



KNES 1503 Concept of Fitness and Wellness Syllabus

Gordon T. & Ellen West College of Education

Dr. Carrie Taylor

Tuesday and Thursday 9:30-10:50

Fall 2026

CONTACT INFORMATION

Office: Camp Jolly (Bridwell Hall 320)

Email: carrie.taylor@msutexas.edu

Office Hours: Email for virtual meetings.

- Monday & Wednesday 11-12
- Tuesday & Thursday 12:30-1:30

Class Meeting Places & Times: BH 205, Tuesday and Thursday 9:30-10:50

CONTACT PREFERENCE

My preferred method of communication is by either in person or email. I check my email throughout the day (MTWR), so you can expect to hear back from me usually within 12-24 hours of receiving your message. Do not expect a response during the evening hours or over the weekend; I will respond the following Monday.

Required Text:

- Fahey, T. D., Insel, P. M., Roth, W. T., & Insel, C. (2026). *Fit & well: Core concepts and labs in physical education and wellness*. NY, NY: McGraw-Hill Education eBook & Connect
- Insight Heart and Merge Cube Apps; when appropriate please download.

Course Description:

Examination of the basic concepts and principles for improving and maintaining health and well-being across the lifespan.

Course Overview:

This semester, we will focus on the effects of physical activity and exercise on health and well-being. We will focus on the benefits, behaviors, and science associated with lifetime personal fitness and wellness.

Course Objectives/Learning Outcomes:

Throughout the class and upon completion of the course the student will:

1. Develop a working knowledge of the benefits of exercise and a physically active lifestyle.
 - SBEC II
 - TEKS 116.62 c a, 2 e; 3 a, d, e, f, I, j, k;
 - TEKS 116.63 5 c, d, f;
 - TEKS 116.64 5 c;
 - Competency 005 d and e, 006a -f

2. Develop an understanding of wellness and fitness concepts, including cardiovascular strength, muscular strength, muscular endurance, body composition, and flexibility.
 - SBEC II, IV, VI Shape 1.2, 1.3, 3.3
 - TEKS 116.62 c(1) a and b, 3 a, c, e, f;
 - Competency 006a-f, 007a -e, 008a-g
3. Develop physical activity behaviors associated with lifetime personal fitness and wellness.
 - SBEC II Shape 1.2, 1.3, 3.3
 - TEKS 116.11 a and b, 12 a-c, and 16 a and b,
 - TEKS 116.63 c 3 b, c, 5 d, f; c 1 c;
4. Participate in the conduction and interpretation of personal fitness assessments.
 - SBEC II Shape 1.2, 1.3, 3.3
 - TEKS 116.62 2b, c, d, e, 3 a, b, f, I, k
5. Determine age-appropriate activities for improving the health-related components of fitness.
 - SBEC II Shape 1.2, 1.3, 3.3
 - TEKS 116.63 c 3 b, c, e, f;
 - Competency 009 a-g
6. Develop a working knowledge of the benefit of a healthy eating plan.
 - SBEC II Shape 1.2, 1.3, 3.3.
 - TEKS 116.621 c, e, f;
 - Competency 009 a-g
7. Develop a working knowledge of key and current health topics.
 - SBEC II Shape 2. 3, 3.1, 2.3, 3.3, 3.4, 3.4, and 4.2, 4/.5, and 4.6, 5f
 - TEKS 116.612 5e, f
 - Competency 011a and b, 013d

Technology Skills

- Must be able to send and receive email.
- Must be able to create, send and receive Microsoft Word, Excel, Publisher, or PowerPoint documents and log in to your Google Account to access Google Sites
- Must be able to use Desire 2 Learn portal.
- .
- Must be able to appropriately use internet links and websites.
- ***Important!!!! Chromebooks will not work with testing tools like Respondus Lockdown Browser and a webcam may be required for tests.**
- Be sure to review the technology requirements on [MSUTexas](#) website for online students.
- D2L/Brightspace offers tutorials to help the student become familiar with all of the tools and features of D2L. Students can find those on our [Distance Education](#) page.
- Report errors with D2L [D2L Help](#)

Communication Policies

- Before you email me, make sure to follow the “Three then Me” rule. The “Three then Me” rule says that you search for your answer regarding the course in at least three other places before you email me.
- For example, if you have a question about an assignment, you should consult your syllabus, your grading scale or rubric, or the assignment description on D2L.
- Remember, check three sources before you email me your question. It is very likely you’ll find the answer and not need to email me. If you don’t find the

answer and need clarification, feel free to email me.

