FITNESS
DECISIONS

Student Getting Started Guide

TABLE OF CONTENTS

CREATE A FITNESS DECISIONS ACCOUNT

Fitness Decisions is web based and compatible with Internet Explorer 9.0 or greater or the latest versions of Mozilla Firefox, Google Chrome, and Apple Safari. This program utilizes responsive design and provides full functionality on Windows, Mac, Android or iOS computer, tablet, or smartphone.

Creating an account only takes a moment. **Please note that if you are an existing Davis*Plus* member, you do not need to create a new account. Your Davis*Plus* account credentials will work here.**

To begin, go to www.FitnessDecisions.com and click the "**Login / Join**" button in the top right corner of the screen.
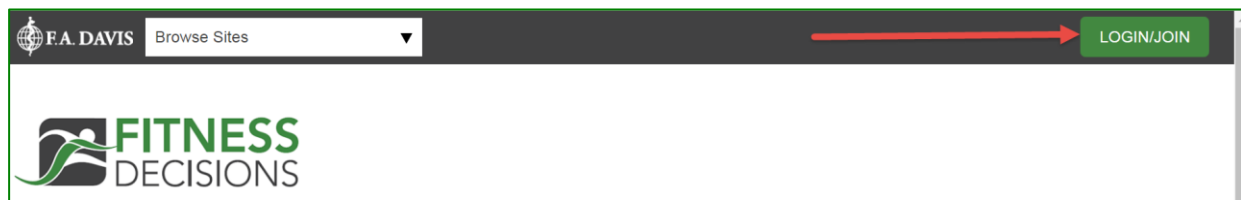
Click the "Create Account" button.
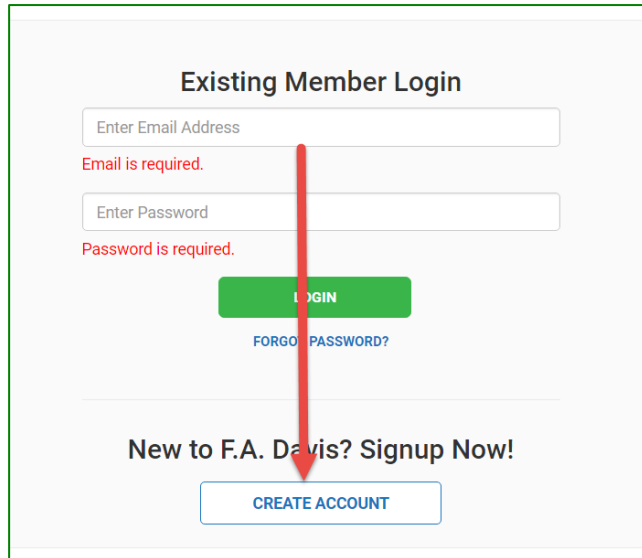
Next, enter your account credentials:

1. **Do not** check the box for Instructor Access.
2. Enter your email address.
3. Create your password.
4. Enter your name.
5. Enter your school information.
6. Click the "Create Account" button

EXISTING DAVIS*PLUS* MEMBERS

Once you have created an account, log into Fitness Decisions by clicking the "**Login / Join**" link. Enter your email address and password then click the "login" button.

RESETTING PASSWORDS

You can reset your password by clicking the "**FORGOT PASSWORD**" link. Enter your e-mail address, and a link to reset your password will be e-mailed to you. If the e-mail doesn't arrive, please check your spam folder.

Or, you can log in and change your password at any time by going to "My Account" using the dropdown in the upper right corner. Here, enter and confirm your new password, then click "Save."

ACCESS CODES

After you have successfully created the account, you should be taken directly into the site. However, you still need to enter an Access Code to work and utilize the product.

An Access Code is on the **inside cover of new text books.** Or you may purchase an Access Code at www.FitnessDecisions.com
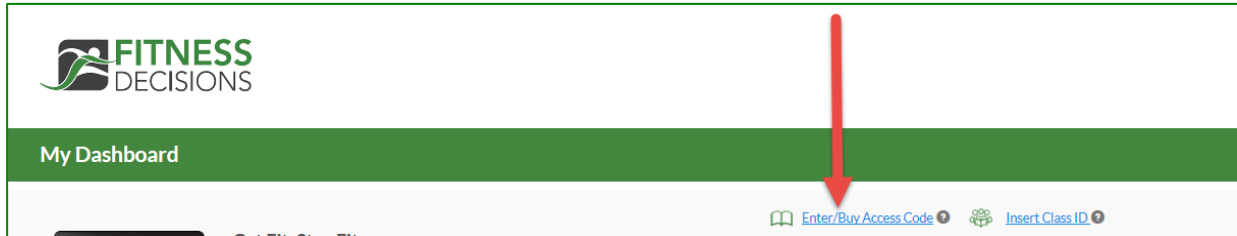
CLASS ID

