

Arkansas State University-Newport's mission is to provide an accessible, affordable, quality education that transforms the lives of our students, enriches our communities, and strengthens the regional economy.

Course Number and Catalog Name  
ACTS Number  
Pre-Requisites/Co-Requisites  
Course Description (Catalog Version)  
Course Type: Lecture or Lab

Instructor Name:

Office: [Click here to enter text.](#)

Office Phone: [Click here to enter text.](#)

Email: [Click here to enter text.](#)

Office Hours:

Monday: [Click here to enter text.](#)

Tuesday: [Click here to enter text.](#)

Wednesday: [Click here to enter text.](#)

Thursday: [Click here to enter text.](#)

### Department Information

Course Department:

Academic Department:

Dean:

Dean contact number:

Dean Email:

### Materials: Required and Optional

Required Text(s): [Click here to enter text.](#)

Optional Text(s): [Click here to enter text.](#)

Required Materials: [Click here to enter text.](#)

Optional Materials: [Click here to enter text.](#)

## Institutional Learning Outcomes

Upon graduating from ASU-Newport with any Associate Degree, a student will be proficient in the following:

### **Institutional Learning Outcomes**

#### **ILO1: Communication**

Goal: Students will express ideas, knowledge, and concepts in a clear and concise manner.

- a) Written
- b) Verbal
- c) Interpersonal

#### **ILO2: Reasoning**

Goal: Students will apply reasoning skills in a variety of environments, which demonstrates problem-solving and applied knowledge.

- a) Explore
- b) Locate
- c) Interpret
- d) Evaluate
- e) Apply

#### **ILO3: Responsibility**

Goal: Students will participate in service activities that instill in them a sense of social responsibility.

- a) Civic
- b) Academic
- c) Financial

## Institutional Grading Scale

Grading Scale:

- A: 90-100
- B: 80-89
- C: 70-79
- D: 60-69
- F: 0-59
- S: Satisfactory
- U: Unsatisfactory

## Americans with Disabilities Act Compliance

In order to obtain appropriate disability related accommodations and services to which they are entitled, students with documented disabilities should voluntarily and confidentially provide the Office of Disability Services (870-512-7838 or [disabilityservices@asun.edu](mailto:disabilityservices@asun.edu)) with appropriate medical documentation regarding the nature and extent of their disability, make their needs known to this Office and follow established procedures for acquiring needed services and accommodations in the classroom or online.

## Information Technology Services

Your personal statement concerning syllabus changes.

If you experience any problems or issues with the Portal or other equipment, please contact ITS at 870-512-7783 or <http://its.asun.edu>

ASU-Newport provides a number of different services to assist students in areas that directly impact their academic success. The following direct websites will help you get in touch with those services that may be needed during your time as an ASUN student.

Academic Support Center: <http://academicsupport.asun.edu>

Financial Aid: <http://financialaid.asun.edu>

Career Pathways: <http://pathways.asun.edu>

University Police: <http://cpd.asun.edu>

Information Technology Services: 512-7783 or [its@asun.edu](mailto:its@asun.edu)

Disability Services: [http://www.asun.edu/disability\\_services](http://www.asun.edu/disability_services)

Admissions: <http://admissions.asun.edu>

**Academic Dishonesty** (As found on pages 61 – 63 of the [ASUN Student Handbook](#))

ASU-Newport enthusiastically promotes academic integrity and professional ethics among all members of the ASU-Newport academic community. Violations of this policy are considered serious misconduct and may result in disciplinary action and severe penalties. Cheating in any form-including plagiarism, turning in assignments prepared by others, unauthorized possession of exams-

-may result in the student being dropped from the class with an “F” and/or being suspended from the College. Students who feel they have been unfairly accused of cheating may appeal to the Division Chair and the Vice Chancellor for Academic Affairs.

#### **A. PLAGIARISM**

Plagiarism is the act of taking and/or using the ideas, work, and/or writings of another person as one’s own.

1. To avoid plagiarism, give written credit and acknowledgment to the sources of thoughts, ideas, and/or words, whether you have used direct quotation, paraphrasing, or just a reference to a general idea.
2. If you directly quote works written by someone else, enclose the quotation with quotation marks and provide an appropriate citation (e.g., footnote, endnote, and bibliographical reference).
3. Research, as well as the complete written paper, must be the work of the person seeking academic credit for the course. (Papers, book reports, projects, and/or other class assignments)

#### *Discipline*

Faculty members may respond to cases of plagiarism in any of the following ways:

1. Return the paper or other item for rewriting; the grade may be lowered.
2. Give a failing grade on the paper or other item or other item. (“F” if a letter grade is used or zero if a numerical grade is used.)
3. Give the student who plagiarized a failing grade in the course.
4. Recommend sanctions, including disciplinary expulsion from the college.

#### **B. CHEATING**

Your personal statement concerning syllabus changes.

Cheating is an act of dishonesty with the intention of obtaining and/ or using information in a fraudulent manner.

1. Observing and/or copying from another student’s test paper, reports, computer files and/or other class assignments.
2. Giving or receiving assistance during an examination period. (This includes providing specific answers to subsequent examinees and/or dispensing or receiving information that would allow the student to have an unfair advantage in the examination over students who did not possess such information.)
3. Using class notes, outlines, and other unauthorized information during an examination period.
4. Using, buying, selling, transporting, or soliciting, in part or entirely, the contents of an examination or other assignment not authorized by the faculty member of the class.
5. Using for credit in one class a term paper, book report, project, or class assignments written for credit in another class with- out the knowledge and permission of the faculty member of the class.
6. Exchanging places with another person for the purpose of taking an examination or completing other assignments.

*Discipline*

Faculty members may respond to cases of cheating in any of the following ways:

1. Allow the testing to progress without interruption, informing the offending student about the offense; and award a failing grade on the test of “F” if a letter grade is used or zero if a numerical grade is used.
2. Seize the test of the offending student and give a failing grade on the paper.
3. Give the offending student a failing grade in the course.
4. Recommend sanctions, including disciplinary expulsion from the college.

Course Learning Outcomes

Course Target ILO:

Upon the successful completion of this course, students will be proficient in the following:

The following is an example:

When?	What?	Learning Objective	Assessment	Total Points
Week 1	Course Parameters		-Syllabus Contract -Guidelines for Discussion Board Contract -Discussion Board Introductions and Goals	30
Week 2	Chapter 1, 2	Identify and articulate the benefits and the significance of participating in a lifetime exercise program, develop strategies to overcome obstacles to physical activity	-Labs 1A and 1B -Labs 2A, 2B, 2C -Discussion Board -Quiz-Chapter 1 and 2	140
Week 3	Chapter 3,4	Locate and utilize relevant materials to develop a healthier diet Use personal assessments to determine and monitor body composition	-Lab 3A -Lab 4B -Discussion Board -Quiz-Chapter 3,4	100

Your personal statement concerning syllabus changes.

Week 4	Chapter 5,6	Develop strategies to support a lifelong weight maintenance program Assess personal readiness for beginning and exercise program Develop and implement a personal exercise plan	-Labs 5A, 5B -Labs 6A, 6B, 6C, 6D -Discussion Board -Quiz-Chapter 5,6	180
Week 5	<b>Final Exam</b>		Final CIQ, Writing Prompt	100

Course Policies and Procedures

**Correspondence**

**Attendance**

**Make-Up Work and Late Assignments**

**Classroom Behavior**

**Cell Phone**

**Inclement Weather**

In the event of inclement weather, class cancellation is left to the discretion of the Chancellor. You will be notified of class cancellation on the university website, through news media, and through REACH.

[Academic Calendar 2016 - 2017](#)