- During the week, I will typically respond to your emails within 24-48 hours. Any emails received over the weekend will receive a response no later than Tuesday by noon.

Course Syllabus

Day	Date	Content	Activities/Assignments
Tue.	Aug 25	Syllabus, General Information	N/A
Thur.	Aug 27	Introduction to Wellness, Fitness, and Lifestyle Video Introduction Due 8 am	Intro Ex-Credit *Smart Reading Chap 1 and 2 Due
Tue.	Sep 1	Principles of Physical Fitness	*End of Lecture Assignment Due News Flash
Thur.	Sept 3	Cardiorespiratory Endurance Extra Credit/Get to Know	10-point bonus *Chap 3 Smart Reading Due
Tue	Sept 8	Muscular Strength/Endurance/Flexibility	*Chaps 4, 5, Smart Reading Due/ News Flash Flexibility Due
Thur.	Sept 10	Body Composition	*Chap 6 Smart Reading Due
Tue.	Sept 15	*EXAM 1	Chapter 1-6
Thur.	Sept 17	Classroom Wellness Evaluations	Workout clothes
Tue.	Sept 22	Classroom Wellness Evaluations *Wellness Evaluations Due at End of Class	Workout clothes *Evaluations Due End of Class
Thur	Sept 24	Wellness Center Visit	*Meet /Wellness Center Smart Reading Chapter 8 Due
Tue.	Sept 29	Fitness Plan/Video	Wellness Center
Thur.	Oct 1	Fitness Plan/Video	Wellness Center
Tue.	Oct 6	Fitness Plan/Video	Wellness Center
Thur.	Oct 8	Fitness Plan/Video	Wellness Center
Tue.	Oct 13	Fitness Plan/ Evaluation Video October 15 Fitness Evaluation Due	Classroom
Thur.	Oct 15	Nutrition 3-day Dietary Log Discussed	N/A
Tue.	Oct 20	Nutrition Handout Presentation Titles	*Smart Reading 9 Due 3-Day Dietary Due
Thur.	Oct 22	Weight Management	*3-Day Dietary Due *Smart Reading 7 Due
Tue.	Oct 27	Stress	*Smart Reading 10 Due *Concept Clip Sleep Due
Thur.	Oct 29	Cardiovascular Health	*Smart Reading 11 Due
Tue.	Nov 3	Exam 2 Chap 7-11	N/A
Thur.	Nov 5	Environmental	*Health Presentation Due Smart Reading 15 Due
Tue.	Nov 10	Research/ Oral Presentation	NA
Thur.	Nov 12	Research/Oral Presentation	N/A

Day	Date	Content	Activities/Assignments
Tue.	Nov 17	Research/Oral Presentation	N/A
Thur.	Nov 19	Research/Oral Presentation	N/A
Tue.	Nov 24	Research/Oral Presentation	N/A
	Thursday - Sunday	No class	No class
Tue.	Dec 1	Research/Oral Presentation	N/A
Thur.	Dec 3	Final Exam Comprehensive	N/A