You must enter your instructor's unique Class ID number in order to access your instructor's class, take your instructor's assignments, and submit work to your instructor's gradebook. The Class ID will be provided to you by your instructor. Your class ID can be added after you create an account and log in.
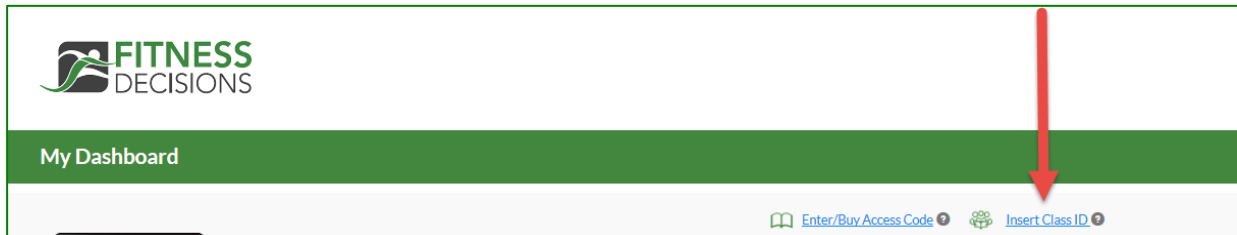
After you have entered the Class ID number, your instructor will admit you into the class. Please note that work conducted outside of your instructor's class will not be reported to your instructor's gradebook.

DASHBOARD

After logging into Fitness Decisions, the dashboard will be displayed. Initially the student will not see any classes; however, upon the instructor's acceptance, the class will appear.

My Dashboard

Get Fit, Stay Fit
William E. Prentice
F. A. Davis.com | *DavisPlus product page*
Access Expires - **December 27, 2017**

Enter/Buy Access Code ❓   Insert Class ID ❓

Class Title : EVO's Class

Instructor Name : Eric Van Osten

Description : MWF 2:00

Class Term : December 28, 2015 - December 31, 2016

Last Access : December 28, 2015

Remaining Days : 370

Next Due Assignment | Instructor's Feedback ⓪ | Discussion Forum | My Gradebook

ENTER
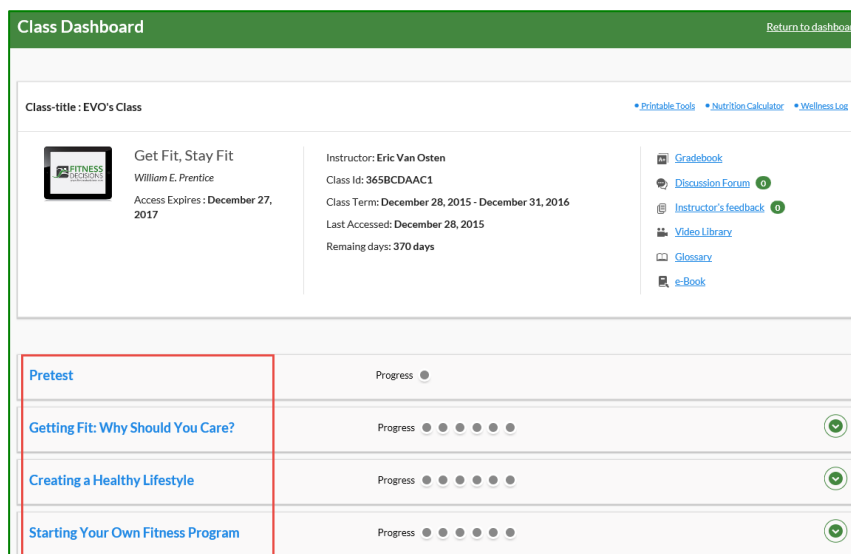
Click here if you wish to un-enroll from this Class

ACCESSING LESSONS

A Fitness Decisions class includes Lessons, which is where students will complete the Exercises. After the instructor admits the students into the class, they can access the Lessons by clicking the "Enter" button on the dashboard.

