

**The University of Texas at Tyler**  
**Department of Health & Kinesiology**

**Course Syllabus – Fall 2024 – ALHS 1300**

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**Classroom:** HPC 2255 – Mon: 8:00am-8:55am

**Instructor:** Nick Anthony, MS, NSCA – CSCS, CPT  
Assistant Coach – Track & Field/Adjunct Instructor  
Athletics/Department of Health & Kinesiology

**Office:** PHE 210 G  
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**Office Hours:** Schedule as needed

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**COURSE DESCRIPTION:** Study of individual, societal, and cultural considerations in health and wellness. Emphasis is on health-related factors that the individual can affect and on individual decision-making.

**COURSE GOAL:** Personal and Community Wellness is an introductory course in the Department of Kinesiology. This course is designed to promote health, fitness, and wellness to the individual and the community.

**COURSE OBJECTIVES:** Upon successful completion of this course, students will be able to:

1. Identify the dimensions of wellness and the various factors that can affect wellness.
2. Identify and apply the principles of exercise and the ACSM guidelines of exercise.
3. Demonstrate and understand the relationship between exercise, disease, and health.
4. Identify ways to implement behavior modification.
5. Identify the recommended dietary guidelines for Americans and their implications for health and wellness.
6. Identify stress management methods.
7. Identify and explain the use and abuse of drugs, alcohol, and tobacco.
8. Assess current levels of health and fitness

**REQUIRED TEXT:** A Wellness Way of Life - 11th Edition (2017). Author: Gwen Robbins and Debbie Powers. Publisher: McGraw-Hill Professional Publishing. ISBN: 9780073523507.

**COURSE FORMAT:** Class meetings will include, but are not limited to: lectures, discussions, demonstrations, lab practice, individual and small group quizzes, and/or individual and small group assignments. Online course content may include lectures, quizzes, video demonstrations and assignments, and individual assignments.

**IMPORTANT DATES:**

August 21:	Classes begin
September 1:	Census day (attendance due)
September 4:	Labor Day (No Class)
October 30:	Last day to drop course with a “W”
November 20-24:	Thanksgiving Break (No Class)
December 4-9:	Final Exams for all 15-week sessions

**EVALUATION:**

Exams	30%
Text/Video Assignments	30%
Quiz and Lecture Assignments	20%
Attendance/Participation	20%

Grading will be based on the following scale:

- A** = 89.5 – 100%
- B** = 79.5 – 89.4%
- C** = 69.5 – 79.4%
- D** = 59.5 – 69.4%
- F** = < 59.5%

**COURSE POLICIES:**

Professionalism: Students are expected to arrive on time for class. It is expected that students will display a professional attitude at all times, including being attentive during lectures and being respectful to the instructor and fellow classmates.

Attendance: Students are expected to attend all classes and are responsible for any material missed. Attendance will be taken regularly; participation is necessary to learn hands-on skills. If you leave immediately after taking a quiz or before beginning an activity without explanation, you will be counted as absent.

Missed class: Students who miss class, regardless of the reason, are expected to take the initiative to obtain notes from a fellow student who attended that class. Zoom meetings will be recorded (if possible) so that any student that could not attend the meeting will be able to see the recording.

Participation: Students are strongly encouraged to ask, and respond to, questions in class; this student/instructor interaction makes for more interesting class sessions and facilitates better learning. Dressing appropriately for the activities of the class counts as participation. If your clothing prohibits you from taking part in the day’s activities, you will be counted as absent. Useful clothing on activity days includes:

- Tennis shoes / active shoes
- Exercise-appropriate tights, leggings, shorts, sweatpants, joggers, shorts
- Sports-appropriate undergarments (shorts under sweatpants)

Canvas and E-mail: Canvas will be used **EXTENSIVELY** in this class. Important class resources including the syllabus, lecture slides, grades, announcements, external links, assigned readings, study guides, and other assignments or materials will be distributed through Canvas, so consult it frequently. Announcements will be sent to your Patriots e-mail account so check it frequently, too.

