

APPH 1050 Syllabus

The Science of Physical Activity and Health, Section C, 2 Credits

Fall 2026

Instructor Information

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General Course Information

Description

Students will learn the importance of health, fitness, good nutrition, stress management, and chronic disease prevention. The activity portion of the course will focus on exercise training to improve fitness. All undergraduate students attending Georgia Tech must satisfactorily complete a wellness requirement, such as this course, APPH 1050. This course may consist of the following activities: lectures (including guest lectures), in-class activities, fitness activities, quizzes, homework assignments, group work, and projects.

Course Learning Outcomes

Upon successful completion of this course, you should be able to:

- Identify the dimensions of wellness
- Explain the definitions of health, wellness, and fitness
- Explain the components of health-related fitness and the principles of fitness
- Describe the basic concept of behavior change as it relates to personal health habits
- State the relationship between stress management, nutrition, and exercise in achieving wellness
- Create a comprehensive exercise program to develop all fitness components

Required Course Materials

N/a

Grading Policy:

A: 90-100% (~198 – 220 points)

B: 80-89% (~176 – 197 points)

C: 70-79% (~154 – 175 points)

D: 60-69% (~132 – 153 points)

F: Below 60% (below 132 points)

Assignments

- In-class participation/work, 14 @ 2 points = 28 points
- Syllabus quiz, 4 points
- Course contract, 3 points
- Wellness wheel activity + reflection, 10 points
- Quizzes, 2 @ 20 points = 40 points
- Workout logs, 11 @ 5 points = 55 points
- Behavior Change Wellness Project, 40 points
 - This assignment has multiple components with specific due dates
- Exercise Plan, 25 points
- Group Assignment, 15 points

Description of Graded Components

You accumulate points in this class based on the amount and quality of work you do. A breakdown of the points offered is listed above. Your Final Grade is based on the total points accumulated out of 220 points.

Course Policies

Attendance and Participation

Lecture/Discussion: In-class participation/work is part of your final grade. You are expected to be in class, take notes, participate, and submit the deliverable for the day. Class presence and participation points are given to encourage your active class participation and discussion. You will earn a score based on how well you answer PointSolutions questions, **actively** contribute to the class discussions, and/or accurately complete the assigned class work. Each class session is worth 2 points. **If you miss a**

class session, you will not be awarded points unless the absence is excused AND made up. Examples of **excused** absences are institute-approved events, academic conferences, hospitalizations, religious holidays/services, certain family situations, and family deaths. You will need to promptly communicate these events to your instructor and submit the proper documentation to make up for the absence. Documentation should be submitted to the Office of the Dean of Students. If the teaching staff receives approval from the Office of the Dean of Students, your absence can be made up. You may communicate with the instructor and TA if you would like access to any missed content. See the institute's attendance policy <http://www.catalog.gatech.edu/rules/4/>.

Activity Sessions:

- Activity sessions are on Wednesdays from 9:00-10:15 am EST. Students are expected to attend the entire assigned class time (taking breaks, as needed). Participation is required; if a student does not participate, they do not get credit for being in class.
- The class attendance policy assigns 1 attendance point for each absence and .5 (½) points for each tardy; each student is allowed up to 2 attendance points for any reason without penalty/deduction from their final course grade. Each additional absence (**excused or unexcused**) beyond the allotted 2 points will result in 5 percentage points deducted from the final course grade. Each additional tardy beyond the allotted 2 points will result in 2 percentage points deducted from the final course grade. **Five or more absences (excused or unexcused) result in an automatic "F" for the course.** Deductions for attendance will not be accounted for in the course grade until the end of the semester.
- Attendance will be recorded in Canvas at the beginning of each class, and students are encouraged to monitor their attendance for compliance with the Attendance Policy; students may see the number of absences and tardies accrued under "Grades" and "Attendance" on Canvas. **Please note that Canvas assigns a grade for attendance; that grade is not used in this course, and attendance will be accounted for in your final course grade only as stated above.**
- A "tardy" is defined as arriving after the instructor has begun class or leaving before dismissal. If a student arrives more than 15 minutes late, leaves more than 15 minutes early, or misses more than 15 minutes of class in total in a day, it will be counted as an absence.

- Institute-approved absences must be communicated in writing to the professor, and the absence must be made up with the fitness instructor; these events are not excused absences of APPH 1050. If a student is sick and comes to class unable to participate, they will be asked to leave class and counted as absent. If a student is advised that they cannot participate in class for more than two consecutive weeks, they must communicate with their professor as soon as possible and submit documentation to the Office of the Dean of Students.

Academic Integrity

Georgia Tech aims to cultivate a community based on trust, academic integrity, and honor. Students are expected to act according to the highest ethical standards. Review [Georgia Tech's Honor Code](#) and the student [Code of Conduct](#).

Any student suspected of cheating or plagiarism on a quiz, exam, or assignment will be reported to the Office of Student Integrity, which will investigate the incident and identify the appropriate penalty for violations.

Core IMPACTS

[Core IMPACTS](#) is the University System of Georgia's General Education curriculum. If you are teaching a course that counts towards Core IMPACTS, you should include a syllabus statement about the Core area and associated [career competencies](#). [This resource](#), developed by the Center for Excellence in Teaching and Learning and Online Education at Georgia State University, includes template syllabus statements for each of the Core IMPACTS areas that you may adapt for your course.

Accommodations for Students with Disabilities

If you are a student with learning needs that require special accommodation, [contact the Office of Disability Services](#) (404-894-2563) as soon as possible to make an appointment to discuss your special needs and to obtain an accommodations letter. Please also e-mail me as soon as possible to set up a time to discuss your learning needs.