CLASS DASHBOARD

The Class Dashboard will display all Lessons. Each Lesson is a live link. Students click the Lesson in which they would like to work.

Class Dashboard   Return to dashboard

Class-title : EVO's Class

Printable Tools • Nutrition Calculator • Wellness Log

Get Fit, Stay Fit
William E. Prentice
Access Expires : **December 27, 2017**

Instructor: **Eric Van Osten**
Class Id: **365BCDAAC1**
Class Term: **December 28, 2015 - December 31, 2016**
Last Accessed: **December 28, 2015**
Remaing days: **370 days**

Gradebook
Discussion Forum ⓪
Instructor's feedback ⓪
Video Library
Glossary
e-Book

| Pretest	Progress ●	
Getting Fit: Why Should You Care?	Progress ● ● ● ● ●	⌄
Creating a Healthy Lifestyle	Progress ● ● ● ● ●	⌄
Starting Your Own Fitness Program	Progress ● ● ● ● ●	⌄

ACCESSING EXERCISES

To access an Exercise, students click the Lesson to expand its content. There are many exercises available in each Lesson. Students click on these to expose the exercise links and begin working.
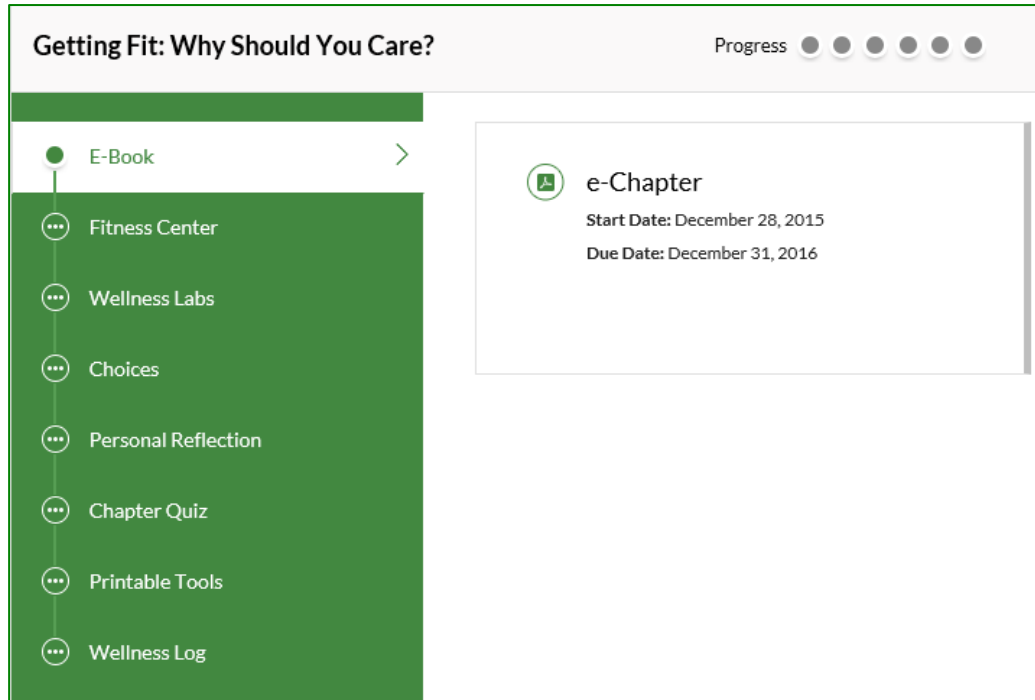
Each Lesson has a progress bar that lights up as Exercises are completed.
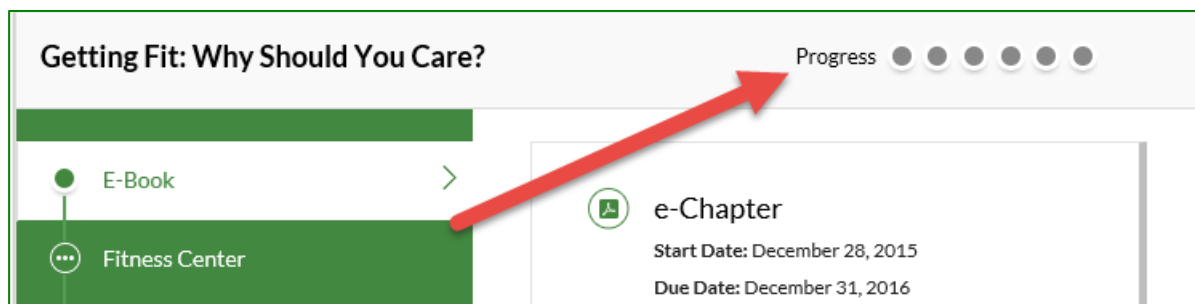
EXERCISE TYPES

There are a number of exercise types – some are evaluated by the system and reported to the gradebook, others are manually assessed, and some are not scored at all, depending on how the instructor set up the class.

