

**UNIVERSITY OF PITTSBURGH**  
**Department of Health and Physical Activity**

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<b>HPA 2268</b>	<b>Physical Activity and Health—Fall 2019 (3 credits)</b>
<b>Format:</b>	Online course
<b>Instructor:</b>	Christopher E. Kline, PhD
<b>Office:</b>	Physical Activity & Weight Management Research Center 32 Oak Hill Court, Room 227 Pittsburgh, PA 15261
<b>Phone:</b>	412-383-4027
<b>Email:</b>	chriskline@pitt.edu
<b>Office Hours:</b>	By appointment

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**COURSE DESCRIPTION**

The purpose of this course is to expose the student to the topics related to the role of physical activity in the prevention and treatment of chronic diseases and additional health-related outcomes.

**REQUIRED TECHNOLOGY & TEXTS**

**REQUIRED TECHNOLOGY:** Due to the online format of this course, certain technology is required to adequately complete the course. In general, Blackboard users will have the best experience with either [Firefox](#) or [Chrome](#) (for Windows or Mac), or [Safari](#) for the Macintosh. Please make sure that you have access to a secure, cable internet hookup for quizzes and exams. Wireless (WiFi) connections have proven unreliable for these crucial tasks.

- **Support for Students:** There is a [Blackboard Student Manual](#) on the Courseweb homepage.
- **Problems should be directed to the Technology Help Desk. Call 412-624-HELP or [submit a help ticket online](#).**

**REQUIRED TEXT:** There are no required textbooks for this course. For supplemental reading, the following textbooks are recommended:

- Physical Activity and Health: The Evidence Explained. Editors: AE Hardman, DJ Stensel. New York: Routledge, 2009.
- Physical Activity and Health (2<sup>nd</sup> edition). Editors: C Bouchard, SN Blair, W Haskell. Champaign, IL: Human Kinetics, 2012.
- Physical Activity Epidemiology (2<sup>nd</sup> edition). Editors: RK Dishman, GW Heath, IM Lee. Champaign, IL: Human Kinetics, 2013.

**COURSE GOALS & OBJECTIVES**

The course lectures, readings, assignments, and quizzes are intended to provide opportunities for class members to accomplish specific competencies related to understanding the prevalence of physical inactivity and its role in chronic disease.

After completion of this course, the student should be able to:

1. Describe surveillance systems that monitor physical activity patterns in the U.S.;
2. Analyze different methods to measure physical activity and evaluate the strengths and weaknesses of each;
3. Understand issues related to the statistical analysis of physical activity data;

4. Examine the risks and benefits associated with physical activity;
5. Describe the role of physical activity in primary and secondary prevention of various health conditions;
6. Review the national strategies to promote physical activity;
7. Critique current efforts to promote physical activity in various settings and populations.

## COURSE STRUCTURE

Due to web-based nature of this course, attendance will be documented by the completion of required modules and quizzes. The course is structured in a Wednesday-to-Wednesday format: A new module will be assigned each week, as outlined by the syllabus. You will have that entire week to complete each module. The schedule of weekly assignments and tasks is as follows:

Week 1	Module (including Quiz) opens on Wednesday at 8:00 AM <ul style="list-style-type: none"> <li>• Quiz is due on the following Wednesday by 8:00 AM</li> </ul>
Weeks 2-14	Module (including Quiz & Discussion Board) open on Wednesday at 8:00 AM <ul style="list-style-type: none"> <li>• First post on discussion board due the following Monday by 8:00 AM</li> <li>• Additional post due the following Wednesday by 8:00 AM</li> <li>• Quiz is due on the following Wednesday by 8:00 AM</li> </ul>
Week 15	Final paper is due at the beginning of Final Exam Week (December 9)

\*\*Failure to complete an assignment (e.g., quiz, discussion board post) within the time allotted will result in a **0** for that assignment.\*\*

**\*The course is structured in a Wednesday to Wednesday format so that I can respond to questions, concerns, and technology issues as quickly as possible during the work week two days prior to an assignment being due and two days after new postings, when I have full access to my computer, internet, and files.\***

**There will be no make-ups for quizzes or assignments unless prior arrangements have been made with the instructor.** Missed quizzes or assignments can only be made up if accompanied by written documentation justifying the absence. Decisions regarding the justification of the absence will be made by the instructor. These must be made up within one week at a time and date approved by the instructor. In rare cases where unexpected (emergency) circumstances arise, it is the student's responsibility to notify the instructor immediately (i.e., within 48 hours) in order to ensure the possibility of a make-up date.