Course Policies – Grading

1. All assignments must be typed for credit (work will not be accepted unless it is typed). Format – FOR ALL PAPERS: 12-point Times New Roman font, one (1) inch margins, and doubled spaced. The title page should have your names, the class and section number, and the semester centered on the page. Papers that do not follow this format will not be accepted or graded.
2. Late assignments will not be accepted.
3. Exams – The exams may include multiple-choice, short answer, and essay questions. Exams, as well as any quizzes or postings, will cover both lecture and book/reading materials. Exams can ONLY be made up in the direst of circumstances and at the instructor's discretion. Exam one is worth 124 points, exam two is worth 146 points, and the final is worth 150 points.
4. Grammar will be graded as part of any assignment. The MSU writing lab is available to all MSU students. [MSU Writing Center](#)
5. The office of Disability Support Services provides information and assistance, arranges accommodations information and assistance, and arranges accommodations and staff. A student/employee who seeks accommodations on the basis of disability must register with the Office of Disability Support Services. In accordance with the law, MSU provides students with documented disabilities with academic accommodations. If you are a student with a documented disability, please contact the instructor before classroom accommodations can be provided. The Disability Support Services may be contacted at 940-397-4140 (voice), 940-397-4515 (TDD), [Disabilities Services](#), or visit 3410 Taft Blvd., Clark Student Center Room 168.
6. Instructor Drop. An instructor may drop a student any time during the semester for excessive absences, consistently failing to meet class assignments, an indifferent attitude, or disruptive conduct. The instructor must give the student a verbal or written warning prior to dropping the student from the class. An instructor's drop of a student takes precedence over the student-initiated course drop at a later date. The instructor will assign a grade of either WF or F through the first 8 weeks of a long semester, the first 6 weeks of a 10-week summer term, or the 11th class day of a 4- or 5-week summer term consisting of 20 days. After these periods the grade will be an F. The date the instructor drop form is received in the Office of the Registrar is the official drop date.
7. All assignments will be due on the due date in D2L. Discussion paper, presentation, accessibility, and reflection papers will be written using APA formatting (7th Edition). Any Desire 2 Learn assignments must be turned in by the time designated on the day they are due unless otherwise stated. All references MUST be referenced using APA Format on the last slide of the PowerPoint presentation to earn points. More criteria for this assignment can be found on the Disability Presentation Grading Form on D2L. No late work will be accepted.

Quizzes:

- The chapter will have 10-25 Multiple Choice and/or True and False questions due prior to the start of the class the topic will be discussed. If you do not meet the timeline, the window will not reopen. These will be on D2L, please ensure you keep up with the announcement on D2L for any updates or changes. You will be responsible for knowing if changes have occurred. You will have a week to take the quiz. It will be due at 8:00a.m.

Fitness Gram:

- During the mid-semester, we will go to the small gym and go through the Fitness Gram to prepare you to

administer the exam when you teach. It will be required for you to dress out and participate fully in the activities to learn the proper administration. Competency 005, 007, 012

Program Diet Analysis Tool

- You will be responsible for logging into and setting up a free account for My Fitness Pal. Fill out your personal profile. Choose to maintain, lose or gain weight. Choose your activity level. Report your food consumption for 3 days consecutive. This is not a time to start eating healthy, it is to be what you normally would consume. You will be able to generate reports from this website to upload and submit. More will be discussed during class. Competency 006

Video Wellness Program:

- The first video assignment will be to design exercises for muscle strength, endurance, warmup, and flexibility/cool down as a group at the Wellness Center.
- The second will be to design a workout for muscle strength, endurance, and flexibility.
- The third will be to record each program on the Video link in Content in D2L.
- The fourth will be to evaluate others' workouts and give constructive feedback.
- Competency 004, 007, 008, 009, 010

Functional Assessment:

- In class you will engage in a multi-test functional assessment evaluating your flexibility, range of motion, muscle imbalance, and a mix of assessment such as blood pressure, bioimpedance, and strength. 004, 005, 006

Oral Presentations:

- You will give a 9-12-minute Google Slides presentation over an approved topic that is relevant to health. You will need 5- current PEER-REVIEWED articles or journals on your reference slide at the end. Check APA at Purdue Owl if you need help knowing how to set the page properly. Your grade will include proper questions for your classmates' presentations. All presentations should be professional if any YouTube videos are used no more than 30 seconds in length and inappropriate taste for a professional presentation. You should come professionally dressed. All topics will be assigned. Competency 013

Attendance

- Attendance is expected at all class meetings and please do not confuse attendance with "participation". Class begins on TIME. You are expected to be on early as we will start on time. Roll is taken, and if you are not in your seat, you will be counted absent. Leaving class early without prior permission will result in your being counted absent for the class session. Students are expected to attend all meetings of the classes in which they are enrolled.
- Professional Responsibility in the context of this course relates to your ability to come to class and participate actively in class, and with other classmates. You should come dressed as though you are coming to class and on presentation days you should dress professionally. Each day is worth 5-points, on time, participation, dress.
- 2 points: Punctual, Participates, Professional 0 points: Missing any of the above
- 28 X 2= 56 points

Extra Credit

- Only one extra credit will be available for getting to know diverse populations.

