Welcome to Student Wellness!

Student Wellness offers a comprehensive list of enjoyable, health-promoting classes including a wide variety of team, individual, and recreational sports. These classes provide an excellent opportunity for you to start an exercise program, learn or improve in a new sport, boost self-esteem, get in shape, and have fun!

Activity Class Policies and General Information

Activity Class Goals: Activity classes will help you:
- Respect and reverence the human body as a literal "temple of God" and know that "the human body is sacred, the veritable tabernacle of the divine spirit."
- Practice correct health and fitness principles, improve your exercise and lifestyle habits, lower your risk of disease and injury, and enhance your quality of life.
- Know and understand the implications and benefits of regular physical activity and exercise.
- Value and respect the role that exercise and physical activity play in a healthy and happy lifestyle.
- Sort out health and fitness information so you can avoid unsafe or ineffective products and ideas.
- Participate in sports and recreational activities that you can enjoy now and throughout your life.

Grading: This course is graded PASS/FAIL. Students must meet the following criteria to pass:
1. Pass the attendance part of the course with no more than 5 hours absent; be aware some class periods are more than 1 hour.
2. Pass the written part of the class with 75% on the written test.

Students who do not meet this criterion will receive a Fail (E) grade which will impact their GPA.

Written Exam: A written examination must be taken in the Testing Center. Test dates for all courses can be found at http://studentwellness.byu.edu/physical/activitycourses.

**IMPORTANT: Tests will NOT be available the last day of class, during reading days or finals. NO EXCEPTIONS!**

Please note the following:
1. The exam will cover materials taught and/or referred to in class.
2. If a student scores below 75%, the test may be retaken for a $5.00 fee.
3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day offered, you cannot take the test again.
4. A $5.00 late fee will be charged the last two days of the exam.

Attendance/Participation:
- Because participation is the primary component of an activity class, attendance is requisite to pass the class.
- Students must attend and participate in 80% of all class sessions to pass the course (Department policy). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for possible illness, injury, or University business:
  - For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  - For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  - For once a week block classes, this equals no more than 1 class period missed.
• Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. Students adding late should see the instructor for options immediately upon adding. A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at petitions.byu.edu. Call 801-422-2631 with questions about the petition process.
• If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu

COURSE OUTLINE: The expectations for your activity class are explained in the course outline. Course outlines for all activity classes are found at: http://studentwellness.byu.edu/physical/activitycourses. Students are responsible to read and follow this information sheet and their course outline.
AUDITING: Department rule does not allow auditing of any Student Activity Class.

DRESS AND GROOMING: “The dress and grooming of both men and women should always be modest, neat, and clean, consistent with the dignity adherent to representing The Church of Jesus Christ of Latter-day Saints and any of its institutions of higher education.” Students understand and have committed to obey this policy. It will be enforced. Students should come to class in modest athletic wear appropriate for participation in that class activity.

LOCKER: Lockers are available to fulltime enrolled students for a $10 fee (part-time students must pay $45 activity fee in addition to the $10 locker fee). This fee pays for towel exchange services and a personal locker during the semester or term in which you are enrolled. Fulltime students can receive a daily free play wristband to use the facilities. Part-time students must pay a semester $45 use fee to receive the wristband. You are required to provide your own lock. You can exchange your used towel for a clean one at any time. By the last day of class, you will clear out your lockers and return all rented items.

ACADEMIC HONESTY: The first injunction of the BYU Honor Code is the call to “be honest.” Students come to the university not only to improve their minds, gain knowledge, and develop skills that will assist them in their life’s work, but also to build character. President David O. McKay taught that “character is the highest aim of education” (The Aims of a BYU Education, p. 6). It is the purpose of the BYU Academic Honesty Policy to assist in fulfilling that aim. BYU students should seek to be totally honest in their dealings with others. They should avoid academic dishonesty and misconduct in all its forms, including but not limited to plagiarism, fabrication or falsification, cheating, and other academic misconduct.

PREVENTING SEXUAL HARASSMENT: Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. The act is intended to eliminate sex discrimination in education. Title IX covers discrimination in programs, admissions, activities, and student-to-student sexual harassment. BYU’s policy against sexual harassment extends not only to employees of the university, but to students as well. If you encounter unlawful sexual harassment or gender-based discrimination, please talk to your professor; contact the Equal Employment Office at 801-422-5895 or the 24-hour hotline at 367-5689 or 1-888-238-1062; or contact the Honor Code Office at 801-422-2847.

STUDENTS WITH DISABILITIES: If you suspect or are aware that you have a disability, you are strongly encouraged to contact the University Accessibility Center (UAC) located at 2170 WSC (422-2767) as soon as possible. The disability will be evaluated and eligible students will receive assistance in obtaining reasonable University approved accommodations.

QUESTIONS OR CONCERNS: If you have any questions or concerns about these policies and procedures, please visit with your instructor. We value your opinion and invite you to help us make things even better. Please submit any suggestions, ideas, or concerns to Student Wellness, 203 RB, activity@byu.edu. Thanks!

These policies may change without further written notice. Please contact Student Wellness 801-422-5638 for the most current policy information.