SYLLABUS – PHYSICAL FITNESS AND WELLNESS LECTURE (HP 200)
2 Credits (Lecture + Activity)
Fall 2026

INSTRUCTOR: Mrs. Kendra Zenisek
OFFICE: HP 360H
STUDENT HOURS: by appointment during regular University business hours
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Course Description
"This PFW course is included in the Ball State University Core Curriculum (UCC). All UCC courses include information considered to be essential in becoming a well-educated citizen." This course accentuates a university commitment to wellness. Realizing the direct correlation between positive lifestyle habits and well-being, this course uses a two-fold approach: 1) a series of classroom lectures that cover a variety of physical fitness and wellness topics; 2) laboratory activity sessions.

Course Objectives
1. Identify and recognize key terms, perspectives, and theories in physical wellbeing.
2. Summarize information related to multiple dimensions of wellness with an emphasis on the connections to physical fitness and wellness.
3. Discuss multiple avenues that lead to optimal fitness and wellness.
4. Conclude that each person is responsible for one's own fitness-related outcomes (self-efficacy).
5. Illustrate ways of critically exploring fitness, nutrition, and wellness information.
6. Choose exercise opportunities that are effective and safe.
7. Create a personalized physical fitness program based on a biometric assessment of one's own physical fitness and wellness.

UCC Cognitive Skills
1. Make and act on a commitment to health and wellness to increase personal well-being.
2. Accurately observe and measure elements of the natural and social world. *(Experience to Information)*
3. Explore diverse ways of knowing. *(Experience to Information)*
4. Develop strategies for reflecting on experience. *(Experience to Information)*
5. Analyze data to reveal existing patterns of information and to create new patterns. *(Information to Knowledge)*
6. Adapt intellectual framework to accommodate new information. *(Information to Knowledge)*

Required Materials
To enhance your learning experience and provide *discounted* access to the right digital course material, your course is part of an inclusive access model called First Day. You can easily access the digital materials for your course right from Canvas and Ball State will bill you at the discounted price as a course charge. You have the option to opt-out of this program in Canvas if the total cost for all your required course materials is less than the standard per credit charge. If you choose to opt-out, you are responsible for purchasing your course materials at the normal retail price.

Textbook (hard copy of text NOT required): Fahey, Insel, Roth, and Insel. (2025). ***Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness***. (16th ed). New York, NY: WCB/McGraw-Hill Publishers.

McGraw Hill's Connect - *includes e-text*: McGraw Hill's Connect is a web-based assignment and assessment solution required for this course that includes access to the required e-text. Connect is designed to assist you with your coursework based on your needs. **NOTE: If you are trying to carry over a registration from a previous semester – this WILL NOT last you the semester.**

Connect Online Assistance: https://mhedu.force.com/CXG/s/ContactUs or call: 1-800-331-5094. Live support is available: Mon-Thurs: 24 hours, Friday: 12am – 9pm EST, Saturday 10am – 8pm EST, and Sunday: 12pm – 12am EST.

Attendance: If you are absent, check Canvas – both in the Weekly Module and Announcements – for important information regarding the material covered in the lecture and upcoming assignments.

Grading

All grades will be posted in Canvas Grades. It is your responsibility to bring any questions you may have about your grade to your instructor's attention. **The PFW grade is 50% determined by lecture performance and 50% determined by the laboratory/activity performance.** There are 400 total points possible. (Lecture = 200 points.; Lab = 200 points.). You will receive one overall PFW grade, which is points-based.

LECTURE:			**Points Possible**
1.	**Quiz #1 (Guest speakers; Ch. 1-3)**	**=**	**30 points**
2.	**Quiz #2 (Functional Anatomy/Injury Prevention; Ch. 4-8)**	**=**	**30 points**
3.	**Final Exam (18 questions cumulative, 32 questions Ch. 9-12)**	**=**	**50 points (open during last week of classes)**
4.	**SmartBook Reading Assignments** (11 x 5 points)	**=**	**50 points (lowest dropped)**
5.	**Assignments** (9 x 5 points)	**=**	**40 points (lowest dropped)**
	Pre-Knowledge Assessment		
	Chapter 1: Wellness Profile and Lifestyle Evaluation		
	Functional Anatomy and Injury Prevention Assignment		
	Chapter 4: Resistance Training Exercise Videos		
	Chapter 5: Flexibility and Low Back Exercises		
	Chapter 9: Nutrition Labels		
	Chapter 10: Stress and Sleep		
	Chapters 11/12: Chronic Disease Risk Assessments		
	Post-Knowledge Assessment		
	TOTAL LECTURE POINTS POSSIBLE	**=**	**200 points**

Final Point Scale: Based on 400 points of combined lecture and lab.

