



P.O. BOX 1500
STAUNTON, VA 24402

PHE 100WA: Fitness (Online)
Fall 2021 (8/30/2021 – 12/10/2021)
1 Credit Hour

Professor: Dr. Melissa Anderson Morgan
Email: mmorgan@marybaldwin.edu
Office Hours: By appointment

This course completes the P1 requirement for the Common Curriculum LO2

Course Goals

1. Students develop an awareness of the importance of personal fitness and overall wellness.
2. Students gain strategies and knowledge to design a personal program for lifelong fitness and well-being.

Topics to be covered

1. Evaluation of current fitness level
2. Setting realistic goals
3. Strategies for changing health-related behaviors
4. Nutrition and healthy weight control
5. Stress reduction

Course Requirements – All are required to be submitted in Canvas

1. Exercise Journal: Participate in aerobic activity for at least 30 minutes, 3 times per week for 8 weeks – documented in a journal to be submitted at the end of class.
2. *Are You Ready to Exercise?* PAR-Q Form
3. Dietary Intake and Mindful Eating Assessment
4. Journal Article Review: Focused on some aspect of fitness, health or wellness
5. Online Discussions: Participation in four online discussions
 - a. Introductions
 - b. Goal Setting
 - c. Stress Management
 - d. Total Wellness
6. Final Summary Paper of Class Activities

Grading

Exercise Journal	30%
Assignments:	40%
Online Discussions	20%
Final Summary Paper	10%



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This course uses the University-wide grading scale. All PHE classes may be taken P/NC and this does not count toward the P/NC rules.

Textbook – There is no textbook for this course. All resources will be posted in Canvas.

Assignment Submission Guidelines and Late Work Policy

All work must be submitted in Canvas. Do not email assignments unless you have received prior approval from the professor.

Please look at the **due dates** posted in Canvas for each assignment and add them to your personal calendar/scheduling system. **Late work will not receive full credit or feedback. Late work will not be accepted one week after the due date** unless prior arrangements have been approved by the professor.

Please verify that any assignments you submit as attachments in Canvas have uploaded completely and that you can open them from your device **before the due date**. Do not wait until the last minute – allow time to adapt to unexpected circumstances. If you experience technical issues, please contact the OIT Help Desk at 540-887-7075 or support@marybaldwin.edu.

Additional Course Policies and Guidelines

As an online student, you are required to activate and regularly monitor your MBU-issued email account. This account will be used for course communication.

If you have a confidential question of a personal nature that you do not wish to post in the shared course discussion forum, please email the professor. A phone call or video meeting can be arranged, if needed.

It is understood that many of you may be working, have families, or be impacted by unusual circumstances due to COVID-19. If you are having issues because of difficult situations, please contact the professor as soon as possible to coordinate a plan. Early communication is key.

Extensions are not offered for this course.

MBU Honor Code and System

All students are expected to follow the Mary Baldwin University Honor System.



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Mary Baldwin students pledge to uphold the Honor Code. They pledge to refrain from cheating on assignments, papers and tests, to refrain from plagiarism, and always to be honest in their dealings with faculty, staff and other students. To maintain the integrity of the system, students, faculty and staff who witness Honor Code infractions are expected to report them. <https://go.marybaldwin.edu/student/sga/honorcode/>

Should the professor become aware of an Honor Code offense in this course, she will encourage the student(s) to self-report by e-mailing the Honor Council chairwoman or by filing an incident report. If the student(s) does not self-report within 24 hours, the professor will submit the report herself.

https://cm.maxient.com/reportingform.php?MaryBaldwin&layout_id=9

If the Honor Code offense is related to a course assignment, the assignment will not receive an official grade until the Honor Council investigation (and, if necessary, hearing) is complete. The professor will not assess a grade penalty for an Honor Code infraction unless a student is found responsible by (or admits responsibility to) the Honor Council.

Accessibility Information

Accessibility Services: Any student with documented accessibility needs who feels they may need academic accommodations while taking this course, should first contact Dr. Carey Usher, Associate Provost (cusher@marybaldwin.edu, 540-887-7064) or Accessibility@marybaldwin.edu.

The Academic Resource Center

The ARC is your one-stop-shop for writing, math, and all other subject and studentship tutoring. Residential students can meet with tutors virtually or face-to-face in the Center for Student Success, on the first floor of Grafton Library. Online and remote students can work virtually with tutors on papers, assignments, and test-taking strategies. Appointments are scheduled through TutorTrac (tutortrac.marybaldwin.edu). For more information, contact Dr. Carey Usher, Associate Provost cusher@marybaldwin.edu, 540-887-7064 or ARC@marybaldwin.edu