



**HPE 358
HEALTHY LIVING CONCEPTS
Fall 2019**

Conceptual Framework.

The mission of the professional education programs at Western Carolina University is to prepare highly effective and ethical graduates that are **inspired** to be lifelong learners, **engaged** in the community, and empowered to become leaders who strive to **transform** the future.

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COURSE DESCRIPTION – Healthy Living Concepts is a pedagogy course designed to enable students to implement the healthful living standards emphasizing nutrition and physical activity concepts to reduce and prevent obesity.

COURSE OBJECTIVES- Upon successful completion of this course, the student will be able to:

- Demonstrate through formal presentations their knowledge and understanding of how to maintain one's health, particularly as it relates to choices in the areas of nutrition.
- Utilize the course information to help establish lifetime fitness habits that can be sustained in a variety of communities.
- Utilize the course information and skills necessary to help assist others in making healthy choices, particularly in the areas of nutrition, fitness and sport performance.

TEXT AND MATERIALS: WILLIAMS: **NUTRITION FOR HEALTH, FITNESS and SPORT** 11TH Edition McGraw Hill.

ASSINGMENTS/EVALUATION:

	<i>Point Value</i>
Wellness Portfolio	300 pts.
K-12 Unit Plan	200 pts.

Midterm Exam	50 pts.
Teaching Lesson	150 pts.
Issue Papers	200 pts.
Attendance	100 pts
Total	1000 pts

Following is a brief explanation of the assignments for the course this semester. Further details for each assignment will be provided in class.

1. **Wellness Project:** The project will consist of an analysis of current dietary patterns and fitness status for a “client/student”. The student will conduct a review of literature of current dietary practices and fitness programs. They will then set goals and develop a diet and fitness program for the client/student. Detailed information pertaining to the project will be given in class.
2. **K-12 Unit Plan:** After discussing existing nutrition course models used in elementary and secondary health and physical education programs, students will design a nutrition unit plan that can be implemented in K-12 health and physical education courses.
3. **Exams:** There will be one midterm exam.
4. **Nutrition Lesson:** Students will work in small groups to research, plan and teach a nutrition lesson. Details of the lesson will be given in class.
5. **Issue Papers:** Throughout the course there will be various assignments/reflections related to issues in nutrition and fitness. These will be noted on the daily schedule.

Letter grades will be assigned according to the following:

Grade	Letter grade
971-1000	A+

931 - 971	A
920 - 930	A-
900-919	B+
860-889	B
850-859	B-
840-849	C+
770-839	C
760 - 769	C-
691 - 759	D+
661 - 690	D
651 - 660	D-
650 & below	F

Electronic Devices.

Smartphones, tablets, and/or laptops will be used as an instructional tool periodically during class. Otherwise, **phones and tablets shall be silenced and stored out of sight and laptops shall be shuttered.** Candidates are expected to demonstrate restraint regarding improper use of electronic devices during class time. Repeated disruptions could result in the teacher candidate being dismissed from the class.

Jamaican Relevancy: Because few resource rooms exist in Jamaican schools to address the needs of students with mild disabilities (learning disabilities, ADHD, slow learners, poor readers, etc) general education teachers are faced with addressing the needs of a diverse group of students with multiple learning and emotional needs. This course focuses on students with mild-moderate disabilities and how their learning can be accommodated in a general classroom environment through effective teaching practices and differentiating instruction. The final evaluation for the class will include a question related specifically to whether the information presented during the course was ‘relevant to Jamaican schools’.

Diversity Statement: Diversity in our society and schools is an important part of our history and a significant variable in discussions regarding the aims and purposes of education and schooling. The content of this course reflects a commitment to social justice and an emphasis on the necessity of preparing educators who will effectively meet the individual needs of ALL students. As such, issues related to race, gender, religion, sexual orientation and social class will be considered in this class. Students in this class are affiliated with Jamaican schools. Jamaica is a diverse nation (the motto: "Out of many, one people" exemplifies a commitment to and respect for our varied backgrounds, beliefs and values).