400-376 = A	335-320 = B-	279-268 = D+
375-360 = A-	319-308 = C+	267-256 = D
359-348 = B+	307-296 = C	255-240 = D-
347-336 = B	295-280 = C-	239 & below = F

Assignments

1. Attend all classes, arrive on time, and arrive prepared. Assigned chapter reading is an important responsibility as lectures are intended to supplement and clarify. Contact me with questions or comments at any time.
2. It is your responsibility to check Canvas Grades to make sure that your assignment has been submitted. If the assignment did not submit, try to resubmit. If you cannot, you will need to contact me concerning your issues.
3. **Connect assignments are due before 11:59pm of the day before the beginning of your assigned lecture (e.g., if your lecture meets on Wednesday, your assignments open for a week and are due before Tuesday at 11:59pm)**. Late work will not be able to earn points.
4. PFW does not offer extra credit. There are numerous opportunities available throughout the course experience to work diligently and be successful.

SmartBook Assignments: *(5 points each)*

- SmartBook reading assignments will be completed and submitted on Canvas through McGraw Hill Connect.
- SmartBook reading assignments highlight certain learning objectives within each chapter. **Reading the full chapter is highly recommended**.
- To earn full points for the assignment, you need to work through all selected learning objectives for the chapter.
- SmartBook will show you your progress through the learning objectives and does not need to be completed all at once, but assignments need to be completed within the week they are assigned.
- Late work will not be able to earn points. After chapter assignments close, you can re-access them as recharge attempts, but your original score for the assignment will not change.
- The "lowest" SmartBook assignment score will be dropped at the end of the semester.

Connect Chapter Assignments: *(5 points each)*

- Connect assignments are intended to help you understand and apply the content of the course.
- Connect assignments will be completed and submitted on Canvas through McGraw Hill Connect.
- Read instructions completely before beginning assignments so you are aware of how points are earned for the assignment you are completing.
- Most assignments are set to have unlimited attempts during the week they are open. If you see partial scores after submitting your assignment it means some questions were not answered or answered incorrectly. You can re-access your assignments throughout the assigned week to answer missing questions or correct information to earn full credit for the assignment.
- Late work will not be able to earn points. After chapter assignments close, you can re-access them as study attempts, but your original score for the assignment will not change.
- The "lowest" Chapter Assignment score will be dropped at the end of the semester.

Assessments

There will be two multiple-choice quizzes and one cumulative multiple-choice exam over the assignments, textbook, and guest speaker information.

- Quiz #1 will contain 30 questions that cover the Red Zone presentation/slides and Chapters 1-3 in the text.
- Quiz #2 will contain 30 questions that cover Chapters 4-8 in the text.
- The cumulative final exam will be given during **the last week of classes** containing 50 questions – 18 questions covering the Red Zone information and Chapters 1-8; 32 questions will cover Chapters 9-12. **This course does not follow the University's final exam schedule.** Please refer to the schedule at the end of this syllabus for the final exam timeframe.
- Study guides for all assessments are posted on your Canvas site in the Quiz/Exam Information module along with test preparation and taking strategies.
- All assessments are independent, resource free, and will be facilitated through Connect.
- **There are no make-up quizzes/exams if they are not completed in the specified timeframe**. Failure to follow directions when completing a quiz/exam may result in at least a 20-point deduction from the final score.

Classroom Environment

Students who disrupt the learning of their peers will be asked to leave at the instructor's will. The following is expected of you when you enter the classroom:

1. Faculty may limit the use of technology in the classroom in accordance with university policies.
2. Cell phones should not be out during class. If your phone is being used and/or not silenced, you can be asked to leave the classroom. This also means texting/browsing/streaming is not allowed at any time during class.
3. Headphones/earbuds must be removed during class.
4. Come to class on time and stay throughout the duration of the class.
5. Please be considerate of the food or drink brought into this classroom as classmates may have certain food allergies. In addition, help us keep this room clean and remove any waste your food/drink may produce.

