Dear Student,

Welcome to KPET 201 , Principles of Physical Fitness and Conditioning! You have registered for 100% online class that will have ZERO in-person meetings during the semester. Be sure to follow the calendar carefully and always check the announcements on the Blackboard site for assignment due dates, changes etc.

You are expected to log onto the Blackboard site just about every day as will be posting announcements, assignments, and discussion topics that you will be expected to participate in each week.

Course Overview

This course will introduce the basic concepts of physical fitness, nutrition, health promotion and disease prevention. Introduction to fitness and performance related fitness components along with the formulation of sound health and fitness choices and decisions will be covered and discussed.

Students will be exposed to fitness assessment and evaluation methods in all 11 health and skill-related fitness components. In addition, the science of "sport-specific conditioning" will also be addressed.

Course Objectives
Upon successful completion of this course students will be able to:

· Identify and explain how lifestyle plays a role in personal fitness levels
· Identify and explain all health-related and fitness-related fitness components
· Evaluate and explain the role of nutrition and body composition on exercise and activity
· Formulate sound basic exercise programs
· Assess the role of the physical activity pyramid
· Make intelligent choices that contribute to a healthy lifestyle
· Choose appropriate assessment tools for various fitness components

Class points and breakdown:

Quizzes (9) - 170 pts. · Blog topics (5) - 50 pts. Wiki Topics (5)- 50pts. · Week long Diet analysis & Write-up - 50 pts. · Internet research/exam assignment -(2) 50 pts. · Internet website assignment 50pts.

Total points - 370

Getting Started

The majority of our coursework will be completed online using Blackboard. Be sure to go to the following link and complete the Blackboard orientation if you are not familiar with this online classroom program (it is quite easy once you get started).

In addition, you will find additional online resources at the following link as well.

PLEASE NOTE! COC has gone to a new Blackboard login process. Beginning Summer 2012 the new login web address is http://bb9.canyons.edu.
**IMPORTANT!!!**

You **MUST** input a valid email address into the blackboard site upon logging. Go to your personal settings area and do this IMMEDIATELY. I will be sending emails regarding important dates, assignments, extra credit opportunities etc. If you do not have and email address listed, you will not receive any of these emails.

Resources:

http://www.canyons.edu/offices/distance_learning/OnlineOrientation/

SUCCESS

In order to succeed, you must have regular access to the Internet. You must log on to our class’s site to retrieve and submit assignments and to participate in class discussion at least every other day. If you will not be able to participate in this manner, this is not the course for you. Discussion is our biggest learning tool in a class of this nature. You will be expected to participate and bring your readings into each and every discussion topic. I will also have several live chat opportunities during the semester in which students can ask questions, discuss topics, make comments etc.

Please note that we will all progress through the course together, at the same pace. This is not a class in which you can complete all the work for the semester in the first week or make it all up in the last week.

Technical requirements

As I noted above, you should have regular access to the Internet. Also, you will need an email account. You are responsible for maintaining an active email account for the whole semester. If you change addresses and do not let me and your classmates know, you will not be able to receive important information.

Your email address will be available to your classmates as well as me. If you are concerned about privacy, then you can establish an email account specifically for this course at one of the many free email service providers (yahoo.com, hotmail.com, etc.).
**Required Texts**

The following required books are available in the College of the Canyons bookstore:

**Principles & Labs for Physical Fitness**, Hoeger and Hoeger, Thomson-Wadsworth. (any edition as early as the 4th is fine)

**Assignments -**

All Assignments must in COPY & PASTE format and must be emailed to me by the due date in order to receive credit. robert.dosremedios@canyons.edu.

**Discussions /Blog & Wikis-**

All of you will be responsible to post and PARTICIPATE in your classmate’s postings during each Blog and Wiki to get full credit. Postings should be thoughtful, insightful, or be a question that we can all participate in. Once the due date for the discussion has passed, you can no longer post. DO NOT post 2 postings at the last minute on the evening of the due date, you will not receive credit for these postings.

**NO LATE ASSIGNMENTS WILL BE ACCEPTED, no exceptions.**

**Quizzes -**

Are completed online. Once the due date has passed, the quiz will no longer be available for you to work on.

**Grading Procedures**

While this is a 100% online course, you are expected to "attend" by logging into and participating in discussions, quizzes etc. **almost every day.** When a weekly discussion topic is completed, you will not be able to go back and make
comments etc. All quizzes and discussions must be completed by the posted due dates.

The entire course will be based on a total of **470** points. Grades will be awarded based on your % of these points you receive (90%-A, 80%-B, 70%-C. 60%-D, 59%-F).

**Extra Credit -**

Keep an eye out for announcements regarding extra credit opportunities. These will occasionally come in the form of live online chats, extra questions on exams etc..

Sincerely,

*Robert dos Remedios, MA, CSCS, MSCC Director of Speed, Strength & Conditioning Dept. Chairperson - Kinesiology-Physical Education College of the Canyons*

*Office : WPEK -13 Phone: 661-362-3527 661-362-3527*

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