Welcome to Total Wellness!
This online course will be asynchronous with each week’s activities presented in Modules. Each week will include lecture videos, lecture check-ins, activities and walking assignments. Module’s will be available the Friday prior to the start of the week with activities due by Sunday. All activities throughout the week should average 150 minutes per week. There will be multiple activities to complete during the week so you should not wait until the end of the week to access the weekly modules.

Course Description:
A basic health course incorporating a variety of physical activities to increase individuals’ cardiovascular fitness. Health concepts will emphasize personal responsibility for the student’s well-being. Fitness walking is for students who need low impact cardiovascular fitness.

Physical Activity Requirement:
Class activities may include vigorous physical activity. If you have any medical condition or physical problems to prevent you from full participation in such activity, it is your responsibility to inform me of its nature and provide documentation from your physician stating 1) the medical condition, 2) limitations of the condition, and 3) recommendations that would help you meet the requirements of the course. Students may also contact the Office of Disability Services (404.727-6016).

Instructional Goals and Purposes:
The Center for Healthful Living at Oxford College main instructional goal is to create a healthy atmosphere in which students may develop a better understanding of personal health and wellness in both an academic setting, as well as through physical participation.

Objectives
Upon completion of the course the student will be able to:
1. Identify the components of physical fitness and how they relate to lifelong health.
3. Demonstrate how to improve personal fitness.
4. Explore and experience a variety of exercise programs.
6. Improve and maintain personal fitness.
Course Requirements:
The course is set-up as weekly modules. Activities for each Module are due by Sunday of each week. Modules may include:

- Lectures for viewing
- Lecture follow-ups which may include required comments during the lecture videos, Voice Thread responses or quizzes
- Instructor check-ins; on specific weeks you will be required to schedule a meeting with the instructor to touch base regarding your progress in the course. Meetings will be held on Zoom.
- Video up-loads; selected activities you will be asked to upload a video using Flipgrid.
- Weekly Reflections: Each week you will be asked to reflect on your current level of Wellness through prompts
- Flexibility check-ins: You will be given a list of ways to check/measure your flexibility. You will record and upload your results. Each check-in you will compare you new results to your previous results.
- Walking Tests: You will be required to complete the Rockport Fitness Test 5 times (detailed in the assignment tab).

Assessments:

<table>
<thead>
<tr>
<th>Assignments</th>
<th># of Assessments</th>
<th>Points per Assessment</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Intro. Flipgrid</td>
<td>1</td>
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<td>10</td>
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<tr>
<td>Weekly Reflections</td>
<td>14</td>
<td>10</td>
<td>140</td>
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<tr>
<td>Wellness Wheels</td>
<td>3</td>
<td>15</td>
<td>45</td>
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<tr>
<td>Warm-up/Cool-down Flipgrid</td>
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<td>15</td>
<td>15</td>
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<tr>
<td>Social Wellness Flipgrid</td>
<td>8</td>
<td>5</td>
<td>40</td>
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<tr>
<td>Sleep Course</td>
<td>5</td>
<td>20</td>
<td>100</td>
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<tr>
<td>Flexibility Check-in</td>
<td>5</td>
<td>15</td>
<td>75</td>
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<tr>
<td>Weekly Physical Activity</td>
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<td>Instructor Check-in</td>
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<tr>
<td>Group Presentation</td>
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<tr>
<td>Group Presentation Responses</td>
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<tr>
<td>Lecture Check-in</td>
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<td>5</td>
<td>75</td>
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<tr>
<td>Personal Wellness Improvement Plan</td>
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<td>30</td>
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<tr>
<td><strong>Total Points</strong></td>
<td></td>
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<td><strong>710</strong></td>
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</tbody>
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**Activities might be adjusted throughout the semester based on the need of the class. The instructor will notify students of any changes on Canvas and via email**

Grading Summary:
A=90–100
B=80–89
C=70–79
D=60–69
F=59
Participation and Attendance:
This course is an activity and participation-based course. In the online setting your participation is based on your timely submissions of your weekly assignments.

- Success in this course is dependent on your active participation and engagement throughout the course.
- You are required to complete all assignments by the due date, and to actively participate in class through additional weekly assignments.
- In the online community, you are expected to log on and access the course at least two times a week – on different days in order to complete and submit weekly assignments and activities, participate in the weekly lecture follow-ups.
- You will be considered not present for the course in a particular week if you have not completed the weekly Module requirements and the required assignments for the week.

If you find that you cannot complete the requirements for a week due to an unexpected circumstance, please contact your instructor as soon as possible.