## RESPONSIBILITIES AND ASSIGNMENTS

This course will utilize a lecture-based online format. Topics are organized by week/module. Quizzes are used to ensure completion of modules and comprehension. Discussion boards are used to facilitate engagement with the topic being covered.

*As an online course, students are required to assume partial responsibility for learning material by reviewing Powerpoint lectures, notes, and recommended readings and by engaging in the discussion boards.*

**Quizzes:** There will be weekly quizzes throughout the modules in this course. At the end of each module, there will be a comprehension quiz which will be included in your overall grade. Quizzes will feature a mix of true/false, multiple choice, short answer, and essay questions. Quiz values will vary from week to week depending upon the module content.

- 12 weekly quizzes @ 10-20 points each

**Discussion Boards:** There will be a discussion board set up for some of the lectures to facilitate discussion about the course content. In addition, you will sign up for one week to facilitate the discussion based on a recent article that you find that is focused on that week's topic. You will be required to post a well-constructed synopsis of the chosen research article and pose discussion questions for the class. Then you will need to facilitate further discussion and answer questions during that week. If you are not facilitating that week, you are required to pick one discussion thread and then read the article, post a response to the discussion by answering the questions posed by the facilitator in one main post, and then post an additional comment for each module in order to receive full credit. Answers and comments will be graded on completeness, thoughtfulness, and demonstration of knowledge and critical thinking skills. A 'discussion board grading rubric' will be available on CourseWeb for an in-depth look at how points are awarded for these posts. Discussion board participation points will vary from week to week depending upon the module content. Facilitation of the discussion board will be worth up to 50 points.

- Weekly discussion board assignments @ 5-10 points each
- 1 discussion board facilitation @ 50 points

**Final Assignment:** One final paper will be due during the final module of the course (Module 15). You will be asked to choose a specific health condition and write about the role of physical activity in the prevention, treatment, and/or management of that condition. Details regarding this assignment, including a scoring rubric, will be provided in mid-October.

- 1 final paper assignment @ 50 points

## COURSE SCHEDULE

*The course schedule is tentative and may change at the discretion of the instructor.  
Students are responsible for any changes made to the syllabus that are posted.*

Module/Wk:	Dates:	Topic:
0	Aug 26 – Aug 30	Course Introduction
1	Aug 28 – Sept 3	Origins of the Role of Physical Activity in Public Health
2	Sept 4 – Sept 10	Physical Activity Measurement & Assessment
3	Sept 11 – Sept 17	Physical Activity Research Methods; Physical Activity and Mortality
4	Sept 18 – Sept 24	Physical Activity & Cardiovascular Disease (CHD, Stroke, PAD)
5	Sept 25 – Oct 1	Physical Activity & CVD Risk Factors I: Hypertension
6	Oct 2 – Oct 8	Physical Activity & CVD Risk Factors II: Hyperlipidemia, Obesity
7	Oct 9 – Oct 15	Physical Activity & Diabetes

8	Oct 16 – Oct 22	Physical Activity & Bone Health
9	Oct 23 – Oct 29	Physical Activity & Cancer
10	Oct 30 – Nov 5	Physical Activity & Immunity
11	Nov 6 – Nov 12	Physical Activity & Mental Health
12	Nov 13 – Nov 19	Physical Activity and Sleep Health
13	Nov 20 – Nov 26	Risks & Hazards of Physical Activity
14	Nov 27 – Dec 3	<b>Nov 25 – Nov 29: THANKSGIVING RECESS</b>
15	Dec 4 – Dec 9	Final Paper DUE

Once you finish reading this syllabus, email me your favorite GIF, meme, or picture to receive 3 bonus points for the class. For full bonus points, email me by August 30, 2019.