Late Work Policy

- Late work will not be accepted.

Personal Hygiene

- Face covering is optional.

WCOE Attendance Policy

Absence Policy - Professional teachers are dependable, reliable, and responsible. Therefore, candidates are expected to be on time and in attendance at every class and to stay for the entire class. Tardiness, leaving early, and excessive absences (3) are considered evidence of a lack of dependability and are taken seriously. Candidates will receive a grade of F on the third absence. If a candidate is taking 'blocked' courses that are taught at a Professional Development School, requiring field experience, the candidate will be dropped with an F from those classes as well.

Instructor Drop.

An instructor may drop a student any time during the semester for excessive absences, consistently failing to meet class assignments, an indifferent attitude, or disruptive conduct. The instructor must give the student a verbal or written warning prior to dropping the student from the class. An instructor's drop of a student takes precedence over the student-initiated course drop at a later date. The instructor will assign a grade of either WF or F through the first 8 weeks of a long semester, the first 6 weeks of a 10-week summer term, or the 11th class day of a 4- or 5-week summer term consisting of 20 days. After these periods the grade will be an F. The date the instructor drop form is received in the Office of the Registrar is the official drop date.

Plagiarism Statement:

"By enrolling in this course, the student expressly grants MSU a 'limited right' in all intellectual property created by the student for this course. The 'limited right' shall include but shall not be limited to the right to reproduce the student's work product to verify originality, authenticity, and educational purposes." [Student Handbook/Academic Dishonesty](#)

Academic Dishonesty:

Plagiarism is a serious academic offense and goes against the principles of integrity and originality that are essential in an educational setting. In this course, we uphold a zero-tolerance policy towards plagiarism and the use of AI-generated content without proper attribution. It is crucial that all students understand and adhere to this policy to maintain the academic integrity of the course.

Plagiarism is the act of presenting someone else's work, ideas, or intellectual property as one's own without appropriate acknowledgment. This includes, but is not limited to, copying and pasting from online sources, using another student's work, paraphrasing without proper citation, and using AI-generated content without proper attribution.

The use of AI-generated content is not permitted in this course, unless explicitly specified by the instructor. If the use of AI-generated content is allowed for specific assignments, students must disclose this fact and provide appropriate attribution to the AI tool used. Most importantly, you must provide citations and references for all generative AI information used. Since generative AI information is not reproducible, you should save copies of the information you obtained and include those documents in appendices attached to your paper or project. Full citation information can be found at the APA How to Cite link. [How to Cite ChatGPT](#).

Self-plagiarism refers to submitting work for credit that is the same or substantially similar to work prepared or submitted for another course, without appropriate citation. This includes reusing previous assignments, papers, presentations, or other submissions without instructor approval. Self-plagiarism gives the impression of original work, when in fact the content has already been submitted for assessment elsewhere.

Students should be aware that turning in the same or similar papers for multiple classes violates academic integrity, unless expressly authorized by the instructor. To avoid self-plagiarism, communicate openly with your instructor about building on existing work or repurposing prior submissions. Provide proper citations for any previous work referenced. Unless the

instructor indicates otherwise, all assignments submitted for this course must be newly prepared by you and you alone for this specific class.

Any instance of plagiarism, AI generated content, and/or self-plagiarism will be subject to disciplinary action in accordance with the Academic Integrity Policy outlined in the [Student Handbook](#). [Office of Student Conduct](#).

By enrolling in this course, you acknowledge and agree to comply with this plagiarism and AI-generated content policy, understanding the importance of academic integrity in our learning community.

