



Southern Arkansas University Tech  
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870.574.4453 or 870.574.4586  
[www.sautech.edu](http://www.sautech.edu)

## ONLINE COURSE INFORMATION SHEET

**Course Number:** PE1081

**Course Title:** Fitness for Life

**Course Description:** This is a survey course designed to develop in each student an understanding of the importance of physical fitness and obtain the knowledge of how to attain a health-enhancing level of fitness. Nutritional awareness and stress management are also covered.

**Instructor:** Patricia Sindle

**Instructor Bio:** Presently Director of Enrollment Services at SAU Tech for 18 years. Taught and coached on the Secondary level for 14 years.

**Prerequisite:** None

**Textbook Information:** Hoeger, W. W., & Hoeger, S. A. (2012). *Principles and labs for physical fitness*. Australia: Wadsworth, Cengage Learning. ISBN: 978-1-111-42560-9.

### Learning Outcomes

1. Students will be able to develop and practice recreational, fitness and wellness activities that are part of a healthy lifestyle.
2. Students will identify and explain nutrition, health and exercise practices and procedures for use with lifetime fitness.
3. Students will be able to list and describe several important factors that contribute to proper health and wellness.

### Course Objectives

1. Students will demonstrate their mastery of this outcome by scoring 70% or better on relevant assignments or test questions.
2. By being able to score 70% or higher on exams or relevant assignments student will demonstrate that they can:
  - a. Understand preventive measures for cardiovascular and other hypokinetic diseases.
  - b. Understand the components of health-related fitness and the benefits of each.
  - c. Design a personalized fitness program bases on current fitness status, age, personal fitness goals and choice of activity
  - d. Understand and apply various strategies for managing stress.
  - e. Understand the value and elements of proper nutrition.
  - f. Design a nutritionally sound eating plan for optimal health.
  - g. Select activities to participate in for a lifetime of good health and fitness.

### On-Campus Requirement

The final exam must be taken at an approved proctor site. Visit the college website at [www.sautech.edu](http://www.sautech.edu) for detailed information.

### Modes of Interaction

Discussion Board, Online Assignment, Email

### Methods of Assessment

Assessments for this course are in the form of quizzes, exams and assignments.

**Enrollment Procedures:**

SAU Tech is an open admissions college; however, we have several items that you must provide in order to be admitted:

- Submit application for admission.
- Submit a high school transcript or GED, and official college transcripts from all previously attended colleges (if applicable).
- Provide proof of two immunizations against measles, mumps and rubella.
- Take a placement test. Students enrolling must submit ACT, SAT, ASSET or COMPASS scores. Students can take the ASSET or COMPASS test at SAU Tech.

Students are responsible for all tuition and fees at the time of registration. Students must officially drop by written notice or in person in order to reduce their balance owed. If students never attend class, he/she will still be assessed partial tuition and full student processing fees, unless he/she completely withdraws during the 100% refund period.

In order for a student to drop a class, he/she must complete a drop form or send written request to his/her advisor. A \$10 drop fee is assessed for drops that take place after the registration period ends.

**Admissions Office Website:** <http://www.sautech.edu/studentResources/admissions.aspx>

**Course Registration Website:** <http://www.sautech.edu/studentResources/advising.aspx>

**Technical Requirements and Resources:** Students will need Internet access and have the ability to send and receive e-mail attachments using the e-mail within Blackboard.

**Library Website:** <http://www.sautech.edu/lrc/index.aspx>

**Bookstore Website:** <http://sautech.textbooktech.com>

**Adult Learner Resources:** Online library and bookstore services can be obtained at the library and bookstore websites. Advising services can be obtained at <http://www.sautech.edu/studentResources/advising.aspx>.

**Student Support and Learning Resources:** Online library and bookstore services can be obtained at the library and bookstore websites. Advising services can be obtained at <http://www.sautech.edu/studentResources/advising.aspx>.

**Other Considerations**

Prior computer skills are essential for success in an online class. Prior to enrolling in an online class, you should be able to:

- Surf the Internet and download web pages
- E-mail and attach files and know proper e-mail etiquette
- Use Microsoft Word skills and submit papers with correct format, grammar and spelling

All first time online students are required to complete Learning Strategies before they will be allowed to take their online course(s). The purpose of Learning Strategies is to teach students how to use Blackboard and provide information about other systems that students will use while a student at SAU Tech.

There are computer programs and other things that you will need if you are taking an online course from SAU Tech. To make it easier for you, we have compiled a list of these things. Before beginning your online course, you should go ahead and make sure each of these programs listed below are loaded on every computer that you will use while taking your online course(s).

- Microsoft Word – used to complete assignments and submit to instructor
  - Can be accessed via SkyDrive inside your student email account. **FREE**
  - Can be purchased from Wal Mart or other software vendor and will need to be loaded on to your computer
  - There is also a **free** product that works just as good as the Microsoft Office Suite. You can download it at <http://download.openoffice.fm/free/?pk=26976>
- Adobe Reader 7.0 or higher – used to read files in pdf format
  - Cost: Free
  - Can be downloaded to your computer from <http://www.adobe.com/products/acrobat/readstep2.html>

- Adobe Flash Player (7 or higher) – used to view study activities and demonstrations in Learning Strategies course
  - Cost: Free
  - Can be downloaded to your computer from [http://www.adobe.com/shockwave/download/download.cgi?P1\\_Prod\\_Version=ShockwaveFlash](http://www.adobe.com/shockwave/download/download.cgi?P1_Prod_Version=ShockwaveFlash)
- Macromedia Shockwave Player 8.5.1 – used for interactive quizzes, animations and activities
  - Cost: Free
  - Can be downloaded to your computer from <http://www.macromedia.com/shockwave/download/download.cgi?>
- Windows Media Player – used to listen play audio files
  - Cost: Free
  - Comes as part of your Windows operating system
- Java – a technology that is required in order for Blackboard to function properly as well as some other programs that SAU Tech uses with its online classes (**Note: Only one version of Java can be running on your computer at a time.**)
  - Cost: Free
  - Can be downloaded to your computer from <http://javashoplm.sun.com/ECOM/docs/Welcome.jsp?StoreId=22&PartDetailId=jre->