Academic Integrity Policy.

Students, faculty, staff, and administrators of Western Carolina University (WCU) strive to achieve the highest standards of scholarship and integrity. Any violation of the Academic Integrity Policy is a serious offense because it threatens the quality of scholarship and undermines the integrity of the community. While academic in scope, any violation of this policy is by nature, a violation of the Code of Student Conduct and will follow the same conduct process (see Article VII.B.1.a.). If the charge occurs close to the end of an academic semester or term or in the event of the reasonable need of either party for additional time to gather information timelines may be extended at the discretion of the Department of Student Community Ethics (DSCE).

General:

This policy addresses academic integrity violations of undergraduate and graduate students. Students, faculty, staff, and administrators of Western Carolina University (WCU) strive to achieve the highest standards of scholarship and integrity. Any violation of this policy is a serious offense because it threatens the quality of scholarship and undermines the integrity of the community. Instructors have the right to determine the appropriate academic sanctions for violations of the Academic Integrity Policy within their courses, up to an including a final grade of “F” in the course in which the violation occurs.

Definitions:

Cheating – Using, or attempting to use, unauthorized materials, information, or study aids in any academic exercise. This includes “recycling” assignments (yours or others’).

Fabrication – Creating and/or falsifying information or citation in any academic exercise.

Plagiarism – Representing the words or ideas of someone else as one’s own in any academic exercise.

Facilitation – Helping or attempting to help someone to commit a violation of the Academic Integrity Policy in any academic exercise (e.g. allowing another person to copy information during an examination).

Undergraduate and Graduate Academic Integrity Process.

Additional information is available on the Student Success website under Student Community Ethics: <http://www.wcu.edu/experience/dean-of-students/academic-integrity.aspx>

SafeAssign Tool.

All written work submitted for this class is eligible for submission to the SafeAssign tool at the instructor’s discretion.

Course Evaluation.

Course Eval is the WCU course evaluation and you are encouraged to participate and complete this on-line evaluation for this course. We strive to constantly improve course design and delivery – your cooperation to complete the Course Eval provides a

mechanism that will help us in our goals to improve teaching and learning outcomes for all students. You will receive an electronic notification near the end of the semester when it becomes available.

Class Attendance Policy.

The university may drop a student for excessive absences. The University Class Attendance Policy is located on the WCU Webpage.

HPE 358 Attendance Policy: Students are given two absences—to be used for illness, family emergencies, etc. After the second absence, the student’s grade will be impacted. Five points per absence will be deducted from the attendance grade.

Due Dates: Assignments are due at the beginning of the class period on the dates specified. Work submitted late may be dropped one letter grade.

Written Assignments: Completed assignments must be grammatically correct. Papers should follow APA format and be word-processed.

Accommodations for Students with Disabilities.

Western Carolina University is committed to providing equal educational opportunities for students with documented disabilities and/or medical conditions. Students who require reasonable accommodations must identify themselves as having a disability and/or medical condition and provide current diagnostic documentation to the Office of Accessibility Resources. All information is confidential. Please contact the Office of Accessibility Resources at (828) 227-3886 or stop by Suite 135 Killian Annex for an appointment. <http://accessibility.wcu.edu>

Student Support Services:

Student Support Services provides support to students who are either first-generation, low-income or those who have disclosed a disability with: academic advising, mentoring, one-on-one tutorial support, and workshops focused on career, financial aid and graduate school preparation. You may contact SSS at (828) 227-7127 or email sssprogram@wcu.edu for more information. SSS is located in the Killian Annex, room 138.

Mentoring and Persistence to Success (MAPS).

Mentoring and Persistence to Success (MAPS) provides support to students who are first-generation (neither parent has a four-year degree), low-income, financially independent (emancipated youth, homeless or without consistent residence, or aged out of foster care), or those who have participated in the Academic Success Program (ASP) or Catamount Gap. For those who enroll, MAPS provides a variety of services, including academic advising, mentoring, and personal and social coaching. You may contact MAPS at (828) 227-7127 or email maps@wcu.edu for more information. MAPS is located in 205 Killian Annex.

