

**UNIVERSITY OF GEORGIA**  
**College of Education | Department of Kinesiology**  
**Spring 2020 | PEDB 1990 Directed Study**  
**Meeting Place: eLearning Commons (eLC Online)**

**Instructor:** Kristina J. Hoff, M.S.  
**Office:** 326 Ramsey Center  
**Office Hours:** MWF 12:15-1:15

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**Preferred Method of Communication:** UGA email  
**Required textbook:** Online and linked via eLC

**Course Description:**

Through online reading and assessments this course is designed to provide students with knowledge about important aspects of physical fitness, health, and wellness.

**Course Objectives:** Upon successful completion of this course:

- Students will examine one's personal attitude towards exercise
- Students will gain knowledge of basic health, fitness, and wellness principles
- Students will understand the importance of physical activity as it relates to a healthy lifestyle
- Students will develop a value for exercise as an integral part of life
- Students will understand the principles for development and maintenance of aerobic fitness, muscular strength and endurance, flexibility, and for controlling and maintaining a healthy body weight

The ultimate **purpose of this course** is to graduate you from a lower level of physical activity to Level 5. If you feel you are already at Level 5, then we hope to come alongside you and diversify your experiences and knowledge of a particular physical activity.



**LEVEL 1** Student has no or minimal past experiences with physical activity

**LEVEL 2** Student cognitively understands what it takes to perform a physical activity properly, and begins to show signs of physically performing the activity correctly

**LEVEL 3** Student begins to make connections with practice at the classroom level and attempts to transfer his/her skills outside the classroom, while adhering to the rules and traditions of the activity

**LEVEL 4** Student sees activity as a social activity, which can be engaged in with friends, family, or coworkers for recreational purposes

**LEVEL 5** Student views activity as a medium to ultimately enhance their level of physical activity, providing an opportunity to impact others and sustain a healthy level of exercise for the duration of his/her life

**Course Policies:**

1. Students will abide by the standards as stated by the University Honor Code (see below) and Academic Honesty Policy. These standards can be found in *A Culture of Honesty*, the University's policy and procedures for handling cases of suspected dishonesty. Detailed information can be viewed at <http://www.uga.edu/honesty> to help you understand how the term "academic dishonesty" is defined on this campus.

*As a University of Georgia student, you have agreed to abide by the University's academic honesty policy, "A Culture of Honesty," and the Student Honor Code. All academic work must meet the standards described in "A Culture of Honesty" found at: [www.uga.edu/honesty](http://www.uga.edu/honesty). Lack of knowledge of the academic honesty policy is not a reasonable explanation for a violation. Questions related to course assignments and the academic honesty policy should be directed to the instructor.*

2. **Diversity:** Diversity encompasses acceptance and respect. The term "diversity" encompasses differences of culture, background and experience among individuals and groups. Such differences include, but are not limited to, differences of race, ethnicity, national origin, color, gender, sexual orientation, gender identity, age, and abilities, as well as political and religious affiliation and socioeconomic status. The Department of Kinesiology at the University of Georgia embraces a commitment to diversity by modeling for the state and nation, a community of individuals and programs which seek to reduce prejudice, disparities, and discrimination and build a supportive environment for all. More about diversity can be found: <https://coe.uga.edu/directory/diversity-equity-and-inclusion>
3. **FERPA Notice:** The Federal Family Educational Rights and Privacy Act (FERPA) grants student's certain information privacy rights. See the registrar's explanation at [http://reg.uga.edu/ferpa\\_privacy\\_act](http://reg.uga.edu/ferpa_privacy_act) FERPA allows disclosure of directory information (name, address, telephone, email, date of birth, place of birth, major, activities, degrees, awards,

prior schools), unless a FERPA Restriction Flag Addition or Removal Request form is submitted to the Registrar's Office.

4. The instructor may initiate a students withdraw if the student has not attended any classes by the withdraw deadline.
5. **Participation in a varsity sport is required.**
6. Students requesting accommodation(s) must first register with the Disability Resource Center (DRC). The DRC will provide documentation to the student, who must then provide this documentation to the instructor when requesting an accommodation. Students with documented disabilities that affects their ability to physically participate fully in the course or who require reasonable accommodations are encouraged to speak with the Basic PE Program Coordinator, so that appropriate accommodations can be arranged.
7. Students are responsible for the information provided in class along with the readings in eLC and/or supplemental resources. If you are absent when materials are distributed, it is your responsibility to obtain the information from another student.
8. For information on HB 280, please go to <http://www.policies.uga.edu/FA/nodes/view/1263/Weapons-Prohibited-on-Campus>
9. The course syllabus is a general plan for the course; deviations announced by the instructor may be necessary.

