

**WAYLAND BAPTIST UNIVERSITY**  
**Plainview Campus**  
**School of Education**  
**Exercise and Sport Science**

**2. Wayland Mission Statement:**

Wayland Baptist University exists to educate students in an academically challenging, learning-focused, and distinctively Christian environment for professional success and service to God and humankind.

**3. Course Name:**

EXSS 1112 Concepts of Fitness VC02

**4. Term:**

Fall 2017

**5. First and Last Name of Instructor:**

Professor Latanya Nation

**6. Office Phone and Email:**

Cell 908-696-6899

[latanya.nation@wayland.wbu.edu](mailto:latanya.nation@wayland.wbu.edu)

EXSS Front Office - 806.291.1056

Laney Center Front Desk - 806.291.3780

**7. Office Hours:** N/A

Online

**8. Class Meeting Time and Location:**

Virtual Campus

**9. Catalog Description:**

Examines latest research in fitness and physiological wellness components. Focuses on achieving physical fitness and wellness throughout lifespan.

**10. Prerequisites:**

None

**11. Required Textbook and Resource Materials:**

- Walters, P. & Byl, J. (2013). *Christian paths to health and wellness*, (2<sup>nd</sup> ed.).  
Champaign, IL: Human Kinetics.

**12. Optional Materials:**

- Resources available through WBU and Online libraries
- Access to WBU Learning Resources [www.wbu.edu/lrc](http://www.wbu.edu/lrc)

### **13. Course Outcome Competencies:**

1. The student will demonstrate knowledge of the principles and benefits of a physically active lifestyle and ways to provide students with learning opportunities that promote participation in and enjoyment of physical activities
2. The student will demonstrate knowledge of the structures, function, components, and actions of major body systems and how various body systems produce movement, adapt to physical activity, and contribute to fitness
3. The student will apply knowledge of the basic components of health-related fitness training (i.e., cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and their significance in relation to physical activity, health, and fitness
4. The student will demonstrate an understanding of basic principles of physical fitness training (e.g., frequency, intensity, type, duration, progressive overload, specificity), and knows principles and benefits of warm-up and cool-down exercise procedures
5. The student will analyze individual variation in levels of health and fitness and know principles and techniques for designing, implementing, and maintaining individualized health and fitness plans (e.g., setting realistic short-term goals, evaluating and selecting activities to achieve goals)
6. The student will know how to promote students' ability to assess their own fitness levels, interests, and skill levels in order to encourage participation in lifelong physical activity.

### **14. Attendance Requirements:**

- Students enrolled in the University's Virtual Campus should make every effort to participate fully in the class. In order to make up incomplete work, the student must explain the reason for the deficiency to the instructor, who will then determine whether the omitted work may be made up. When a student shows a lack of participation considered by the instructor to be excessive, the instructor will so advise the student. Any student who misses 25 percent or more of the class assignments will receive a grade of "F" in the course. The discussion board is a part of the course requirements and will be part of the class attendance. Additional participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the University's attendance policy.

### **15. Plagiarism and Academic Dishonesty:**

#### **ACADEMIC HONESTY:**

Wayland students are expected to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, such as possession of examinations or examination materials, forgery, or plagiarism. Disciplinary action for academic misconduct is the responsibility of the faculty member assigned to the course. The faculty member is charged with assessing the gravity of any case of academic dishonesty and with giving sanctions to any student involved. The faculty member involved will file a record of the offense and the punishment imposed with the dean of the division, campus dean, and the provost/academic vice president. Any student who has been penalized for academic dishonesty has the right to appeal the judgment or the penalty assessed.

## **Plagiarism**

“Plagiarism — The attempt to represent the work of another, as it may relate to written or oral works, computer-based work, mode of creative expression (i.e. music, media or the visual arts), as the product of one's own thought, whether the other's work is published or unpublished, or simply the work of a fellow student.

1. When a student submits oral or written work for credit that includes the words, ideas, or data of others, *the source of that information must be acknowledged through complete, accurate, and specific references*, and, if verbatim statements are included, through use of quotation marks as well. By placing one's name on work submitted for credit, the student certifies the originality of all work not otherwise identified by appropriate acknowledgements. *A student will avoid being charged with plagiarism if there is an acknowledgement of indebtedness.*”

<http://catalog.wbu.edu/content.php?catoid=3&navoid=210>

## **16. Disability Statement:**

In compliance with the Americans with Disabilities Act of 1990 (ADA), it is the policy of Wayland Baptist University that no otherwise qualified person with a disability be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the university. The Coordinator of Counseling Services serves as the coordinator of students with a disability and should be contacted concerning accommodation requests at (806) 291-3765. Documentation of a disability must accompany any request for accommodations.

