

**FAU**  

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**FLORIDA ATLANTIC  
UNIVERSITY**

**COLLEGE OF EDUCATION  
DEPARTMENT OF EXERCISE SCIENCE & HEALTH PROMOTION  
HSC2101: Physical Behavior Across the Lifespan  
Fall 2015 – 3 credits**

Professor: Chun-Jung Huang, Ph.D., FACSM  
Office: Field House 11A- Room 126B  
Phone: 561-297-1271  
Office Hours: TBA  
Course Schedule: Distance Learning – Online (August 17 to December 11)

\*\*\*\* No pre-requisites or co-requisites are required.

**A. Course Description:**

This course will focus on the effects of physical activity on the stages of lifespan such as childhood, adolescence, early adulthood, middle adulthood, and late adulthood. Emphasis also includes the different recommendations of physical activity in specific populations throughout the lifespan (e.g., pregnancy and Obesity).

**B. Required Textbook and Computer Skills:**

1. Lifespan Motor Development: Haywood K. & Getchell, N. Champaign, IL: Human Kinetics Publishers, Inc., 6th edition ISBN: 978-1450456999.
2. Nutrition Through the Life Cycle: Brown, J.E., Isaacs, J., & Krinke, B. Cengage Learning; 5 edition. ISBN: 978-1133600497.
3. Students need to have a basic blackboard knowledge to complete all assignment required in this course.

**C. Course Objectives:**

The learning experiences and activities in the course are designed to enable the student to:

1. Describe the importance of physical activity on motor and growth development on the early stage of lifespan.
2. Explain the energy and nutrient needs of physical activity throughout the lifespan.
3. Describe the impact of physical activity on physiological and psychological development.
4. Identify physical activity strategies and concerns in pregnancy.
5. Identify the current recommendations of physical activity in weight loss and weight loss maintenance.
6. Explain the role of physical activity on anti-inflammation and muscular health of older adults.

**D. Accommodations/Special Needs:**

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), and follow all OSD procedures.

**E. Code of Academic Integrity:**

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Dishonesty is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. For more information, see

[http://wise.fau.edu/regulations/chapter4/4.001 Code of Academic Integrity.pdf](http://wise.fau.edu/regulations/chapter4/4.001%20Code%20of%20Academic%20Integrity.pdf)

**F. Student Code of Conduct**

Florida Atlantic University is a public research university with multiple campuses along the southeast Florida coast serving a uniquely diverse community. It promotes academic and personal development, discovery and lifelong learning. FAU fulfills its mission through excellence and innovation in teaching, outstanding research and creative activities, public engagement and distinctive scientific and cultural alliances, all within an environment that fosters inclusiveness.

FAU accomplishes its mission primarily through its students, teachers and researchers, its undergraduate educational programs, its graduate and professional offerings, and its linkages to other educational institutions and in the community. For more information, see <http://www.fau.edu/studentconduct/Student%20Conduct%202012.pdf>

**G. General Guidelines:**

- 1. The syllabus, study guides, the exams, and assignments can be found on blackboard (<http://blackboard.fau.edu>).**
2. Your progress will be assessed by the exams, online discussions, written paper assigned throughout the length of the course. The exams will be posted on the blackboard. If the exam is not completed within the time allotted, the student receives no credit for the exams. Assessments cannot be retaken, nor will they be available more than one time.
- 3. We never physically meet for this class (strictly internet). If you have technical problems, contact the Information Resource Management (IRM) – Distance Learning (561)297-0160 or the computing help line – (561)297-3999.**

## H. Evaluation:

- |   |                                   |
|---|-----------------------------------|
| 1. 5 Module Quizzes                                 | (10 points each × 5 = 50 points)  |
| 2. 5 Module Exams                                   | (30 points each × 5 = 150 points) |
| 3. 8-week Physical Activity Self-Assessment Project | (30 points)                       |

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**Total Points**

**230 points**

### **Grading Scale:**

A = ≥ 93%; A- = 90-92.99%; B+ = 87-89.99%; B = 83-86.99%; B- = 80-82.99%  
C+ = 77-79.99%; C = 73-76.99%; C- = 70-72.99%; D+ = 67-69.99%; D = 63-66.99%;  
D- = 60-62.99% ; F = <60%

### **MODULE EXAMS (150 PTS) AND QUIZZES (50 PTS):**

You are required to complete 5 quizzes and 5 exams during the semester (one quiz and one exam for each module). While the course material will remain on blackboard once it has been posted, quizzes and exams will only be available for specified periods of time (20 minutes for each quiz and 60 minutes for each exam). The format of test questions is multiple choices. Each question is worth 1 point. Tests will cover assigned powerpoint slides/chapters. If the quiz or exam is not completed within the time allotted, the student receives no credit for the quizzes or exams. Assessments cannot be retaken, nor will they be available more than one time.