General WCOE Classroom Policies

Students are expected to assist in maintaining a classroom environment that is conducive to learning. In order to assure that all students have the opportunity to gain from time spent in class unless otherwise approved by the instructor, students are prohibited from engaging in any form of distraction—this includes, but is not limited to, pagers and cell phones. Electronic communications devices will be turned off anytime the class member is in the school building—in our classroom or in a field experience classroom. Inappropriate behavior in the classroom shall result, minimally, in a request to leave class and a Professional Fitness Form will be filed for review with the college. If the instructor must file a Fitness Alert Form for any reason, including failure to demonstrate appropriate teaching dispositions, the student may receive an instructor drop with an "F" for the course.

- This class will engage in open discussion – all students are to address one another and the instructor with respect and courtesy, this includes speaking when recognized by the professor. The proper way to be recognized is to raise your hand and wait until you are called on. This is not Parliament – you never “have the floor.” I will let you know when you have been recognized and when your turn to speak is complete. If you disagree with a point or classmate, you are expected to express yourself in a principled and dignified fashion. I trust and feel confident we will engage in discussion and debate that exemplifies the ideals and spirit of the founders of our country. I will accept no less.
- Any disrespectful or disruptive behavior – including, but not limited to: sleeping, reading, side discussions, overt disruptions, harassing behaviors, etc - will result in your dismissal from the class, and may result in your dismissal from the course with a “WF” (Withdraw Failing), and/or a referral to the Office of Student Conduct.
- ***CELL PHONES (READ THIS TWICE, PLEASE).** There are NO cell phones permitted to be out during this class unless we are doing the Wellness Center Assignment. This class requires your engagement, and cell phones serve to detract from that engagement. Additionally, your phone should be not only put away, but on “silent” (NOTE: vibrate is NOT silent). If your phone is out and/or insight, you will be asked to put it away, and you will lose 10 points off of your FINAL grade. This is a sign of professionalism. (If your cell phone is required for a class project you will be informed).
- I am to be addressed as “Professor” or “Dr.” Taylor. Decorum in emails and other communications should reflect the same professionalism.
- The instructor reserves the right to amend these rules as necessary throughout the term.

Desire-to-Learn (D2L)

Extensive use of the MSU D2L program is a part of this course. Each student is expected to be familiar with this program as it provides a primary source of communication regarding assignments, examination materials, and general course information. You can log into [D2L](#) through the MSU Homepage. If you experience difficulties, please contact the technicians listed for the program or contact your instructor.

Change of Schedule

A student dropping a course (but not withdrawing from the University) within the first 12 class days of a regular semester or the first four class days of a summer semester is eligible for a 100% refund of applicable tuition and fees. Dates are published in the Schedule of Classes each semester.

- Last day to Drop/Add/ W or apply for graduation. [Academic Calendars](#).

- Last day to apply for admissions: [Academic Calendars](#)
- Last day to withdraw with a (W): [Academic Calendars](#)
- Refer to: [Drops, Withdrawals & Void](#)

COVID

Scientific data shows that being fully vaccinated is the most effective way to prevent and slow the spread of COVID-19 and has the greatest probability of avoiding serious illness if infected in all age groups. Although MSU Texas is not mandating vaccinations in compliance with Governor Abbott's executive orders, we highly encourage eligible members of our community to get a vaccination. If you have questions or concerns about the vaccine, please contact your primary care physician or health care professional. Given the recent rise in cases, individuals are also strongly encouraged to wear facial coverings when indoors among groups of people, regardless of vaccination status. Although MSU Texas is not currently requiring facial coverings, they have been an effective strategy in slowing the spread.

Refund and Repayment Policy

A student who withdraws or is administratively withdrawn from Midwestern State University (MSU) may be eligible to receive a refund for all or a portion of the tuition, fees, and room/board charges paid to MSU for the semester. However, if the student received financial aid (federal/state/institutional grants, loans, and/or scholarships), the refund may be returned to the financial aid programs. As described below, two formulas (federal and state) exist in determining the refund amount. (Examples of each refund calculation will be made available upon request).

