

Fitness Motiv./Behav Response

HLTH2100 001

Course Description

Covers behavior management techniques that will assist fitness trainers in providing programs for people of all ages. Provides students with an understanding of a variety of teaching, learning and communication strategies.

Semester: All

Communication Plan

Email policy: emails can be sent through Canvas messages and also to my SLCC email aglause8@slcc.edu.

I will do my best to respond within 24 hours Mon.-Fri. I rarely respond on weekends. Please use email etiquette. Name and class are helpful.

Office Hours: Set up appointment by email, or after class.

Keys for Success (how to succeed in the course)

Requirements:

1. Complete and turn in all assignments, quizzes, and in-class worksheets in Canvas.
2. Attend class.
3. Present 2 in-class presentations. 1 Book of Choice presentation and 1 Behavior Change Assessment presentation.
4. Complete 3 Quizzes and 1 Final Exam.
5. Come prepared to participate in class.

6. Practice mutual respect and cooperation.

Policies:

1. **Refer to Canvas for All Due Dates** for Assignments, Quizzes, and Exams
2. Exams: No makeups will be arranged unless dire circumstances are present.
3. Quizzes: No makeups will be allowed.
4. Extra Credit: There will be no extra credit unless assigned by the instructor.
5. All work must be turned in on time. If you need a due date extension, please talk to me in advance or as soon as possible.

Required Text or Materials

Title: ACSM Behavioral Aspects of Physical Activity & Exercise

ISBN: 978-1-4511-3211-3

Authors: American College of Sports Medicine, Claudio R. Nigg

Publisher: Wolters Kluwer. Lippincott Williams & Wilkins

Publication Date: 2014

For more information on textbook accessibility, contact Accessibility & Disability Services at ads@slcc.edu.

Brief Description of Assignments/Exams

Book of Choice Assignment: You will read a behavior change book (of your own choosing) throughout the semester and prepare an oral presentation about what you learned from the book and how it applies to concepts discussed in class.

Wearable Device/Behavior Tracking App Assignment: You will track your own health behavior using a wearable device or smart phone app during the semester and submit periodic reflections.

Article Summary: You will read the ACSM Quantity and Quality of Exercise article and write a summary.

Behavior Change Assessment and Motivation Strategy Project: You will choose two people (1 you know well, and 1 who is an acquaintance) to interview and evaluate using the various behavior assessment tools and theories we discuss in class. You will develop your own behavior change assessment survey and a goal setting strategy and test them both on these individuals. You will document your work and report your experiences, challenges, and findings to the class.

In-Class Worksheets and Case Studies: must be present in-class to participate.

3 Quizzes: (online in Canvas) on content from Chapters of the text book.

Final Exam: (online in Canvas during finals week). Comprehensive applied case-study style.

Assignment Schedule

Due Date	Assignment Name	Assignment Type	Points
	Introduce Yourself	Discussion	0
	Introduce Yourself	Discussion	0
8/26	In-Class Assignment - Week 1	Assignment	10
9/1	Book Chosen	Quiz	20
9/8	ACSM Article Summary	Assignment	30
9/15	Wearable/Behavior Tracking #1	Assignment	10
9/23	In-Class Assignment 2	Assignment	10
9/29	Quiz #1	Quiz	30
9/29	Wearable/Behavior Tracking #2	Assignment	10

Due Date	Assignment Name	Assignment Type	Points
9/30	In-Class Assignment - MI	Assignment	10
10/7	In-Class Assignment HBM Worksheet	Assignment	10
10/9	In-Class Assignment - Research Articles	Assignment	10
10/13	Wearable Behavior Tracking #3	Assignment	10
10/23	In-Class Assignment - Goals	Assignment	10
10/27	Quiz #2	Quiz	30
10/27	Wearable/Behavior Tracking #4	Assignment	10
10/30	In-Class Assignment	Assignment	10
11/9	Final Project Assignment Part 1	Assignment	70
11/10	Wearable/Behavior Tracking #5	Assignment	10
11/20	Behavior Book Presentation	Assignment	50
11/24	Quiz #3 Population Considerations	Quiz	25
11/25	Wearable/Behavior Tracking #6 - Reflection	Quiz	10
12/7	Final Project Assignment Part 2	Assignment	70

Grading Scale

GRADING: The final grade for this course will be computed as follows:

Requirements	Points Possible
In-Class Assignments	70
ACSM Article Summary	30
Book of Choice Presentation	100
Behavior Change Assessment and Motivation Strategy Project	150
Wearable Device/Behavior Tracking App	60
Quizzes (3)	90
Final Exam	100
Total	600

POINTS:

A = 558-600 C = 438-461

A- = 540-557 C- = 420-437

B+ = 522-539 D+ = 402-419

B = 498-521 D = 378-401

B- = 480-497 D- = 360-377

C+ = 462-479 E = Below 360

How to Navigate to Canvas

Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document

contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

You can access the document by clicking on the following link:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>

Learning Support and Tutoring Services

We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, please visit the Institutional Syllabus under the Tutoring and Learning Support tab:

<https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

Advising and Counseling Support Services

At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, please visit the Institutional Syllabus under the Advising and Counseling Support Services tab: <https://slcc.instructure.com/courses/530981/pages/institutional-syllabus>. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.

Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

Additional Policies

*Make-up for absences will not be allowed. If you choose not to attend, you accept the responsibility for what occurs during your absence.

All Due Dates will be posted in Canvas*.

***No late work will be accepted-** 0 points will be given unless special circumstances have been communicated.