The University of Texas at El Paso
Department of Kinesiology
Syllabus

COURSE INFORMATION

KIN 1301: Physical Activity for Lifetime Health and Wellness
CRN: 18000
Term: Fall 2025
Delivery Method: Lecture / Lab
Meeting Day and Time: Tuesday / Thursday (10:30 – 11:50am)
Lecture Classroom Location: HSSN 136
Lab Locations: TBD

INSTRUCTOR INFORMATION

Jason B Boyle, PhD
Chair: Department of Kinesiology
Associate Professor
Phone Number: Microsoft Teams
Email: jbboyle@utep.edu
(Best way to reach me)
Office Location: HSSN 443
Office Hours:

- Virtual: By Appointment only: Teams or Zoom

COURSE DESCRIPTION

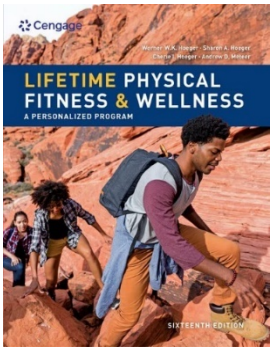
KIN 1301 is a 3-credit component core course available for all UTEP majors. The course provides guidelines and tools students need to create and follow a lifelong physical fitness and wellness program. This course will teach students how to examine their current behaviors, identify habits and adopt healthy lifelong behaviors. This course will also engage students with a wealth of different physical lab activities that will strengthen students' knowledge of exercise, leisure/play and daily physical activity.

COURSE OBJECTIVES AND UNIVERSITY LEARNING OUTCOMES

By the end of the course, students will be able to:

Student Learning Objective	Outcome
Demonstrate historical, modern, and trending knowledge within the diverse fields of physical activity and health & wellness. Including, but not limited to: Access to health & fitness facilities, nutrition, the role of culture, national physical activity guidelines	Critical Thinking Skills
Engage as a community of writers who dialogue across various assignments	Communication Skills
Address current issues of physical activity, health, nutrition, and access in the El Paso border community	Social Responsibility

REQUIRED MATERIALS



Title: Lifetime Physical Fitness & Wellness

Authors: Wener W.K. Hoeger, Sharon A. Hoeger & Cherie I Hoeger

Edition: 16th

Textbook Website: LINK

ASSIGNMENTS AND GRADING

1. Quizzes: There will be 15 Quizzes throughout the semester. **The quiz will be made available immediately following class on Tuesday and due by Friday at 5pm.** Quizzes will be done on Blackboard through Respondus lock down browser. The quizzes will specifically cover the textbook chapter as well as material discussed in class.

2. Individual Exams: 2 exams will be given this semester, a midterm and final exam. The exams will consist of true/false and multiple-choice questions. The Exams will be taken in the classroom through Blackboard.

3. Lab Activities: Attendance for all lab activities will be documented for a grade.

Requirement	Points
Quiz (15) at 4pts each	**60**
Exams (2) at 15pts each (Midterm, Final)	**30**
Lab Activity Participation	**10**
Total	**100**

Course Grade Determination
A = 100-90
B = 89-80
C = 79-70
D = 69 -60
F = 59 and lower

TECHNOLOGY REQUIREMENTS

All quizzes and exams will be administered via Blackboard. This means that it is the responsibility for each student to have a fully charged, WIFI capable laptop or tablet with them for class. If you do not have one, you may check one out from the library free of charge.

Ensure your UTEP e-mail account is working and that you have access to the Web and a stable web browser. Google Chrome and Mozilla Firefox are the best browsers for Blackboard; other browsers may cause complications. When having technical difficulties, update your browser, clear your cache, or try switching to another browser.

IMPORTANT: If you encounter technical difficulties beyond your scope of troubleshooting, please contact the UTEP Help Desk as they are trained specifically in assisting with technological needs of students. Please do not contact me for this type of assistance. The Help Desk is much better equipped than I am to assist you!

