

HPA 1489

Special Considerations for Health and Fitness Programming

Course Instructors:

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The School of Education Mission Statement:

We ignite learning. We strive for well-being for all. We teach. We commit to student, family, and community success. We commit to educational equity. We advocate. We work for justice. We cultivate relationships. We forge engaged partnerships. We collaborate. We learn with and from communities. We innovate and agitate. We pursue and produce knowledge. We research. We disrupt and transform inequitable educational structures. We approach learning as intertwined with health, wellness, and human development. We address how national, global, social, and technological change impacts learning. We shape practice and policy. We teach with and for dignity. We think. We dream. We lead with integrity. We are the School of Education at the University of Pittsburgh.

Course Description:

This class provides future exercise scientists, fitness professionals, and health educators with a knowledge base in motor development and the appropriate selection of health knowledge/skills and physical activities for children, all while taking into account the social determinants of health and other contextual factors to allow for effective interaction within diverse populations. This course also includes exposure to and practice in the American College of Sports Medicine's facility standards and guidelines.

Course Objectives:

On completion of the course, the student will be able to meet these objectives:

1. Understand key terms and frameworks within a Diversity and Social Justice approach to health and health equity
2. Apply a social justice and equity lens when approaching topics in- and outside of the classroom to (a) interpret and analyze situations thoughtfully and (b) effectively promote health and wellness in diverse populations
3. Apply the knowledge base of healthy behaviors to promoting health and wellness in young children
4. Discuss with parents and other teachers the goals and objectives of promoting health and wellness in elementary schools
5. Apply the knowledge base of children's motor development to promoting health and wellness in elementary school children
6. Appreciate the value of developing movement skills, being physically active, achieving physical fitness, and acquiring healthy habits for being a healthy adult

7. Understand children’s growth, physical fitness, and motor skills as well as related knowledge and attitudes about movement and healthy lifestyles
8. Demonstrate knowledge and understanding of the national standards and principles developed by the National Association for Sport and Physical Education and incorporate them into curriculum development and implementation
9. Create and disseminate risk management guidelines for a health/fitness facility, department or organization to reduce member, employee and business risk
10. Demonstrate knowledge of human resource management requirements and techniques including fiscal management, legal guidelines, injury prevention and safety requirements

Classes may include: presentations, discussions, group activities, physical activity lessons, and a healthy snack.

Class Requirements:

	Points
Attendance/Participation in Discussions and Lessons	150
Journal Reflections	145
Brain Break Creation & Delivery	20
Academic Lesson Plan Creation & Delivery	50
School-Appropriate Healthy Snack Creation & Delivery	50
Concussion Training Certification	10
Facilities & Guidelines Presentation, Quiz	25
TOTAL POINTS	450

Poverty Simulation:

We will be participating as a class in **Poverty Simulation: *Standing in Their Shoes*** on Wednesday, August 30th from 10:00-12:30 p.m. at the University Alumni Hall, Connolly Ballroom. Both sections of Dr. Davis’ class will attend that class in the afternoon on this date. All fees and expenses related to this opportunity are paid for by the Department of Health and Physical Activity.

Courseweb

All assignments **must be submitted through Courseweb by the due date/time.** A printed copy of the assignment will not be collected. Late assignments are not accepted.

Materials for the Course:

1. Required Text
 Author: American College of Sports Medicine Edition: 4th edition
 Title: ACSM's Health/Fitness Facility Standards and Guidelines
 ISBN: 978-0736096003 Publisher: Human Kinetics
2. Additional Assigned Readings
 Will be posted on Courseweb or distributed in class.
3. Appropriate Exercise Attire
 Students should come prepared to move for each class.

Attendance Policy:

Attendance is required due to the nature of the course. There will be one allowable absence throughout the semester. Students who need to miss a class for university business or an illness beyond these two will need to inform the instructor in advance by phone or email and subsequently provide written documentation verifying their absence. In addition, students who miss a class are responsible for obtaining lecture notes and handouts and are responsible for all missed announcements and/or course changes. Only students with a university-approved absence will be allowed to make up any missed work in class.

Miscellaneous Issues

Any student caught cheating (including any form of academic dishonesty such as copying material from other students, plagiarism, etc.) will result in an automatic “F” in this course. Additionally, the student will be reported to the university officials, and it will go on file in the student’s academic record.

Late assignments will result in point deductions. Assignments/projects which are unreadable and/or not professional in appearance and/or content will not receive credit.

Cell phones are to be turned off during class. Text messaging during class is not permitted. You will be asked to leave class if caught texting during lecture or activities and will be deducted 5 points for your absence.

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact your instructor and Disability Resources and Services, 140 William Pitt Union, 412-648-7890 or 412-383-7355(TTY) as early as possible in the term.

DRS will verify your disability and determine reasonable accommodations for this course.

Departmental of Health and Physical Activity Grievance Procedure.

If a student feels that they have been treated unfairly by the instructor with regard to their grade or other aspects of their course participation there are a series of steps that should be taken in an attempt to resolve this matter. These include the following:

1. The student should first inform the instructor of the course of the issue in an attempt to resolve this matter. If the course is taught by a Teaching Assistant, Graduate Student, or Part-Time instructor, their faculty supervisor should also be informed of this matter. The student should bring this issue to the attention of the instructor in a timely matter and should maintain a record of interactions that occurred with the instructor regarding the matter in question. The course instructor should take necessary steps to address the concern raised by the student in a timely matter and should maintain a record of the interactions that occurred with the student regarding this matter.
2. If, after reasonable attempts to resolve the matter, the matter is not resolved in a manner that is deemed to be acceptable to the student, the student retains the right to file a grievance. This grievance is to be filed with the Department Chair in the form of a written document that can be submitted via email or campus mail. This document should include the following:
 - a. Student’s name
 - b. Student contact information (email, address, telephone number)

- c. Information on the course for which the grievance applies (course title, course number, instructor name).
- d. A copy of the course syllabus that was provided to the student by the instructor
- e. Detailed description of the grievance and additional information the student feels is pertinent to this matter.

After receiving this information the Department Chair will inform the student if additional information is needed, as appropriate will discuss this matter with the student and the instructor, and will issue a decision in a timely manner.

- 3. If the student is not willing to accept the decision of the Department Chair, the student will be informed that they can request an additional review of this matter through the Office of the Dean of the School of Education. If the student decides to pursue this, the student should contact the Associate Dean for Student Affairs & Certification in the School of Education at the University of Pittsburgh.