Student-Faculty Expectations Agreement

At Georgia Tech, we believe that it is important to strive for an atmosphere of mutual respect, acknowledgement, and responsibility between faculty members and the student body. [The Student-Faculty Expectations](#) articulate some basic expectations that you can have of me and that I have of you. In the end, simple respect for knowledge, hard work, and

cordial interactions will help build the environment we seek. Therefore, I encourage you to remain committed to the ideals of Georgia Tech while in this class.

Pre- &/or Co-Requisites

N/a

Extra Credit Opportunities

Opportunities will be announced in class and/or via Canvas. Please take advantage of these opportunities if you miss an assignment or perform poorly on an assignment. Specific instructions for obtaining full credit will be provided to all students. Deadlines for submission will be announced in class and via Canvas. Extra credit submissions are not accepted after the deadline (e.g., extra credit does not follow the late work policy for mandatory class assignments).

Use of Generative AI

As we embrace innovative technologies in our learning environments, it's important to discuss the use of Generative AI programs like ChatGPT, Google Gemini, Claude, etc. These can be great tools for generating ideas and aiding brainstorming sessions. They are allowed for that purpose in this course. That said, using any AI tools during an exam or quiz is never permitted. In addition, students may not use AI tools to generate responses for written assignments, projects, or discussions as their own. There are a few key points to keep in mind when using these tools for other approved uses, such as to generate ideas:

- Accuracy and Bias: Be aware that the information produced by AI can sometimes be inaccurate, incomplete, biased, or otherwise problematic. Always double-check the facts and consider the potential biases in the generated content.
- Impact on Creativity: While AI tools can provide helpful insights, relying heavily on them may limit your own critical thinking and creativity. Use these tools to generate ideas, not as a replacement.
- Source Citing and Documentation: According to GaTech's Honor Code, you must not submit work generated by an AI program as your own. For more information and guidance, please view the USGStudentGuideToGenAI uploaded in Canvas Modules: Resources for Students.

Extensions, Late Assignments, & Re-Scheduled/Missed Exams

It is the student's responsibility to ensure that all requirements are completed on time. Students are expected to turn in all work by the deadline. However, I know that unexpected things happen. To allow for unexpected events or lapses in memory of due dates, partial

credit will be given for late assignments (this does not apply to in-person quizzes and the group assignment). Each day an assignment is late will result in a heavier point reduction. For example, if the assignment is one day late, the point reduction is 10%. Two days after the deadline, the point reduction is 20%. This is automatically applied in Canvas. This is automatically applied in Canvas. After two days have passed, a grade of zero will be recorded for that assignment. Some exceptions are made for approved Institute activities and religious activities; students should communicate these in advance to the instructor and have documentation from the Office of the Dean of Students.

Inclement Weather and Digital Learning Days

Per the [Campus Procedures for Hazardous Weather](#), when on-campus activities are suspended, digital learning days may be implemented to provide a way for instruction to continue. In the event of an impact on class sessions, instructors will post an announcement on Canvas with instructions. Here is the institute policy for [Digital Learning Days for Modified Campus Operations](#).

Student Use of Mobile Devices in the Classroom

As research on learning shows, unexpected noises and movement automatically divert and capture people's attention, which means you are affecting everyone's learning experience if your cell phone, laptop, etc., makes noise or is visually distracting during class. That said, many students find it useful to have a mobile device, laptop, or tablet on hand to access course materials.

With this in mind, I allow you to take notes on your laptop, but request that you turn the sound off so that you do not disrupt other students' learning. In addition, if you are doing anything other than taking notes or looking at course materials on your laptop, please sit in the back row so that other students are not distracted by your screen.

In this class, we will use PointSolutions and other educational software to increase your interaction with the content. This means you will need to bring a (charged) web-enabled device with you to class – a mobile device, tablet, laptop, or other similar device will do. However, please remember that your success in this class will hinge in part on your attention to in-class discussion and content: please refrain from using your device during class except at designated times and do your best to focus on the task at hand.

Sensitive Topics in Class

Some topics discussed in the class or activity sections may be of a sensitive nature and/or a trigger, based on past and/or current experiences (e.g., nutrition analysis, body composition, mental health, etc.). If you are concerned about a subject or assignment,

contact the professor and/or your activity instructor. We can discuss any concerns you have and make alternative arrangements for content/assignments, as needed.

Campus Resources for Students

Undergraduate Student Academic Success Resources:

Academic Support: Academic Success and Advising (a unit in the Office of Undergraduate Education & Student Success) provides free support for your courses. Students can attend scheduled supplemental review (PLUS) sessions, stop by Drop-In Tutoring, or schedule a one-on-one appointment through Knack. To explore what options work best for you, please visit us online at success.gatech.edu/tutoring, email us at tutoring@gatech.edu, or come see us at Clough Undergraduate Learning Commons, Suite 283.

Student Well-Being:

I look forward to having you in this course, and I am concerned for your overall health and well-being. I recognize that as an individual, you and your circumstances are unique in comparison to other students. Throughout your academic journey at Georgia Tech, you may face personal stressors that impact your academic progression and well-being. If these do arise, know that I am here to support you. You may contact me at any point in the semester when you are experiencing an issue. I aim to share wellness tools and strategies in this course that are beneficial and easy to implement, because we all face challenges in life. I acknowledge that seeking help takes courage. The Institute has several resources to support students. A comprehensive list of student services and resources has been compiled and maintained by the Office of the Vice President for Student Engagement and Well-Being, and you can find access to that at <https://students.gatech.edu/student-resource-guide>.