Pretest

This allows users to see how much information the student(s) already knows when starting the wellness course.

e-Book

The interactive e-Book can be accessed directly in the product. It is available in individual Lessons (by chapter) or in the dashboard for a comprehensive view.
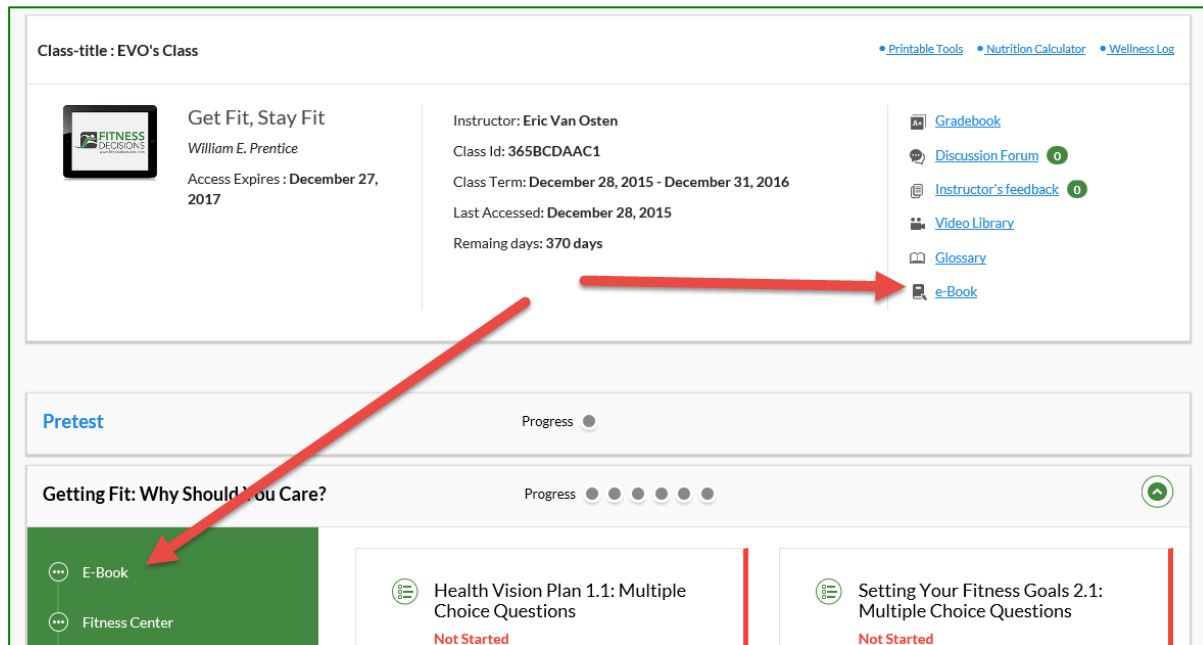
Fitness Center