Services for Students with Disabilities

Per Section 504 of the Federal Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990, Midwestern State University endeavors to make reasonable accommodations to ensure equal opportunity for qualified persons with disabilities to participate in all educational, social, and recreational programs and activities. After notification of acceptance, students requiring accommodations should make an application for such assistance through

Disability Support Services

Student Wellness Center

Phone: 940-397-4140

Email: disabilityservices@msutexas.edu

Website: [DSS Webpage](#)

For more details, please go to [Disability Support Services](#).

Emergency Aid Resources for Basic Needs

Unexpected life circumstances can affect anyone. If you are experiencing challenges meeting basic needs—such as housing, utilities, food, transportation, healthcare, technology, textbooks or other life necessities, resources may be available to help. Visit the [Student Emergency Support and Resources webpage](#) to learn more and explore emergency support opportunities through MSU and how to access them. For additional information, please contact the Office of Student Affairs: Clark Student Center #108, (940) 397-7500, student.affairs@mstutexas.edu.

Active Shooter

The safety and security of our campus is the responsibility of everyone in our community. Each of us has an obligation to be prepared to appropriately respond to threats to our campus, such as an active aggressor. Please review the information provided by MSU Police Department regarding the options and strategies we can all use to stay safe during difficult situations. For more information, visit [Safety / Emergency Procedures](#). Students are

encouraged to watch the video entitled “*Run. Hide. Fight.*” which may be electronically accessed via the University police department’s webpage: ["Run. Hide. Fight."](#)

Inclement Weather

If the MSU campus is closed for inclement weather the class will not meet. All homework to D21 will still be required unless it is a state wide power outage. I will send correspondence regarding the information.

Smoking/Tobacco Policy

College policy strictly prohibits the use of tobacco products in any building owned or operated by MSU TEXAS. Adult students may smoke only in the outside designated-smoking areas at each location.

Alcohol and Drug Policy

To comply with the Drug Free Schools and Communities Act of 1989 and subsequent amendments, students and employees of Midwestern State are informed that strictly enforced policies are in place which prohibits the unlawful possession, use or distribution of any illicit drugs, including alcohol, on university property or as part of any university-sponsored activity. Students and employees are also subject to all applicable legal sanctions under local, state and federal law for any offenses involving illicit drugs on university property or at University-sponsored activities.

Campus Carry

Effective August 1, 2016, the Campus Carry law (Senate Bill 11) allows those licensed individuals to carry a concealed handgun in buildings on public university campuses, except in locations the University establishes has prohibited. The new Constitutional Carry law does not change this process. Concealed carry still requires a License to Carry permit, and openly carrying handguns is not allowed on college campuses. For more information, visit [Campus Carry](#).

Obligation to Report Sex Discrimination under State and Federal Law

Midwestern State University is committed to proving and strengthening an education, working, and living environment where students, faculty, staff, and visitors are free from sex discrimination of any kind. State and federal law require University employees to report sex discrimination of any kind. State and federal law require University employees to report sex discrimination and sexual misconduct to the University’s Office of Title IX. As a faculty member, I am required to report to the Title IX Coordinator any allegations, personally observed behavior, or other direct or indirect knowledge of conduct that reasonably may constitute sex discrimination or sexual misconduct, which includes sexual assault, sexual harassment, dating violence, or stalking, involving a student or employee. After a report is made, the office of Title IX will reach out to the affected student or employee in an effort to connect such person(s) with resources and options in addressing the allegations made in the report. You are also encouraged to report any incidents to the office of Title IX. You may do so by contacting:

Laura Hetrick
Title IX Coordinator
Sunwatcher Village Clubhouse
940-397-4213
laura.hetrick@msutexas.edu

You may also file an online report 24/7 at [Online Reporting Form](#)

Should you wish to visit with someone about your experience in confidence, you may contact MSU Counseling Center at 940-397-46108. For more information on the University’s policy on Title IX or sexual misconduct, please visit [Title IX Website](#)

Grade Appeal Process

Update as needed. Students who wish to appeal a grade should consult the Midwestern State University [MSU Catalog](#)

Notice

Changes in the course syllabus, procedure, assignments, and schedule may be made at the discretion of the instructor.