional Syllabus](#) in the main menu in Canvas for additional policies, procedures, and services available to students.