Email Etiquette

For questions of a personal nature, such as questions about your grade or personal/emergency nature intended for the instructor, please use your BSU email. I will typically respond to messages within 24 hours (1 business day) of receiving them. Emails need to include complete words and phrases with proper capitalization and punctuation. Emails will only be responded to if they can be read and at least the following information is included: name, course and section number, day and time lecture class meets.

Academic Integrity

Students at the university must conduct themselves in accordance with the highest standards of academic honesty and integrity. Academic dishonesty by a student will not be tolerated in activity or academic areas and will be treated in accordance with the policy in the faculty handbook. Please refer to the specific sections in Undergraduate Rights and Responsibilities for information regarding academic honesty. Cheating and plagiarism (including, but not limited to, improper citing of AI generated responses) are not tolerated. Incidents of academic dishonesty will be prosecuted to the full extent within the university judicial process. Failure to follow these guidelines will result in an "F" for the course.

Ball State Syllabus Statement
We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

Beneficial Student Resources

Disability Services
If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu. If you have emergency medical information to share with me or if you need special arrangements in case the building must be evacuated, this should also be discussed with me as soon as possible. Please inform me of any health issues that may present an issue during class (i.e., epilepsy, diabetes, etc.).

The Learning Center
The Learning Center offers free Tutoring and Academic Coaching for many courses at Ball State. Students can make appointments for online (Zoom) or in-person (NQ 350) appointments. To make an appointment, visit **MyBallState** and select "Navigate" or just go directly to **https://bsu.navigate.eab.com**. For more information about all of their programming, visit **bsu.edu/learningcenter** or call 765-285-1006.

Title IX
Ball State University is committed to providing a safe and inclusive learning environment for all students. If you or someone you know has experienced sexual harassment—including sexual assault, dating violence, domestic violence, or stalking, please know that you are not alone. The University offers support services and resources. For more information or to report an incident, please visit **www.bsu.edu/titleix** or contact the Title IX Coordinator at 765-285-1545 or at **titleix@bsu.edu**. Some additional campus resources include:

- Confidential: Center for Survivor Support, 2nd Floor Health Center, Room 205, Anna McGee, (765)285-7844, aemcgee2@bsu.edu
- Confidential: Counseling Center, Lucina Hall, Room 320, (765)285-1736
- Non-Confidential: Title IX Coordinator for Students, Ms. Teresa Ashcraft, (765)285-3310, teresa.ashcraft@bsu.edu
- Non-Confidential: Police Department, 200 North McKinley Avenue, (765)285-1111, www.bsu.edu/police

As your instructor, I am a mandatory reporter under the Title IX policy and required to report any information I receive about possible sexual harassment. This includes information shared in class discussions, assignments, or private conversations.

The Basic Needs Hub
If you are having difficulty affording enough food, do not have a safe and reliable place to sleep, and/or experiencing an emergency or crisis, help is available through the Basic Needs Hub. The Basic Needs Hub has information, resources, and provides individualized support to students. To talk with a supportive staff member about your experience, receive one on one assistance, or learn more about resources, you can submit a Basic Needs Assistance Form.

The Counseling Center
The Ball State University Counseling Center offers free and confidential services to all students. The Counseling Center is located in Lucina Hall, Room 320. To schedule an appointment, you can contact them at 765-285-1736. Ball State also offers a 24/7 Crisis Line, which can be reached at 765-285-HOPE (4673). The Crisis Line is a mental health resource for those who are struggling with any mental health concerns, including thoughts of self-harm and/or suicide.

The Ball State Counseling Center sees students for a variety of reasons, some of which include homesickness, relationship concerns, anxiety, and depression. At your first appointment, you will work with a therapist to create a plan that will connect you with resources that best fit your needs. They assist students with getting connected to therapy at their Center as well as connecting students to self-help resources, other on-campus resources, and community-based resources. All Ball State students also have access to several on-demand, self-help resources through a variety of different platforms. All of these resources, including a direct link to their website, can be found here.

Important Dates:

August 24	Classes begin
August 30	Late registration and change-of-course end
September 7	Labor Day – No classes
October 12-13	Fall Break – No classes
October 28	Course withdrawal period ends
Nov. 25-29	Thanksgiving Break – No classes
December 1-7	**PFW FINAL EXAM PERIOD**
December 7	Last Day for regular classes
December 11	Fall semester ends

Note: Students should familiarize themselves with class withdrawal procedures and the calendar for withdrawals. If a student's name appears on the grade reporting sheet and he/she has not officially withdrawn the instructor is mandated by the Registrar's Office to assign an "F" grade.

