

THE BASICS of ONLINE PED 101

The lectures and quizzes will be online, and the physical activity will be done on their own on or off-campus (cardiovascular, resistance training, and flexibility exercises). Students will be required to log their physical activity and submit logs on a weekly basis.

Basically, the online PED 101 course is for students who prefer individual physical activity, are self-motivated, and who enjoy and feel comfortable using technology to learn on their own.

THE SPECIFICS of ONLINE PED 101

-Online PED 101 is designed as an online course with asynchronous on-line activities focused on chapters from the textbook. The Blackboard course management system will be used and can be found at: <http://nevista.blackboard.com> (Students are NOT required to meet face-to-face at any time and do NOT have to be online at any specific times; due dates and quiz times typically end at 11:59pm on a designated day or span of a few days).

-Students are expected to have daily Internet access to check Blackboard daily for updated information.

-The online course is made up of learning modules include recorded talks, PowerPoint slides, assignments, discussion boards, and quizzes. Students will complete assignments both online and in real-life (which are both submitted online through the Blackboard Assignments feature) and include the following: taking online surveys, evaluating web sites, completing wellness activities and fitness assessments, and keeping a behavior journal. Quizzes are based on the information provided in the book in addition to the recorded talks.

-Students are required to participate in the minimum recommended amount of cardiovascular, muscular, and flexibility activity for health (based on national recommendations). They may choose the specific type (and maximum amount) of physical activities to perform for each (based on personal goals and enjoyment), but they must participate in the minimum days/week and minutes per day as listed below. Essentially, in order to fulfill the PED 101 course requirements, students must participate in regular workouts to improve all three components of health-related fitness, keep an Individual Physical Activity (PA) Log and Class PA Log, and calculate weekly minute totals.

1) Cardiovascular (3-5 days/wk, 30-60 minutes/day; minimum of 10-min bouts) - jogging, cycling, swimming, group exercise, etc.

2) Resistance/Muscular (2 days/wk, 20-60 minutes/day) - free weights, machines, Pilates, conditioning class, push-ups, curl-ups, etc.

3) Flexibility (5-7 days/wk, 10-60 minutes/day, minimum of 10 min bouts) - yoga, Pilates, Tai-Chi, static stretching, etc.

-Course Objectives are consistent with those of the face-to-face version.

By taking Physical Activity & Wellness (PED 101), you will.

1. Identify specific health, fitness, and wellness areas in your life that need improvement.
2. Set realistic short and long-term goals to meet your personal wellness needs.
3. Perform a new activity in each dimension of wellness (i.e., spiritual, emotional, social, intellectual, and physical).

4. Complete a journal targeting an unhealthy behavior to enhance self-awareness and progress toward behavior change.
5. Evaluate the credibility of health/wellness resources.
6. Participate in and log regular physical activity (i.e., cardiovascular, muscular, and flexibility) to meet the current national recommendations for health and/or fitness.