

UNIVERSITY OF PITTSBURGH

Department of Health and Human Development

HPA 0474: Lifetime Activities 1 – FALL 2023

COURSE FACULTY:

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I. MEETING DAYS and TIMES:

Tuesday and Thursday 9:00-9:50am

CONTENT MODULES:

Walk/Run
Yoga
Cardio Conditioning
Aquatics

II. COURSE DESCRIPTION

Each section of Lifetime Activities is worth 1 credit. This course will provide students the opportunity to engage in fitness activities related to aquatics, cardio conditioning, yoga, and walk/run.

III. EXPECTED OUTCOMES

After completion of this course, the student should have acquired:

- A. An appreciation of different fitness and movement related activities and skills.
- B. Experience participating in different fitness and movement related activities and skills.
- C. An increased physical and anatomical awareness of different fitness and movement related activities and skills.

PRIMARY GOALS

- Foster student engagement in fitness and movement related activities and skills that they may or may not have participated in to ultimately create a well-rounded exercise science professional.
- Assist students with identifying instructor training courses and future certifications to pursue.

III. COURSE REQUIREMENTS:

ATTENDANCE & PARTICIPATION

1. Attendance and participation are mandatory.
 - Absences are excused under the following circumstances:
 - Medical Emergency or Sickness – Must have a note from medical doctor documenting visit.
 - Mandatory Academic Event – Must have a note from advisor/professor documenting attendance.
 - Personal or Family Emergency – Communication with instructor is required prior to missing class.
 - AN EXCUSED ABSENCE means you are excused from missing THAT DAY, **however, you still need to make up the missed work**. Please contact the instructor who taught that segment you missed, who will provide you a make-up assignment. If you miss an aquatic class, you will make up that day by getting in the pool.
 - A “G” grade will not be an option for students who fall behind in the course for non-emergency reasons.
2. Read and respond to the course e-mails.
3. Read course announcements.

4. Wear appropriate exercise clothing that allows ease of movement.
5. Maintain the department issued exercise mat for your use during all HHD courses. This mat will be given to you by faculty on the first day of class.
6. As part of this course, you are provided with a swim cap. Please bring it to the aquatics classes. You will need to bring your own goggles. Additionally, you will need swim attire that allows comfortable movement in the pool. Please wear something that makes you feel comfortable.

NETIQUETTE

1. **Electronic communication:** You should avoid casual language and abbreviations commonly used in texting, which are not appropriate for in-class communication. Care should be taken to use correct grammar and punctuation.
2. **Privacy:** Refrain from taking photos or screenshots of instructors or fellow students at any time during class. Maintain a safe environment for all.

IV. COURSE DESIGN:

- Students will rotate through 4 key content areas across 3 consecutive classes lead by HHD faculty instructors (see Tentative Course Schedule).
- Canvas will be utilized as the primary communication tool throughout the semester, and supplement readings and information for each content area will be provided for students to access.

EVALUATION AND GRADING

GRADING SCALE

A: 1 absence, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

B: 2 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

C: 3 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

D: 4 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

F: >4 absences, the student participates fully when attending class, and the student adheres to the “Student Responsibilities” as described above.

Students are expected to actively participate and engage in all class sessions!

IV. POLICIES:

Restroom and Locker Room Use

Students are welcome to use any restroom or locker room that corresponds to their gender identity. Additionally, there is a single-occupancy restroom/locker room in Trees Hall on the main floor. Please advise us immediately if you need guidance, support or if you find any of the facilities to be locked. Visit the following link to see all the single-occupancy facilities available on campus.

<https://www.studentaffairs.pitt.edu/shs/lgbtqia/restrooms/>

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.

To learn more about Academic Integrity, visit the [Academic Integrity Guide](#) for an overview of the topic. For hands-on practice, complete the [Understanding and Avoiding Plagiarism tutorial](#).

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, (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.

Accessibility

The Canvas LMS platform was built using the most modern HTML and CSS technologies, and is committed to W3C's Web Accessibility Initiative and [Section 508](#) guidelines. Specific details regarding individual [feature compliance](#) are documented and updated regularly.

Diversity and Inclusion

The University of Pittsburgh does not tolerate any form of discrimination, harassment, or retaliation based on disability, race, color, religion, national origin, ancestry, genetic information, marital status, familial status, sex, age, sexual orientation, veteran status or gender identity or other factors as stated in the University's Title IX policy. The University is committed to taking prompt action to end a hostile environment that interferes with the University's mission. For more information about policies, procedures, and practices, see:

<https://www.diversity.pitt.edu/civil-rights-title-ix-compliance/policies-procedures-and-practices>.

I ask that everyone in the class strive to help ensure that other members of this class can learn in a supportive and respectful environment. If there are instances of the aforementioned issues, please contact the Title IX Coordinator, by calling 412-648-7860, or e-mailing titleixcoordinator@pitt.edu. Reports can also be filed online: <https://www.diversity.pitt.edu/make-report/report-form>. You may also choose to report this to a faculty/staff member; they are required to communicate this to the University's Office of Diversity and Inclusion. If you wish to maintain complete confidentiality, you may also contact the University Counseling Center (412-648-7930)

Copyright Notice

These 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](#).

Statement on Classroom Recording

To ensure the free and open discussion of ideas, students may not record classroom lectures, discussion and/or activities without the advance written permission of the instructor, and any such recording properly approved in advance can be used solely for the student's own private use.

Take Care of Yourself

Do your best to maintain a healthy lifestyle this semester by eating well, exercising, avoiding drugs and alcohol, getting enough sleep, and taking time to relax. Despite what you might hear, using your time to take care of yourself will actually help you achieve your academic goals more than spending too much time studying. All of us benefit from support and guidance during times of struggle. There are many helpful resources available at Pitt. An important part of the college experience is learning how to ask for help. Take the time to learn about all that's available and take advantage of it. Ask for support sooner rather than later – this always helps. If you or anyone you know experiences any academic stress, difficult life events, or

difficult feelings like anxiety or depression, we strongly encourage you to seek support. Consider reaching out to a friend, faculty or family member you trust for assistance connecting to the support that can help. The University Counseling Center is here for you: call 412-648-7930 and visit their website. If you or someone you know is feeling suicidal, call someone immediately, day or night:

- University Counseling Center (UCC): 412 648-7930
- University Counseling Center Mental Health Crisis Response: 412-648-7930 x1
- Resolve Crisis Network: 888-796-8226 (888-7-YOU-CAN)

If the situation is life threatening, call the Police:

- On-campus: Pitt Police: 412-268-2121
- Off-campus: 911