COURSE COMMUNICATION: How we will stay in contact with each other

Here are the ways we can keep the communication channels open:

- Office Hours: I will have virtual office hours for your questions and comments about the course by request. Please send me a request to meet through email and we will work together to set up a time that works for both of us.
- Email: UTEP e-mail is the best way to contact me. I will make every attempt to respond to your e-mail within 24 hours of receipt. When e-mailing me, be sure to email from your UTEP student e-mail account and please put the course number in the subject line. In the body of your e-mail, clearly state your question. At the end of your e-mail, be sure to put your first and last name, and your university identification number.
- Announcements: Check the Blackboard announcements frequently for any updates, deadlines, or other important messages.

EXCUSED ABSENCES, DEADLINES and COURSE DROP POLICY

All assignments will strictly follow UTEPs attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignment's due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student's responsibility to keep track of when assignments are due and to communicate to the Professor when absences happen.

- **Quizzes will be due by Friday at 5pm**
- **Exams will be done during scheduled in-person class times.** You will have the entire class period to complete the exam.

I will not drop you from the course. However, if you feel that you are unable to complete the course successfully, please let me know and then contact the Registrar's Office to initiate the drop process. If you do not, you are at risk of receiving an "F" for the course.

MAKE-UP WORK

Make-up work will be given *only* in the case of a *documented* emergency. Note that make-up work may be in a different format than the original work, may require more intensive preparation, and may be graded with penalty points. If you miss an assignment and the reason is not considered excusable, you will receive a zero. It is therefore important to reach out to me in advance if at all possible—and explain with proper documentation why you missed a given course requirement. Once a deadline has been established for make-up work, no further extensions or exceptions will be granted.

INCOMPLETE GRADE POLICY

Incomplete grades may be requested only in exceptional circumstances after you have completed at least half of the course requirements. Talk to me immediately if you believe an incomplete is warranted. If granted, we will establish a contract of work to be completed with deadlines.

ACCOMMODATIONS POLICY

The University is committed to providing reasonable accommodations to students with documented disabilities. Students who become pregnant may also request reasonable accommodations, in accordance with state and federal laws and regulations and University policy. Accommodations that constitute undue hardship are not reasonable. To make a request, please register with the UTEP Center for Accommodations and Support Services (CASS). Contact CASS at 915-747-5148, email them at cass@utep.edu, or apply for accommodations online via the CASS portal.

SCHOLASTIC INTEGRITY

Academic dishonesty is prohibited and is considered a violation of the UTEP Handbook of Operating Procedures. It includes, but is not limited to, cheating, plagiarism, and collusion. Cheating may involve copying from or providing information to another student, possessing unauthorized materials during a test, or falsifying research data on laboratory reports. Plagiarism occurs when someone intentionally or knowingly represents the words or ideas of another as ones' own. Collusion involves collaborating with another person to commit any academically dishonest act. Any act of academic dishonesty attempted by a UTEP student is unacceptable and will not be tolerated. All suspected violations of academic integrity at The University of Texas at El Paso must be reported to the Office of Student Conduct and Conflict Resolution (OSCCR) for possible disciplinary action. To learn more, please visit HOOP: Student Conduct and Discipline.

PLAGIARISM DETECTING SOFTWARE

Some of your course work and assessments may be submitted to SafeAssign, a plagiarism detecting software. SafeAssign is used to review assignment submissions for originality and will help you learn how to properly attribute sources rather than paraphrase.

COURSE RESOURCES

UTEP provides a variety of student services and support. Please refer to the QR code below for a listing of campus resources.