Note: The instructor will not send any e-mails to private accounts, yahoo, Gmail, etc.

I try to answer all emails as quickly as possible, but I cannot promise to answer every email that I receive. If your email requires an answer and you have not received one from me, please check your spam folder first, then talk to me during class. I will not answer emails asking for a grade calculation. Canvas is already set up to calculate your grade.

Mobile Devices: Cellphones must be turned to "OFF" or "SILENT" during synchronous zoom meetings. It should also be used exclusively for timing or videoing when working with a "client" or "patient." If you need it in case of an emergency, please see me before class. Laptops and iPads are okay to use in class, but only for taking notes. If I notice you browsing the internet or anything un-related to the class, you will be asked to not bring it to class anymore.

Class distractions: This is an active class. However, it's your responsibility to ensure that you aren't distracting other students or the instructor. This includes talking to neighbors during lectures or discussions, eating, texting, instant messaging, checking e-mail, surfing the web, etc. If we're zooming together, try to pay attention to the zoom meeting.

Handouts: The term "handouts" refers to all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, PowerPoint slides, outlines, lab problems, in-class materials, review sheets, and additional problem sets.

## **University Policies**

### **UT TYLER HONOR CODE**

Every member of the UT Tyler community joins together to embrace: Honor and integrity that will not allow me to lie, cheat, or steal, nor to accept the actions of those who do.

### **STUDENTS RIGHTS AND RESPONSIBILITIES**

To know and understand the policies that affect your rights and responsibilities as a student at UT Tyler, please follow this link: <http://www.uttyler.edu/wellness/rightsresponsibilities.php>

### **CAMPUS CARRY**

We respect the right and privacy of students 21 and over who are duly licensed to carry concealed weapons in this class. License holders are expected to behave responsibly and keep a handgun secure and concealed. More information is available at <http://www.uttyler.edu/about/campus-carry/index.php>

### **UT TYLER A TOBACCO-FREE UNIVERSITY**

All forms of tobacco will not be permitted on the UT Tyler main campus, branch campuses, and any property owned by UT Tyler. This applies to all members of the University community, including students, faculty, staff, University affiliates, contractors, and visitors.

Forms of tobacco not permitted include cigarettes, cigars, pipes, water pipes (hookah), bidis, kreteks, electronic cigarettes, smokeless tobacco, snuff, chewing tobacco, and all other tobacco products.

There are several cessation programs available to students looking to quit smoking, including counseling, quitlines, and group support. For more information on cessation programs please visit [www.uttyler.edu/tobacco-free](http://www.uttyler.edu/tobacco-free).

## **Important Covid-19 Information for Classrooms and Laboratories**

Students are required to wear face masks covering their nose and mouth, and follow social distancing guidelines, at all times in public settings (including classrooms and laboratories), as specified by [Procedures for Fall 2020 Return to Normal Operations](#). The UT Tyler community of Patriots views adoption of these practices consistent with its [Honor Code](#) and a sign of good citizenship and respectful care of fellow classmates, faculty, and staff.

Students who are feeling ill or experiencing symptoms such as sneezing, coughing, or a higher than normal temperature will be excused from class and should stay at home and may join the class remotely. Students who have difficulty adhering to the Covid-19 safety policies for health reasons are also encouraged to join the class remotely. Students needing additional accommodations may contact the Office of Student Accessibility and Resources at University Center 3150, or call (903) 566-7079 or email [saroffice@uttyler.edu](mailto:saroffice@uttyler.edu).

### **Recording of Class Sessions**

Class sessions may be recorded by the instructor for use by students enrolled in this course. Recordings that contain personally identifiable information or other information subject to FERPA shall not be shared with individuals not enrolled in this course unless appropriate consent is obtained from all relevant students. Class recordings are reserved only for the use of students enrolled in the course and only for educational purposes. Course recordings should not be shared outside of the course in any form without express permission.