Course Withdrawal

There is only one withdrawal period. It extends from the 6th through the 45th day of classes during a fall or spring semester. **See important dates**. For the fall and spring semesters, a student has the entire first week of courses to drop a course with no penalty. They do this through "Add/Drop/Registration" from the website www.bsu.edu/student services. After the first week, a student can withdraw from a course with a grade of "W" up until the decided upon withdrawal date. They accomplish this by completing a Withdrawal form and turning it into the Registrar located in Lucina Hall. After this withdrawal date a student may only withdraw and receive a grade of "W" (instead of an "F") if they are confirmed to have proper extenuating circumstances.

What is the Process for Late Course Withdrawal?

Missing the deadline to withdraw, poor performance, and/or failing the class ***are not*** acceptable reasons to request a late withdrawal. In compliance with university policy, late withdrawals are only considered based on a *VERIFIABLE, EXTENUATING CIRCUMSTANCE*. Requesting a late withdrawal must be verified through documentation, however, providing documentation ***is not*** a guarantee that a student's request for late withdrawal will be granted. Students should not assume that late withdrawal requests will be approved. Students should continue to attend class, submit assignments, utilize campus resources, and consider alternatives until they are notified of the status of their withdrawal request.

Verifiable extenuating circumstance is defined as an occurrence or event that is not under the control of a student. Examples of such occurrences and recommended supporting documentation include serious medical condition/illness (completion of PFW Serious Medical Condition/Illness Documentation form obtained from the course instructor and completed by licensed health care provider), family death (obituary/death certificate or letter from a counselor – both should indicate date and relationship to the deceased), military orders (copy of official orders), etc. A personal statement should also be included regarding the circumstances that prohibited the successful completion of the course and why the published withdrawal deadline was missed. Requests for late withdrawal from a PFW course and supporting documentation must be submitted by the last day of classes of the semester of enrollment.

WEDNESDAY TENTATIVE LECTURE SCHEDULE *(**subject to change without prior notice**)*

You are responsible for all material in the text. The lectures only supplement the reading. It is recommended that you read the chapter before each lecture. You must read each chapter if you expect to do well on the quizzes and exam.

DATE		MODULE	TOPIC	CONNECT ASSIGNMENTS	SMARTBOOK ASSIGNMENT
AUG.	26	1	Introduction/Syllabus	Pre-Knowledge Assessment	NONE
SEPT.	2	2	Guest Speaker – Communicating Consent & Partying Smart	NONE	Chapter 1
	9	3	Chapter 1: Intro to Wellness, Fitness, & Lifestyle Management	Chapter 1 Assignment: Wellness Profile and Lifestyle Assessment (2 parts)	Chapter 2
	16	4	Chapter 2: Principles of Physical Fitness	NONE	Chapter 3
	23	5	Chapter 3: Cardiorespiratory Endurance	**Quiz #1** *(30 questions)*	Functional Anatomy and Injury Prevention
	30	6	Functional Anatomy and Injury Prevention	Functional Anatomy and Injury Prevention Assignment	Chapter 4
OCT.	7	7	Chapter 4: Muscular Strength and Endurance	Chapter 4 Assignment: Resistance Training Exercise Videos	Chapter 5
	14	8	Chapter 5: Functional Movement: Mobility, Flexibility and Stability	Chapter 5 Assignment: Flexibility and Low Back Exercises	Chapters 6/7
	21	9	Chapters 6/7: Body Composition	NONE	Chapter 8
	28	10	Chapter 8: Putting Together a Complete Fitness Program	**Quiz #2** *(30 questions)*	Chapter 9
NOV.	4	11	Chapter 9: Nutrition	Chapter 9 Assignment: Nutritional Label	Chapter 10
	11	12	Chapter 10: Stress Management and Sleep	Chapter 10 Assignment: Stress and Sleep (2 parts)	Chapters 11/12
	18	13	Chapters 11 and 12: Exercise is Medicine	Chapters 11/12: Chronic Disease Risk Assessments (2 parts) Post Knowledge Assessment	NONE
DEC.	**1-7**	**Final**	**50 QUESTION CUMULATIVE FINAL EXAM (last week of classes): No lecture on 12/2**		

****PFW DOES NOT FOLLOW THE UNIVERSITY FINAL EXAM SCHEDULE****