### **PHYSICAL ACTIVITY SELF-ASSESSMENT PROJECT (30 PTS)**

As part of this class you will be required to do an 8-week physical activity self-assessment in the beginning and end of semester. The instruction is provided on blackboard.

## I. Course Exam Due Dates – PLEASE READ CAREFULLY!

1. The Exams **REQUIRE** that you have the Respondus Lock-Down browser installed on your computer. **BE SURE TO DOWNLOAD THE SOFTWARE** [http://www.fau.edu/oit/blackboard/lockdown\\_browser.php](http://www.fau.edu/oit/blackboard/lockdown_browser.php) **IN ORDER TO TAKE THE EXAMS.** Take the time to have a back-up plan in the event your computer malfunctions (many public access computers such as libraries, internet cafes, hotel lobbies, some of the FAU computer labs, etc. **WILL NOT** let you install the software). This will not be an acceptable excuse for missing an exam!
2. **YOU MUST TAKE THE EXAMINATIONS DURING THE DATES LISTED BELOW (ABSOLUTELY NO EXCEPTIONS!). EACH EXAM HAS A WINDOW OF 3 DAYS (OPEN AT 12:01 AM ON SUNDAYS AND CLOSE AT 11:59 PM ON TUESDAYS).**
3. **PLEASE PLAN AHEAD, I WILL NOT ACCOMODATE YOUR SCHEDULE (e.g., your personal vacation, wedding, extended travel, etc.).**

## COURSE OUTLINE AND IMPORTANT DATES

<b>Module 1 – Introduction and Physical Activity during Infants/Toddlers</b>	
Lecture 1	Early motor Development
Lecture 2	Development of Locomotion
Lecture 3	Energy and Nutrient Needs
<b>Quiz #1 and Exam #1 pertain to the course content of Module 1</b>	
➤ Quiz #1 opens - 8/30 through 9/1	
➤ Exam #1 opens - 9/6 through 9/8	
<b>Module 2 - Physical Activity during Childhood</b>	
Lecture 4	Physical Growth and Development
Lecture 5	Exercise Selection and Related Concerns
Lecture 6	Childhood Obesity
<b>Quiz #2 and Exam #2 pertain to the course content of Module 2</b>	
➤ Quiz #2 opens - 9/27 through 9/29	
➤ Exam #2 opens - 10/4 through 10/6	
<b>Module 3 - Physical Activity during Adolescence</b>	
Lecture 7	Physiological and Psychological Development to Physical Activity
Lecture 8	Physical Activity Assessment
Lecture 9	Exercise Selection and Related Concerns
<b>Quiz #3 and Exam #3 pertain to the course content of Module 3</b>	
➤ Quiz #3 opens - 10/18 through 10/20	
➤ Exam #3 opens - 10/25 through 10/27	
<b>Module 4 - Physical Activity during Early and Middle Adulthood</b>	
Lecture 10	Behavioral Changes and Weight Control
Lecture 11	Strategies for Anti-inflammation and Muscular Health
Lecture 12	Physical Activity and Pregnancy
<b>Quiz #4 and Exam #4 pertain to the course content of Module 4</b>	
➤ Quiz #4 opens - 11/29 through 12/1	
➤ Exam #4 opens - 12/6 through 12/8	
<b>Module 5 - Physical Activity during Late Adulthood</b>	
Lecture 13	Development and Aging of Body System
Lecture 14	Physical Activity and Cognitive Function
Lecture 15	Physical Activity Concerns of Older Adults

**Quiz #5 and Exam #5 pertain to the course content of Module 5**

- **Quiz #5 opens - 8/31 through 9/2**
- **Exam #5 opens - 8/31 through 9/2**

**❖ *PHYSICAL ACTIVITY SELF-ASSESSMENT PROJECT is due at 11:59 PM on 12/8.***

**J. Student Support Service Links**

1. Writing Center Online (<http://www.fau.edu/ucew/writingcenteronline.php>)
2. Office for Students with Disabilities (<http://osd.fau.edu/>)
3. Center for Learning and Student Success (<http://www.fau.edu/esuccess/>)
4. Counseling and Psychological Services (<http://www.fau.edu/counseling/>)