### **GRADE REPLACEMENT/FORGIVENESS AND CENSUS DATE POLICIES**

Students repeating a course for grade forgiveness (grade replacement) must file a Grade Replacement Contract with the Enrollment Services Center (ADM 230) on or before the Census Date of the semester in which the course will be repeated. (For Spring, the Census Date is January 24.) Grade Replacement Contracts are available in the Enrollment Services Center or at <http://www.uttyler.edu/registrar>. Each semester's Census Date can be found on the Contract itself, on the Academic Calendar, or in the information pamphlets published each semester by the Office of the Registrar.

Failure to file a Grade Replacement Contract will result in both the original and repeated grade being used to calculate your overall grade point average. Undergraduates are eligible to exercise grade replacement for only three course repeats during their career at UT Tyler; graduates are eligible for two grade replacements. Full policy details are printed on each Grade Replacement Contract.

The Census Date (January 24th) is the deadline for many forms and enrollment actions of which students need to be aware. These include:

- Submitting Grade Replacement Contracts, Transient Forms, requests to withhold directory information, approvals for taking courses as Audit, Pass/Fail or Credit/No Credit.
- Receiving 100% refunds for partial withdrawals. (There is no refund for these after the Census Date)
- Schedule adjustments (section changes, adding a new class, dropping without a "W" grade)
- Being reinstated or re-enrolled in classes after being dropped for non-payment
- Completing the process for tuition exemptions or waivers through Financial Aid

### **STATE-MANDATED COURSE DROP POLICY**

Texas law prohibits a student who began college for the first time in Fall 2007 or thereafter from dropping more than six courses during their entire undergraduate career. This includes courses dropped at another 2-year or 4-year Texas public college or university. For purposes of this rule, a dropped course is any course that is dropped after the census date (See Academic Calendar for the specific date).

Exceptions to the 6-drop rule may be found in the catalog. Petitions for exemptions must be submitted to the Enrollment Services Center and must be accompanied by documentation of the extenuating circumstance. Please contact the Enrollment Services Center if you have any questions.

### **DISABILITY/ACCESSIBILITY SERVICE**

In accordance with Section 504 of the Rehabilitation Act, Americans with Disabilities Act (ADA) and the ADA Amendments Act (ADAAA) the University of Texas at Tyler offers accommodations to students with learning, physical and/or psychological disabilities. If you have a disability, including a non-visible diagnosis such as a learning disorder, chronic illness, TBI, PTSD, ADHD, or you have a history of modifications or accommodations in a previous educational environment, you are encouraged to visit <https://hood.accessiblelearning.com/UTTyler> and fill out the New Student application. The Student Accessibility and Resources (SAR) office will contact you when your application has been submitted and an appointment with Cynthia Lowery, Assistant Director of Student Services/ADA Coordinator. For more information, including filling out an application for services, please visit the SAR webpage at <http://www.uttyler.edu/disabilityservices>, the SAR office located in the University Center, # 3150 or call 903.566.7079.

## **STUDENT ABSENCE DUE TO RELIGIOUS OBSERVANCES**

Students who anticipate being absent from class due to a religious observance are requested to inform the instructor of such absences by the second class meeting of the semester.

## **STUDENT ABSENCE FOR UNIVERSITY-SPONSORED EVENTS AND ACTIVITIES**

If you intend to be absent for a university-sponsored event or activity, you (or the event sponsor) must notify the instructor at least two weeks prior to the date of the planned absence. At that time the instructor will set a date and time when make-up assignments will be completed.

## **SOCIAL SECURITY AND FERPA STATEMENT**

It is the policy of The University of Texas at Tyler to protect the confidential nature of social security numbers. The University has changed its computer programming so that all students have an identification number. The electronic transmission of grades (e.g., via e-mail) risks violation of the Family Educational Rights and Privacy Act; grades will not be transmitted electronically.

## **EMERGENCY EXITS AND EVACUATION**

Everyone is required to exit the building when a fire alarm goes off. Follow your instructor's directions regarding the appropriate exit. If you require assistance during an evacuation, inform your instructor in the first week of class. Do not re-enter the building unless given permission by University Police, Fire department, or Fire Prevention Services.