Each Lesson includes selected step-by-step narrated exercise videos from the larger video library, followed by multiple choice questions that test student understanding and retention of the information presented in those videos. A larger video library that includes over 350 step-by-step exercise videos is available to students at all times from the student dashboard.
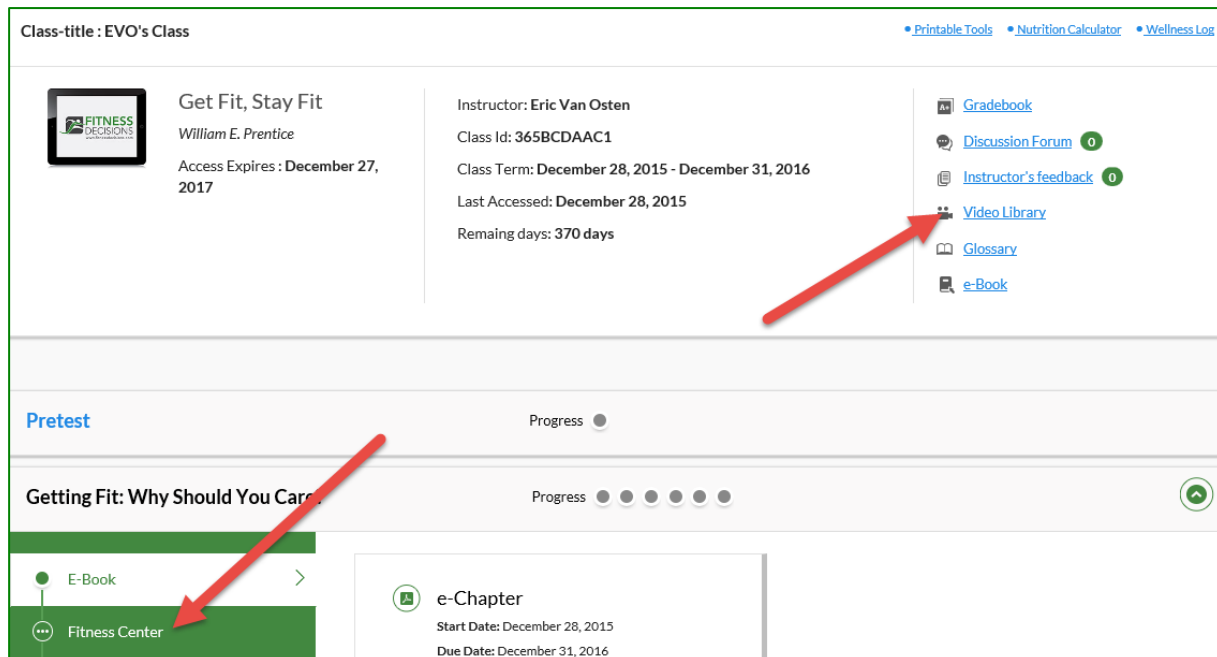
Wellness Labs

Additional lab activities are available, which are similar to those in the back of every chapter in the textbook, emphasizing active learning. They start with a multiple choice quiz of foundational information needed to effectively participate in a lab. They also include a series of open-response questions to encourage active learning. Note that instructors can eliminate the open response questions if they choose, so that the system will only include the multiple choice questions that are automatically graded.

It is important that students complete these exercises in chronological order.

Choices

Professionally-recorded audio scenarios ask students to make wise choices in situations they are likely to find in college environments. This includes both open-ended and multiple choice questions.

Personal Reflection

These open response questions ask students to reflect on personal experiences and challenges with wellness. If Instructors manually review and grade them, any feedback they offer will appear in the "Instructor's Feedback" area (see pg. 13). Alternatively, instructors may set these up to be used with the small-group functionality and utilize the Discussion Forum.