#### Course Requirements:

1. Students are required to use eLearning Commons (eLC) for this course. Syllabus, course information, course outline, clearance for safe exercise participation, and course content will be available through eLC. To access eLearning Commons you will need your UGA MyID, as well as a current password.
2. Students are required to complete the "Clearance for Exercise Participation" form before they can access the Course content on eLC. Students with prior medical conditions are required to also complete the waiver and/or physician's clearance form (see instructor for additional information).
3. Students must complete and score at least 90% on the "Syllabus Quiz" before they can access the remainder of the course content. Students are also required to complete the conceptual component quizzes and must score 80% or better on these assessments to receive credit. **Quizzes only become available once the corresponding module content has been visited.** The due dates are posted in eLC, corresponding to each quiz, or you can check the schedule below.
4. The course consists of an activity component, conceptual component and assignments (specifically: physical participation, readings, quizzes and assignments). All updates or changes to the schedule will be posted on eLC. It is your responsibility to keep up with changes to assignments.
5. Readings, assessments and assignments are assigned throughout the session and due dates are posted on eLC. **Late assignments will not receive any points. It is your responsibility to keep up with the due dates.**

#### **Grading**

This course is graded as an "S" (Satisfactory) or "U" (Unsatisfactory). In order to determine what grade a student will be awarded, a percentage system will be used. In this pass/fail course, **an overall of 85/100 is needed to pass ("S") the course.**

Various components determine a student's final grade: (1) Activity component, (2) Conceptual component and (3) Application Assignments. Components are connected, and failing parts of one of the components could results in an "U", or Unsatisfactory grade.

#### **(1) Activity Component – 45 points** Participation in your varsity sport

See also Participation Policy

#### **(2) Conceptual Component – 35 points**

***You must score 90% or greater on the Syllabus Quiz to access the chapter reading links and quizzes***  
***Syllabus Quiz is located in 'Start Here' Course Information in eLC DUE 1/16***

Chapter readings and quizzes linked in eLC

~ All quizzes are not available until the chapters have been accessed

- |                           |                        |           |
|---------------------------|------------------------|-----------|
| ▪ Ch. 2: RELEVANCE        | <b><u>DUE 1/30</u></b> | 5 points* |
| Relevance Quiz            |                        |           |
| ▪ Ch.3: HEALTHY LIFESTYLE | <b><u>DUE 2/6</u></b>  | 5 points* |
| Healthy Lifestyle Quiz    |                        |           |
| ▪ Ch.4: FITNESS           | <b><u>DUE 2/13</u></b> | 5 points* |
| Fitness Quiz              |                        |           |
| ▪ Ch.5: GOAL-SETTING      | <b><u>DUE 2/20</u></b> | 5 points* |
| Goal-Setting Quiz         |                        |           |
| ▪ Ch.6: NUTRITION         | <b><u>DUE 2/17</u></b> | 5 points* |
| Nutrition                 |                        |           |

\*Student **must score at least 80% on ONE quiz attempt** to receive the points for that particular quiz:

0 for score <80%  
5 pts for score 80% or higher.

### **(3) Application Assignments – 15 points**

**Application Assignments make a practical connection between the activity, and conceptual components**

A student must complete and submit evidence for THREE application assignments


**Instructions to assignments are listed in Chapter 7 and linked in eLC**

- |                       |                        |          |
|-----------------------|------------------------|----------|
| ▪ General Application | <b><u>DUE 3/26</u></b> | 5 points |
| ▪ General Application | <b><u>DUE 3/26</u></b> | 5 points |
| ▪ General Application | <b><u>DUE 3/26</u></b> | 5 points |

### **(4) Bonus - 5 points**

**If students complete Chapters 2 – 6 Quizzes by 1/30 11:59pm, they will receive 5 extra points. You must email the instructor that they have been completed.**

## Tentative Schedule

<b><u>Conceptual and Assignments</u></b>	<b><u>Due Dates (@11:59pm)</u></b>	
Complete <b>Clearance to Exercise Quiz</b> Read Syllabus and take <b>Syllabus Quiz (need 90% to access remainder)</b>	<b>Add/Drop Deadline: 1/13</b> <b>Syllabus Quiz DUE 1/16</b>	
<b>Bonus:</b> Extra 5 points if all quizzes are completed by (must notify instructor via email)	<b>Bonus: DUE 1/30</b>	
Read Chapter 2: Relevance Complete Relevance Quiz (need 80%)	<b>Relevance Quiz DUE 1/30</b>	
Read Chapter 3: Healthy Lifestyle Complete Healthy Lifestyle Quiz (need 80%)	<b>Healthy Lifestyle Quiz DUE 2/6</b>	
Read Chapter 4: Fitness Complete Fitness Quiz (need 80%)	<b>Fitness Quiz DUE 2/13</b>	
Read Chapter 5: Goal-Setting Complete Goal-Setting Quiz (need 80%)	<b>Goal-Setting Quiz DUE 2/20</b>	
Read Chapter 6: Nutrition Complete Nutrition Quiz (need 80%)	<b>Nutrition Quiz DUE 2/27</b>	
Read Chapter 7: Application Assignments		
Submit evidence for three application assignments	<b>THREE Application Assignments DUE 3/26</b>	
<b><u>3/20: Withdrawal deadline</u></b>		