## **STUDENT STANDARDS OF ACADEMIC CONDUCT**

Disciplinary proceedings may be initiated against any student who engages in scholastic dishonesty, including, but not limited to, cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

i. "Cheating" includes, but is not limited to:

1. copying from another student's test paper;
2. using, during a test, materials not authorized by the person giving the test;
3. failure to comply with instructions given by the person administering the test;
4. possession during a test of materials which are not authorized by the person giving the test, such as class notes or specifically designed "crib notes". The presence of textbooks constitutes a violation if they have been specifically prohibited by the person administering the test;
5. using, buying, stealing, transporting, or soliciting in whole or part the contents of an unadministered test, test key, homework solution, or computer program;
6. collaborating with or seeking aid from another student during a test or other assignment without authority;
7. discussing the contents of an examination with another student who will take the examination;
8. divulging the contents of an examination, for the purpose of preserving questions for use by another, when the instructor has designated that the examination is not to be removed from the examination room or not to be returned or to be kept by the student;
9. substituting for another person, or permitting another person to substitute for oneself to take a course, a test, or any course-related assignment;
10. paying or offering money or other valuable thing to, or coercing another person to obtain an unadministered test, test key, homework solution, or computer program or information about an unadministered test, test key, home solution or computer program;
11. falsifying research data, laboratory reports, and/or other academic work offered for credit;
12. taking, keeping, misplacing, or damaging the property of The University of Texas at Tyler, or of another, if the student knows or reasonably should know that an unfair academic advantage would be gained by such conduct; and
13. misrepresenting facts, including providing false grades or resumes, for the purpose of obtaining an academic or financial benefit or injuring another student academically or financially.

ii. "Plagiarism" includes, but is not limited to, the appropriation, buying, receiving as a gift, or obtaining by any means another's work and the submission of it as one's own academic work offered for credit.

iii. "Collusion" includes, but is not limited to, the unauthorized collaboration with another person in preparing academic assignments offered for credit or collaboration with another person to commit a violation of any section of the rules on scholastic dishonesty.

iv. All written work that is submitted will be subject to review by plagiarism software.

## **UT TYLER RESOURCES FOR STUDENTS**

- UT Tyler Writing Center (903.565.5995), [writingcenter@uttyler.edu](mailto:writingcenter@uttyler.edu)
- UT Tyler Tutoring Center (903.565.5964), [tutoring@uttyler.edu](mailto:tutoring@uttyler.edu)
- The Mathematics Learning Center, RBN 4021, this is the open access computer lab for math students, with tutors on duty to assist students who are enrolled in early-career courses.
- UT Tyler Counseling Center (903.566.7254)

#### **TECHNICAL INFORMATION:**

If you experience technical problems or have a technical question about this course, you can obtain assistance by emailing [itsupport@patriots.uttyler.edu](mailto:itsupport@patriots.uttyler.edu) or call 903.565.5555.

When you email IT Support, be sure to include a complete description of your question or problem including:

- The title and number of the course
- The page in question
- If you get an error message, a description and message number
- What you were doing at the time you got the error message

#### **Plug-ins and Helper Applications**

UT Tyler online courses use Java, JavaScript, browser plug-ins, helper application and cookies. It is essential that you have these elements installed and enabled in your web browser for optimal viewing of the content and functions of your online course. Always ensure that you are using the most update version for the browser you choose to access the online learning content.

#### **Netiquette Guide**

"Netiquette" is network etiquette, the do's and don'ts of online communication. Netiquette covers both common courtesy online and informal "rules of the road" of cyberspace. Review and familiarize yourself with the guidelines provided. (URL: <http://www.learnthenet.com/learn-about/netiquette/index.php>)

#### **AI Policy – Category 3**

**I expect all work students submit for this course to be their own. I have carefully designed all assignments and class activities to support your learning. Doing your own work, without human or artificial intelligence assistance, is best for your efforts in mastering course learning objectives. For this course, I expressly forbid using ChatGPT or any other artificial intelligence (AI) tools for any stages of the work process, including brainstorming. Deviations from these guidelines will be considered a violation of UT Tyler’s Honor Code and academic honesty values.**