Chapter Quiz

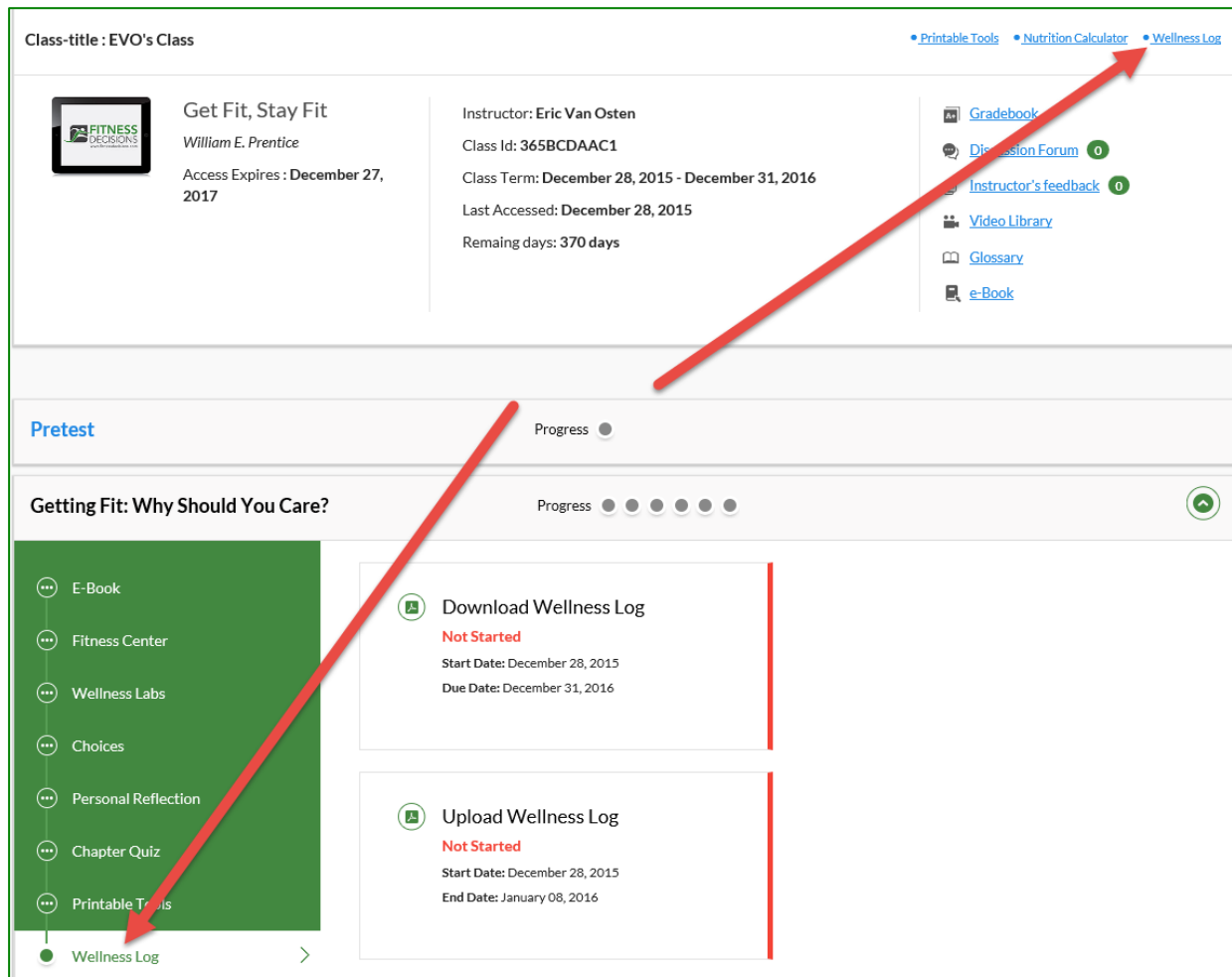This is a multiple-choice quiz on chapter content.

Printable Tools

Printable PDFs of current information/guidance on wellness topics, including specific guidance on nutrition, fitness and other aspects of a healthy life are offered here.

Wellness Log

This is a downloadable PDF for logging weekly totals for fitness, nutrition, and sleep. Students may type totals directly into the document; or they may print the document, hand-write their totals, and then scan the document/upload back into the system. The document is then sent to instructor for

review. If a program has another document (limited to a single pdf file) that it wishes to use instead, then that document can still be uploaded by the student and sent to the professor using our system. This is available in individual Lessons (by chapter) and in the dashboard.
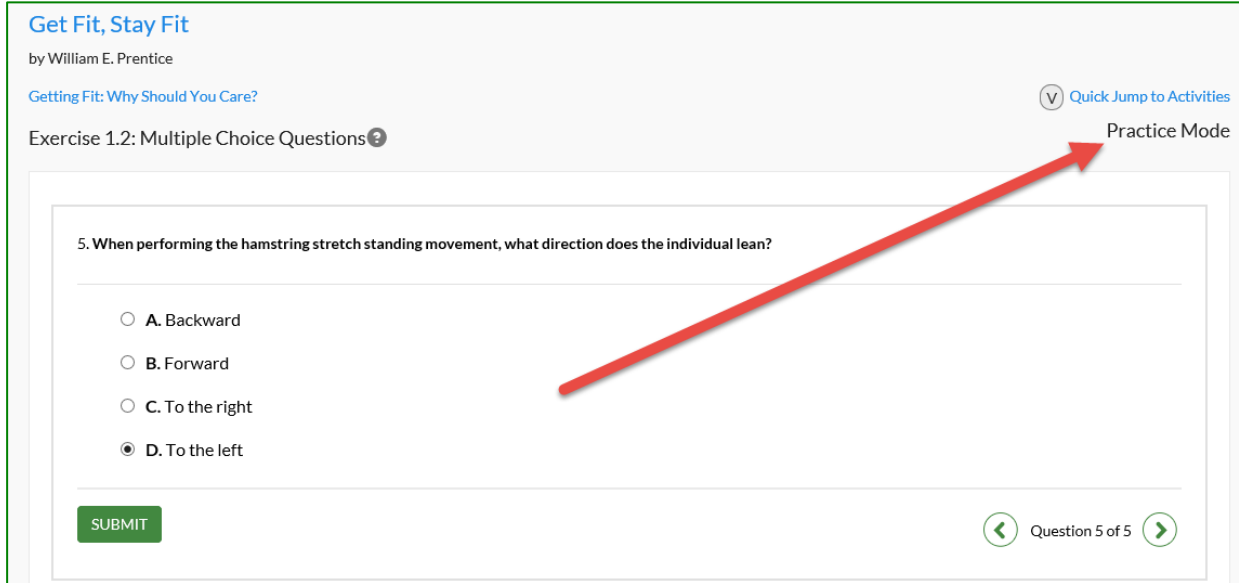