### EVALUATION AND GRADING

Your grade will be determined by dividing your actual points by the total number of points attainable.

<b>Responsibility/Assignment:</b>	<b>Approximate Point Value *</b>
Quizzes (weekly)	200-250
Discussion Board Participation (weekly)	120
Discussion Board Facilitation (once)	50
Final Paper	50
<i>* <b>Note:</b> Point values are approximate and subject to slight variations due to unforeseen circumstances.</i>	

The following grading scale will be used to determine final course grades.

<b>Letter grade:</b>	<b>Percentage:</b>
A	≥ 93.00%
A-	90.00 to 92.99%
B+	87.00 to 89.99%
B	83.00 to 86.99%
B-	80.00 to 82.99%
C+	77.00 to 79.99%
C	73.00 to 76.99%
C-	70.00 to 72.99%
D+	67.00 to 69.99%
D	63.00 to 66.99%
D-	60.00 to 62.99%
F	< 60%

### **Incomplete (I) or G Grades**

Students must complete all course requirements to receive a grade for this course. In the event of extenuating personal circumstances, such as a medical emergency or a death in the family, an I grade (incomplete course work) or G grade (course work unfinished because of extenuating personal circumstances) may be awarded to signify unfinished course work. *G grades will not be an option for students who fall behind in the course for non-emergency reasons.* Students assigned I or G grades are required to complete course requirements no later than one year after the term in which the course was taken. After the deadline has passed, the I or G grade will remain on the record, and the student will be required to re-register for the course if it is needed to fulfill requirements for graduation.

### **COURSE COMMUNICATION**

- CourseWeb will be the primary source for all course-related communication and materials: announcements, lectures, discussion boards, etc.
- Announcements may be supplemented by messages sent by the instructor to the students' Pitt e-mail addresses (i.e., xxx@pitt.edu). As a result, it is the student's responsibility to check his or her Pitt e-mail address regularly.
- Dr. Kline can best be reached via e-mail. To ensure a prompt reply, please include 'HPA 2268' in the subject line. Please allow up to 1 full business day for a response.

### **TEACHING SURVEY**

Students in this class will be asked to complete a *Student Opinion of Teaching Survey*. Surveys will be sent via Pitt e-mail and appear on your CourseWeb landing page during the last three weeks of class meeting days. Your responses are anonymous, but I have included 5 bonus points if you send me an e-mail indicating that you have completed the survey. (I will trust you that you are being honest!) Please take time to thoughtfully respond; your feedback is important to me and the future offerings of this course. [Read more](#) about *Student Opinion of Teaching Surveys*.

### **ACADEMIC POLICIES**

#### **Course Policies:**

Any student caught cheating (includes any form of academic dishonesty such as copying answers, taking quizzes/exams with another students, plagiarism, etc.) will result in an automatic "F" in this course. Additionally, the student will be reported to the appropriate university officials, and it will go on file in the student's academic record.

#### **University Policies:**

##### Academic Integrity

Students in this course will be expected to comply with the [University of Pittsburgh's Policy on Academic Integrity](#). Any student suspected of violating this obligation for any reason during the semester will be required to participate in the procedural process, initiated at the instructor level, as outlined in the University Guidelines on Academic Integrity. This may include, but is not limited to, the confiscation of the examination of any individual suspected of violating University Policy. Furthermore, no student may bring any unauthorized materials to an exam, including dictionaries and programmable calculators.

##### Disability Services

If you have a disability for which you are or may be requesting an accommodation, you are encouraged to contact both your instructor and [Disability Resources and Services \(DRS\)](#), 140

William Pitt Union, (412) 648-7890, [drsrecep@pitt.edu](mailto:drsrecep@pitt.edu), (412) 228-5347 for P3 ASL users, as early as possible in the term. DRS will verify your disability and determine reasonable accommodations for this course.

### Copyright Notice

Course materials may be protected by copyright. United States copyright law, 17 USC section 101, et seq., in addition to University policy and procedures, prohibit unauthorized duplication or retransmission of course materials. See [Library of Congress Copyright Office](#) and the [University Copyright Policy](#).

### **Department of Health and Physical Activity Student Grievance Policy**

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.