Honor Code
The Honor Code applies to all assignments, in and out of the classroom including the online learning environment. All work in this course must be entirely your own and entirely original to the requirements of this course in this semester. For more info, visit: http://oxford.emory.edu/catalog/regulations/honor-code.html

Items specifically for this course that would considered violations of the Honor Code would be turning in walking statistics that were completed by another individual or resubmitting walking statistics from a walk completed earlier in the semester. These are to be considered examples and not a complete this. Please view the full Honor Code or ask me for clarification.

General Information
- When completing your walking activities, physical activities. Please wear loose fitting clothing that allows for free movement when walking/exercising- shorts, sweats, t-shirts, sweatshirts, sweatpants. No jeans or street shoes.
- Be mindful of the Weather. With multiple walks required during the week it is important that you are mindful of the weather conditions for the week when planning your walks. Make sure that you are mindful of the weather when selecting your attire for your walks.
- Your safety (which will be covered during the first week) is extremely important. Please be sure you are aware and observant of your surrounds at all time. Please refrain from wearing headphones and looking at your phone while walking.

Accommodating Students with a Disability
- If you have a documented disability and have anticipated barriers related to the format or requirements of this course, or presume having a disability (e.g. mental health, attention, learning, vision, hearing, physical or systemic), and are in need of accommodations for this semester, we encourage you to contact the Department of Accessibility Services (DAS) to learn more about the registration process and steps for requesting accommodations at oas_oxford@emory.edu.
- If you are a student that is currently registered with DAS and have not requested or received a copy of your accommodation notification letter, please notify DAS immediately.
- Students who have accommodations in place are encouraged to coordinate with their professor during the first week of the semester, to communicate specific needs for the course as it relates to approved accommodations.
- Accommodations may not be implemented until the instructor is provided an accommodation letter and discusses the accommodation plan for this course directly with the DAS student. Accommodations may not be implemented retroactively.

For additional information regarding DAS, please visit the website: http://equityandinclusion.emory.edu/access
Inclusivity Statement
Oxford College of Emory University’s ideals of inclusivity require that we foster an environment where people of diverse backgrounds, identities, abilities, and ideologies are affirmed, respected, and seen as a source of strength; where we strive to learn together, and ultimately thrive communally. If we at all fail to support these ideals, then we encourage discussion towards improvement, and we hope that this statement affirms your right to seek those discussions via dialogue with faculty, staff, your peers, and the use of the “Speak Up!” system when needed.

Religious Holidays Arrangements
Instructors are encouraged, not required, to accommodate students’ academic needs related to religious holidays. Students are expected to inform professors by the end of the second week of class each semester of any planned religious observances that conflict with class attendance and make mutually agreeable arrangements to complete any work missed. If you need guidance negotiating your needs related to a religious holiday, the College Chaplain, Rev. Lyn Pace, ppace@emory.edu, Oxford Student Center 224, is willing and available to help. **Please be aware that Rev. Pace is not tasked with excusing students from classes or writing excuses for students to take to their professors.** Emory’s official list of religious holidays may be found at http://www.religiouslife.emory.edu/faith_traditions/holidays.html. A more comprehensive multifaith calendar is available here: https://hds.harvard.edu/life-at-hds/religious-and-spiritual-life/multifaith-calendar.

Title IX Reporting
Title IX Reporting: Every Emory employee who is informed about an allegation of sexual misconduct involving any student is required to notify a Title IX Coordinator either directly or through their relevant reporting structure. However, employees who serve in a professional role in which communications are afforded confidential status under the law (e.g., medical providers, therapists, and professional and pastoral counselors) are not bound by this requirement but may, consistent with their ethical and legal obligations, be required to report limited information about incidents without revealing the identities of the individuals involved, to a Title IX Coordinator or Deputy Title IX Coordinator. All members of the Emory community are encouraged to promptly report incidents of sexual harassment and discrimination.

For more information, visit: http://sexualmisconductresources.emory.edu/policies/index.html*

*Please note, the United States Department of Education recently issued New Title IX Regulations and the implementation date is August 14, 2020. Emory’s Title IX policies and processes are subject to change on or after August 14, 2020.”

Grade Appeals
Handling appeals of grading through the course of the semester is at the discretion of individual faculty members. Here is a suggested system. [N.B. Oxford College does have an official policy for appeal of final grades, as noted in our catalog.]

To appeal a grade, please wait 48 hours after the items are first returned to the class, in person or electronically. Within the timeframe noted below, please submit via [EMAIL/ CANVAS] the reasons explaining why you believe your grade is incorrect along with the original work in dispute so that the request may be reviewed carefully. Upon review, your grade may remain the same, may increase, or may decrease.

Appeals submitted within the following time frame will be considered: no sooner than 48 hours after the items are returned to the class, and no later than one week after the items are returned. After the timeframe elapses, all grades are final and will not be adjusted. If you do not pick up or review graded work before the timeframe elapses, your eligibility to contest the grade expires.