KIN 1301 Physical Activity in Lifetime Health and Wellness
Textbook Chapters

1. Physical Fitness and Wellness
2. Behavior Modification
3. Nutrition for Wellness (Public Health)
4. Body Composition
5. Weight Management
6. Cardiorespiratory Endurance
7. Muscular Fitness
8. Muscular Flexibility
9. Personal Fitness Programming
10. Preventing Cardiovascular Disease
11. Cancer Prevention
12. Stress Assessment and Management Techniques (Social Work) (**lab:** Yoga)
13. Addictive Behavior (Psychology)
14. Preventing Sexually Transmitted Infections (Student Wellness Center)
15. Lifetime Fitness and Wellness

Fall 2025 Tentative Schedule

Week	Dates	Topics	Assignments
1	Tuesday (Lecture) August 26, 2025 ----- Thursday (Lab) August 28, 2025	- Welcome to KIN 1301, Syllabus - No lab today	
2	Tuesday (Lecture) September 2, 2025 ----- Thursday (Lab) September 4, 2025	- (1) Physical Fitness and Wellness - No lab today	- Quiz 1
3	Tuesday (Lecture) September 9, 2025 ----- Thursday (Lab) September 11, 2025	- (2) Behavior Modification - Tour of the UTEP Student Rec Center Facilities (meet at Rec Center)	- Quiz 2 - Attendance will be taken
4	Tuesday (Lecture) September 16, 2025 ----- Thursday (Lab) September 18, 2025	- (3) Nutrition for Wellness (Guest Speaker Public Health Sciences) - Food Journal lab (Online submission)	- Quiz 3 - Submit on Blackboard

5	Tuesday (Lecture) September 23, 2025 ----- Thursday (Lab) September 25, 2025	- (4) Body Composition - Tour of Miner Lab (4th floor of HSSN building) We will meet in Rm 136 first	- Quiz 4 - Attendance will be taken
6	Tuesday (Lecture) September 30, 2025 ----- Thursday (Lab) October 2, 2025	- (5) Weight Management - Campus walk (Map my walk App)	- Quiz 5 - Submit on Blackboard
7	Tuesday (Lecture) October 7, 2025 ----- Thursday (Lab) October 9, 2025	- (6) Cardiorespiratory Endurance - Campus walk (Map my walk App)	- Quiz 6 - Submit on Blackboard
8	Tuesday (Lecture) October 14, 2025 ----- Thursday (Lab) October 16, 2025	- (7) Muscular Fitness & (8) Flexibility - Campus walk (Map my walk App)	- Quiz 7 & 8 - Submit on Blackboard
9	Tuesday (Lecture) October 21, 2025 ----- Thursday (Lab) October 23, 2025	- Exam 1 (chapters 1-8) - No Lab this week	- Exam 1

10	Tuesday (Lecture) October 28, 2025 ----- Thursday (Lab) October 30, 2025	- (9) Personal Fitness Programming - Rec center workout (you choose)	- Quiz 9 - Submit your workout plan and exercise data/or selfie
11	Tuesday (Lecture) November 4, 2025 ----- Thursday (Lab) November 6, 2025	- (10) Preventing Cardiovascular Disease - (11) Cancer Prevention - Rec center workout (you choose)	- Quiz 10 & 11 - Submit your workout plan and exercise data/or selfie
12	Tuesday (Lecture) November 11, 2025 ----- Thursday (Lab) November 13, 2025	- (12) Stress Assessment and Management Techniques (Guest Speaker: Social Work) - Yoga Day (location TBD)	- Quiz 12 - Attendance will be taken
13	Tuesday (Lecture) November 18, 2025 ----- Thursday (Lab) November 20, 2025	- (13) Addictive Behavior (Guest Speaker: TBD) - Any Exercise or Physical Activity (you choose)	- Quiz 13 - Submit your workout plan and exercise data/or selfie

14	Tuesday (Lecture) November 25, 2025 ----- Thursday (Lab) November 27, 2025	- (14) Preventing Sexually Transmitted Infections (Guest Speaker: Student Wellness Center) - THANKSGIVING 😊	- Quiz 14
15	Tuesday (Lecture) December 2, 2025 ----- Thursday (Lab) December 4, 2025	- (15) Lifetime Fitness and Wellness - Any exercise / Physical Activity (you choose)	- Quiz 15 - Submit your workout plan and exercise data/or selfie
16	Tuesday December 9, 2025	- Exam 2 (chapters 9-15)	