



P.O. BOX 1500
STAUNTON, VA 24402

PHE 100WA: Fitness (Online)
Spring 2021 (1/11/2021 – 4/19/2021)
1 Credit Hour

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

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.

Important Notes to Students

1. All academic work is covered by the MBU Honor Code policy.
2. 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.
3. All work must be submitted in Canvas. Do not email assignments unless you have received prior approval from the professor.
4. 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.
5. 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.
6. 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.
7. If you have physical limitations or a current disorder or disease that you regularly see a physician for, contact the professor. They can work within your physician's guidelines to design a safe, realistic program.
8. Finally, 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.