

**Texas A&M University-Commerce**  
**Health & Human Performance**  
**HHPK 154 001: Concepts of Physical Activity**

**COURSE LOCATION:** Field House 102  
**COURSE TIME:** Tuesday/Thursday, 11:00 am-12:15 pm  
**INSTRUCTOR:** Robert Reed  
**OFFICE:** Field House 212  
**OFFICE HOURS:** M/W 11:00am-2:00pm, T/R 1:00pm-2:00pm, or by appointment  
**PHONE:** (214) 926-5040  
**E-MAIL:** [rreed@leomail.tamuc.edu](mailto:rreed@leomail.tamuc.edu)  
**REQUIRED TEXT:** Corbin, C., Welk, G., Lindsey, R., & Corbin, W. (2011). *Concepts of Physical Activity: Active Lifestyles for Wellness*. (17<sup>th</sup> edition). New York, NY. McGraw Hill.

**Course Description:**

This course is designed to equip students with basic knowledge, understandings, and values of physical activity as it relates to an optimal and healthy lifestyle. This course also seeks to instill an appreciation and desire for a healthy and physically active lifestyle.

**Course Objectives:**

The objectives of this course are as follows:

1. Promote an understanding of the importance for physical fitness within our society.
2. Develop a fundamental understanding of the physiological basis of physical activity.
3. Promote an understanding of the concepts of physical fitness, coronary heart disease, nutrition, low back pain, body mechanics, posture, obesity, stress, and the value of planned activity.
4. Help the student become more knowledgeable of consumer health and physical fitness delivery systems.
5. Provide an opportunity for each student to participate in a physical fitness activity that will aid in assessing his or her level of physical fitness.

**Grading:**

Exam 1	15%
Exam 2	15%
Exam 3	15%
Final Exam	15%
Attendance	15%
Labs/Assignments	25%

### Grade Scale:

- A = 90 - 100
- B = 80 - 89.9
- C = 70 - 79.9
- D = 60 – 69.9
- F = 59.9 or below

**A grade of C or above must be maintained in all courses of your major field and for teacher certification.**

### Course Requirements:

**A. Exams (60%):**

Four (4) exams will be given to determine student progress and assist students in learning. Tests will consist of objective questions (T/F, multiple choice, and matching) and application questions. Each exam is worth 15%.

***\*No make-up exams will be given, unless arrangements are made prior to the exam or a verifiable medical excuse is provided within 3 days.***

**B. Final Exam (15%)**

The final exam is scheduled for May 8<sup>th</sup> at 10:30am. The final exam will be comprehensive.

**C. Labs (25%):**

There will be 20 labs throughout the semester. Students will choose 15 of these labs to complete. Some labs will be due at the beginning of class and others we will do together in class. Labs will **not be accepted late**. If you know that you will not be in class that day, it is your responsibility to make arrangements to turn it in **before the due date** or meet with me if it is an activity lab in a timely manner. If you are absent, it must be a university excused absence in order for it to be made up and documentation must be submitted to me within one week of the absence.

**D. Extra Credit:**

For extra credit, students may complete the extra credit activities. Extra credit is due on the date indicated in the syllabus. Students may turn in extra credit earlier if they choose. However, no late extra credit assignments will be accepted. Further directions for extra credit will be provided in class.

### Course Policies:

#### **Late Assignments**

Late assignments will not be accepted. All assignments are due at the beginning of class on the date they are due. If you know that you will not be able to attend class on a day that an assignment is due, please let me know and make plans to turn in the assignment before the due date. All assignments turned in after the due date will be considered late.

## **Cell Phones**

Cell phones should be out of sight and placed on silent during class. If there are special circumstances in which you need to be available to answer your cell phone, please let me know before class.

## **Academic Honesty Policy**

Texas A&M University-Commerce does not tolerate **plagiarism** and other forms of academic **dishonesty**. Conduct that violates generally accepted standards of academic honesty is defined as academic dishonesty. "Academic dishonesty" includes, but is not limited to, plagiarism (the appropriation or stealing of the ideas or words of another and passing them off as one's own), cheating on exams or other course assignments, collusion (the unauthorized collaboration with others in preparing course assignments), and abuse (destruction, defacing, or removal) of resource material. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. For more information, please go to <http://www.plagiarism.org/>. **If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.**

## **University Specific Procedures:**

### **ADA Statement**

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

**Office of Student Disability Resources and Services**

**Texas A&M University-Commerce**

**Gee Library 132**

**Phone (903) 886-5150 or (903) 886-5835**

**Fax (903) 468-8148**

**[StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)**

**[Student Disability Resources & Services](#)**

### **Student Conduct**

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).