PRACTICE MODE

Before students begin working on an Exercise, they should check to see if they are in "**Practice Mode**." The words "Practice Mode" will be displayed on the top right corner of the screen.

In Practice Mode, they may practice as many times as desired and choose when to submit work for a grade in the instructor's gradebook.

Work completed in Practice Mode will not be submitted to the instructor's gradebook until students click the "grade" button; however, work performed in Practice Mode does count toward "viewed/attempts" and "time spent" in the gradebook. After initial review, the results in Practice Mode cannot be reviewed again after closing out of the feedback screen.

Exercises only appear as "complete" after being submitted and a feedback screen appears. It is recommended that students complete excercises completely before leaving the program, so as not to potentially lose work.

If a student is not in Practice Mode, the top right corner of the exercise screen will be blank. When this is the case, the grade will be submitted to the instructor's gradebook after completion of the exercise when "Grade" is clicked.

DISCUSSION FORUM

A Discussion Forum can be accessed from the Dashboard.
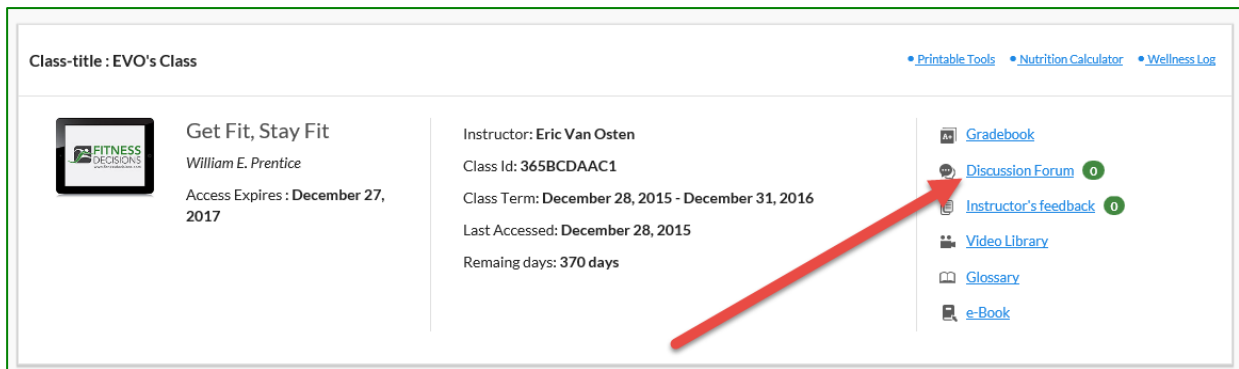
Students choose whether they want to view the Class Discussion Forum or Group Discussion Forum (which is where Personal Reflection threads will live if the instructor arranged the Lesson that way). The available topics will populate with the last replies. Students click on the topic to add their own

response on the following page by clicking "reply," entering text, then clicking "Add." The option to print is also available.

Class Discussion Forum ⚪ Group Discussion Forum

Click here to reply.

Topic		Last Replies
The peanut is neither a pea nor a nut. Discuss! By Eric Van Osten	August 05, 2015	0 replies		No Reply

Discussion Forum

The peanut is neither a pea nor a nut.

By Eric Van Osten | 🖨 Print this Topic
August 05, 2015 09:48:14

Discuss!

