

HKR 1000 - Section 081 Winter 2021

Note: This course summary is to provide you with a general idea of the course content, delivery, and evaluation for Winter 2021. This outline is subject to change. The course content and general course asynchronous delivery will not change. However, slight changes to course evaluation may be made. A formal syllabus will be provided on the first day of class.

Course Instructor: Aaron Flood

Office: PE 2008B

Office Hours: *By appointment*

Instructor Email: a.flood@mun.ca

- Preferred contact through Brightspace Course Mail: b39aef@online.mun.ca

Teaching Assistant (Section 081): Laura Squires

- Preferred contact through Brightspace Course Mail: les162@online.mun.ca

Course Objectives

Upon completion of the course, you will gain a more thorough and reliable understanding of the:

1. Biggest health threats and issues in today's culture,
2. Contributory factors to poor health, wellness, and
3. Ways you can maximize your health now and for years to come.

We will also investigate the ranges of physical activity (sedentary - being active - to achieving peak conditioning) available to you and the benefits obtained at each level. We endeavor to provide you with the tools need for you to be able to:

1. Assess your own level of wellness,
2. Conduct a number of self-evaluations pertaining to your fitness and wellness, and
3. Be able to design strategies and programs that will enhance your health and fitness to meet your own personal goals

Course Content

The following topics will be covered in this 13-week course:

1. Introduction to Health, Wellness, and Fitness
2. Basic Principles of Physical Fitness
3. Cardiorespiratory Endurance
4. Muscular Strength and Endurance
5. Flexibility and Low Back Health
6. Body Composition
7. Nutrition
8. Stress
9. Weight Management

Course Format

The course is a one-semester, 13-week course delivered entirely online (asynchronous). Each week deals with a different aspect of health, wellness, and fitness. There will be several different learning activities and evaluations, including text readings, PowerPoint notes, self-checks, labs, Twitter events, and a 2-part term assignment. While most of the work may be completed online at your own time you will need to participate in three Twitter events (assignments) during the semester with the class.

Remember an online course *requires the same amount of time and commitment* as an on-campus or blended course. Your work should be the same as an on-campus course which requires three hours of classes and a **minimum** another three hours of reading and other work per week. Some courses require much more time if there is group work or assignments.

Resources Needed

Textbook

Fit and Well (5th Canadian edition) Fahey, Insel, Roth, & Wong. (Available at Memorial's Bookstore.)

A copy of the textbook is also available at the QEII Library reserve desk. This is not an electronic copy; it must be signed out in person.

FitDay Tool

You will need a fitness and nutritional measurement tool, like [Fitday](#) or similar, to complete the term assignment. It is up to you which tool you use as long as it allows you to complete the assignment. There are several tools available online, for Android or Apple use.

WellTrack app

You will need to download the WellTrack app to complete the MoodChecks for the term assignment. This app is available for free from the App Store.

Twitter

We will be using Twitter for three assignments. Sign up for a Twitter account and post your Twitter ID in the Brightspace user profile (top right-hand corner of Brightspace). You must do this in order to be graded on these assignments. You may want to consider creating a new account to use as a student if you already have a Twitter account that you regularly use. You cannot change your Twitter ID mid-event. You can change it before the commencement of a new Twitter event in the course. See the Evaluation page for more details on how to set up your account and record your ID in your Brightspace user profile.

Student Resources

CITL offers an array of services for students, such as help with Desire2Learn. [Client Technical Support](#) is available on the CITL website. Access the Help link in the course navigation bar for information about using specific tools in D2L.

The University Library also has help available. Visit their [Learning Resources](#) page for links and information on our libraries, [Writing Centre](#), [Math Help Centre](#), [Memorial's bookstore](#) and the [Blundon Centre](#) which has services for students with disabilities.

Regulations

Students should review all university regulations. I wish to draw particular attention to the following:

- 6.6 [Evaluation](#),
- 6.7 [Examinations](#),
- 6.8 [Grading](#),
- 6.8.3 [Good Writing](#), and
- 6.11 [Academic Misconduct](#).

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Weekly Calendar

All assignment due dates are at the end of each according week (4:00pm)

Week	Start (12:00am)	End (4:00pm)
1	Monday, January 11th	Sunday, January 17th
<p>Reading: Ch. 1 - Intro to Health, Wellness and Fitness - Part 1 Evaluation Due: Practice Self Check (optional)</p>		
2	Monday, January 18th	Sunday, January 24th
<p>Reading: Ch. 1 - Intro to Health, Wellness and Fitness - Part 2 Evaluation Due: Self-Check</p>		
3	Monday, January 25th	Sunday, January 31st
<p>Reading: Ch. 2 - Basic Principles of Physical Fitness Evaluation Due: Self-Check</p>		
4	Monday, February 1st	Sunday, February 7th
<p>Reading: Ch. 3 - Cardiorespiratory Endurance - Part 1 Evaluation Due: Personal Wellness Assessment Lab</p>		
5	Monday, February 8th	Sunday, February 14th <3
<p>Reading: Ch. 3 - Cardiorespiratory Endurance - Part 2 Evaluation Due: Self-Check</p>		
6	Monday, February 15th	Sunday, February 21st
<p>Reading: Ch. 4 - Muscular Strength and Endurance Part 1 and 2 Evaluation Due: Self-Check Evaluation Due: Twitter Event 1</p>		

7	Monday, February 22nd	Sunday, February 28th
<p><u>Winter semester break begins at St. John's and Grenfell Campuses</u></p> <p>Reading: Ch. 5 - Flexibility and Low-Back Health - Part 1 Evaluation Due: Term Assignment Part 1 - Food & Activity Summary</p>		
8	Monday, March 1st	Sunday, March 7th
<p>Reading: Ch. 5 - Flexibility and Low-Back Health - Part 2 Evaluation Due: Self-Check</p>		
9	Monday, March 8th	Sunday, March 14th
<p>Reading: Ch. 6 - Body Composition Evaluation Due: Self-Check Evaluation Due: Health Management Lab (see note in week 9 content before starting the lab)</p>		
10	Monday, March 15th	Sunday, March 21st
<p>Reading: Ch. 7 - Nutrition - Part 1 Evaluation Due: Term Assignment Part 2 - Foot & Activity Reflection Evaluation Due: Twitter Event 2</p>		
11	Monday, March 22nd	Sunday, March 28th
<p>Reading: Ch. 7 - Nutrition - Parts 2 and 3 Evaluation Due: Self-Check</p>		
12	Monday, March 29th	Sunday, April 4th
<p>Reading: Ch. 12 - Stress Evaluation Due: Self-Check Evaluation Due: Twitter Event 3</p>		

13	Monday, April 5th	Sunday, April 11th
Reading: Ch. 8 - Weight Management - Parts 1 and 2 Evaluation Due: Self-Check		
Wednesday, April 14th		Wednesday, April 14th
Final Timed Assignment		