Civil Discourse at Western Carolina.

Consistent with WCU's core values and our campus creed, the WCU community accepts the freedoms and responsibilities of our shared community. WCU encourages all to clearly express their own views while at the same time seeking to understand the varieties of style, identity, and opinion that are held in any diverse community. In order for us to sustain a learning environment that promotes and values freedom of expression, we have a shared charge to accept personal responsibility for our actions, reactions, and speech, while seeking to learn from the actions, reactions, and speech of others.

Academic Calendar

This includes dates for all breaks, university closures, final exams, etc. The academic calendar can be found at <http://www.wcu.edu/learn/academic-calendar.asp>

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Writing and Learning Commons (WaLC)

The Writing and Learning Commons (WaLC) is a free student service, located in BELK 207, providing course tutoring, writing tutoring, academic skills consultations, international student consultations, graduate and professional exam preparation resources, and online writing and learning resources for all students. To schedule tutoring appointments, visit the WaLC homepage (<http://tutoring.wcu.edu>) or call 828-227-2274.

Math Tutoring Center.

The Mathematics Tutoring Center (Stillwell 455, <http://tutoring.wcu.edu>), 828-227-3830), provides tutoring in all lower-division math and many CS courses help with mathematical concepts in other disciplines, and workshops on study skills specific to mathematics courses. Tutoring is available on a drop-in basis, MTWR 9:00am-9:00pm and Friday 9:00am-5:00pm.

Distance Students.

Distance students including students taking classes at Biltmore Park are encouraged to use the online tutoring service, more information can be found here: <https://www.wcu.edu/apply/distance-online-programs/current-students/tutoring-support.aspx>.

Intercultural Affairs.

The ICA office offers a variety of workshops, trainings, and conferences throughout the year. Visit the ICA office (227 AK Hinds University Center) or our website (<http://www.wcu.edu/experience/connect-and-join/intercultural-affairs/>) for details.

Blackboard Support.

The learning management system for this class is blackboard and can be found at: <http://wcu.blackboard.com>. Additional help with blackboard can be found at: tc.wcu.edu, (828) 227-7487 or by visiting the Technology Commons located on the ground floor of the Hunter Library.

Library Resources.

Hunter Library provides students with access to group and individual study spaces and to thousands of information resources: print and electronic books, newspapers, and scholarly journal articles. These resources can be searched online and often accessed there (<http://library.wcu.edu>) or can be searched and located in the library building. Students in need of research or library support can get help online (<http://researchguides.wcu.edu/help>), from your subject specialist, Beth McDonough bmc dono@wcu.edu, or from the research guide: <http://researchguides.wcu.edu/Education> or <http://researchguides.wcu.edu/Counseling>

Technology Resources.

There are various technology resources available to you to help you complete assignments in this course. You can check out video cameras, voice recorders, and tripods from the Instructional Technology office in Killian 102B. The Technology Commons on the bottom floor of the library also has equipment for checkout. Both units also provide consultation on the use of technology and software training. If you have questions or need assistance, see Misty Colton in Killian 102B, call 828.227.2747, or email mcolton@wcu.edu

BrainFuse

BrainFuse is a free, online academic tutoring service for distance students. Please visit the link below for instructions on accessing this resource.
<https://www.wcu.edu/apply/distance-online-programs/current-students/tutoring-support.aspx>

Course Evaluation

Please take a couple of minutes to complete the course evaluation for HPE 358. Improvements to the courses and program are based on your feedback. Additionally, this information is submitted to maintain accreditation with the UCJ and SACS-COC. The aggregated results of the evaluation are not submitted to your instructor until after final grades are submitted.
https://wcu.az1.qualtrics.com/jfe/form/SV_4HnQfbdAhOWJ7qB