0 replies Reply

B *I* U ≣ ≣ ≣ ≣

That's true: they are legumes, which are edible seeds.

ADD   CANCEL

INSTRUCTOR'S FEEDBACK

When the instructor manually assesses the students' answers to Personal Reflection Exercises, the instructor feedback will appear here. As new feedback is submitted, the number of pending pieces of feedback available for student review will appear next to the link.

VIDEO LIBRARY

A video library that includes over 350 step-by-step exercise videos is available to the students at all times.

GLOSSARY

This defines important terms from the text.

MY GRADEBOOK

Students have access to a gradebook from the dashboard.

Class-title : EVO's Class   • Printable Tools   • Nutrition Calculator   • Wellness Log

Get Fit, Stay Fit

William E. Prentice

Access Expires : **December 27, 2017**

Instructor: **Eric Van Osten**

Class Id: **365BCDAAC1**

Class Term: **December 28, 2015 - December 31, 2016**

Last Accessed: **December 28, 2015**

Remaing days: **370 days**

- Gradebook
- Discussion Forum 0
- Instructor's feedback 0
- Video Library
- Glossary
- e-Book

Gradebook Details

Once students have accessed their gradebooks, they will be able to view the status of their work, grades, and time spent within a Lesson. They may also click on the "View Details" links to review each activity.

Lesson Name	Status	Grade (%)	Details	Time Spent
Pretest	Not Started	NA		0h 0m 0s
Getting Fit: Why Should You Care?	In Progress	NA	View Details	0h 0m 7s
Creating a Healthy Lifestyle	Not Started	NA	View Details	0h 0m 0s
Starting Your Own Fitness Program	Not Started	NA	View Details	0h 0m 0s

Type	Title	End Date	Completed Date	Status	Score(%)	Attempts	Time Spent	Feedback
E-Book	e-Chapter	NA		Not Started	Non-gradeable exercise	0	0h 0m 0s	
Fitness Center	Exercise 1.1: Videos	NA		In Progress	Non-gradeable exercise	1	0h 0m 4s	

Class Comparison

Students can also compare their performance with the average of the rest of the class by clicking the "Compare with Class" button either on the initial gradebook page (overall) or on the "View Details" pages.

Dashboard / Lesson Level / Activity Level

Reveal grade: All Assignments

COMPARE WITH CLASS   PRINT

Type	Title	End Date	Completed Date	Status	Score(%)	Attempts	Time Spent	Feedback
E-Book	e-Chapter	NA		Not Started	Non-gradeable exercise	0	0h 0m 0s	
Fitness Center	Exercise 1.1: Videos	NA		In Progress	Non-gradeable exercise	1	0h 0m 4s	

TECHNICAL SUPPORT

If students have any problems with the product, they should call 888-323-2847 or e-mail support@fadavis.com. They should also review the online Support Center, which offers helpful videos and other support information. The Support Center link can be found at the top right of the dashboard, in the drop-down menu.
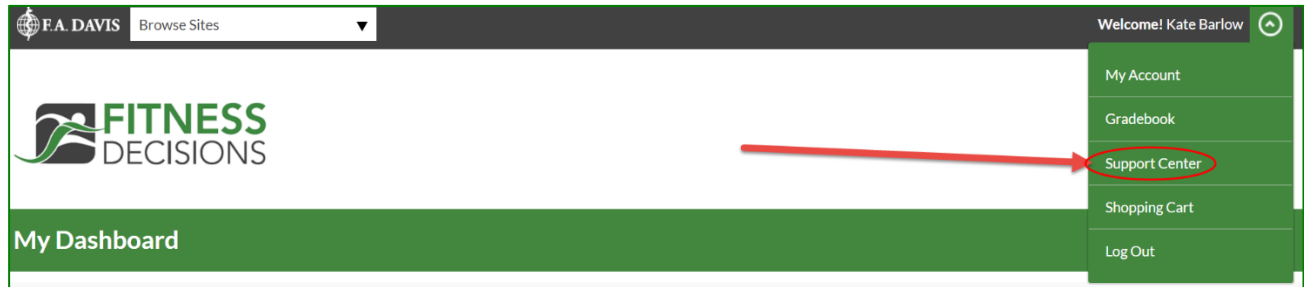
Students may choose from a variety of sources for help and support, including videos, documents, and connections to our customer service representatives.