## **17. Course Requirements and Grading Criteria:**

- A. Participation (100 points) – will assess competencies 1, 2, 3, 4, 5, & 6
  - a. As an activity course, participation is mandatory
  - b. Active participation is basis of grade. Reflected as percentage of possible time in class (i.e. actively engaged 90% of time)
  - c. Since this is an online class, your active participation will be measured by an exercise log (60pts) due at the end of the semester and by weekly discussion boards.
- B. Activities & Labs (90 points) - will assess competencies 1, 2, 3, 4, 5, & 6
  - a. 8 activities, outlined with due date on course schedule
- C. Exams – will assess competencies 1, 2, 3, 4, 5, & 6
  - a. Midterm
    - i. Week of Sept 18<sup>th</sup> – Sept 24<sup>th</sup>
    - ii. Worth 60 points
  - b. Final
    - i. Week of Oct 30<sup>th</sup>- Nov 4<sup>th</sup>
    - ii. Worth 60 points
- D. 300 point possible:
  - A: 270 – 300 points
  - B: fewer than 270 points
  - C: fewer than 240 points

D: fewer than 210 points

F: fewer than 180 points, **or** absent more than 25% of class time

- E. **Grade Appeals:** Students shall have protection through orderly procedures against prejudices or capricious academic evaluation. A student who believes that he or she has not been held to realistic academic standards, just evaluation procedures, or appropriate grading, may appeal the final grade given in the course by using the student grade appeal process described in the Academic Catalog. Appeals may not be made for advanced placement examinations or course bypass examinations. Appeals are limited to the final course grade, which may be upheld, raised, or lowered at any stage of the appeal process. Any recommendation to lower a course grade must be submitted through the Executive Vice President/Provost to the Faculty Assembly Grade Appeals Committee for review and approval. The Faculty Assembly Grade Appeals Committee may instruct that the course grade be upheld, raised, or lowered to a more proper evaluation.

**Discussion Boards:**

- Assigned readings are to be completed **prior** to the class session for which they are assigned. Students should read the section at a time prior to any online discussion boards so that they can participate in class discussions as well as ask and answer questions. *Postings are due no later than Midnight the Sunday of each module week.* This gives others time to respond to your discussion board postings before Monday. Each week you will need to be involved in the online discussion threads. These responses will be tallied at the end of the semester and also count for your attendance in your total grade. Please be sure that you respond appropriately.
- I will read every exchange in the discussion forum and keep track of your participation, effort and depth of thought, though there are no “wrong answers.” While I certainly expect you to respond to every discussion topic with your own input, I do not expect you to comment on every post from every other student, but rather, to choose at least one other student’s post per discussion on which to comment. I will occasionally comment on some of your posts, but this forum is primarily for students to interact with each other and replaces what would be a class discussion in a face to face class.

**18. Tentative Schedule:**

(see attached schedule)

**19. Additional Information:**

- A. You will have one week to complete the readings and assignments. Each assignment will be due on Sunday by 11:59pm, Except for the **Final Exam** which is due on **Saturday**.

- B. **No late assignments will be accepted.** The due dates are presented at the beginning of class. Please do not wait until the last minute to start your assignments, as due dates will not be extended as a matter of routine.
- C. If there are any activities that you cannot complete (due to lack of equipment), let me know immediately.
- D. **All application activities and your exercise log will be submitted on Blackboard by opening the Assignments tab and replying to the links.**

### **Exercise Log:**

- You will be required to maintain an exercise log for the following 11 weeks. This log must contain the exercises you perform, whether it's cardio, weight training, plyometrics, group exercise class, anything. You must include heart rate (average), exertion or intensity. The exercise log needs to be as accurate and specific as it can be. You do not have to exercise every day, but you should at least three times per week. You can create a template in Excel or Word and enter your workouts throughout the semester. If you need a guide or template, I will make one available. This course is to be a guide into a healthy lifestyle and how to maintain healthy wellness throughout your life.

### **Physical Assessments:**

- The physical assessment will be taken at the beginning of the semester and at the end. The form needed for the assessments can be found within the Assignments tab and will be submitted through Assignments tab as well. If you do not have access to equipment that measures body fat percentage (BF%), let me know ASAP and we will figure it out. Your first assessment is due by Sunday, Aug 27th, at 11:59pm. Your second assessment is due by Sunday, Oct 29th at 11:59pm

Week #	Date	Reading	Application activity
1	Week of Aug 21	Ch. 1 - Valuing Wellness Ch. 2 - Gods Purpose and Your Life's Mission	Syllabus, Personal Introduction, Baseline Physical Assessments <b>Due by Sunday at 11:59pm</b>
2	Aug 28	Ch. 3 - Examining Body Image and Eating Disorders in Women and Men Ch. 4 - Weight Control	Due: Application Activity #4, pp. 2527 <b>Due by Sunday at 11:59pm</b>
3	Sept 4	Ch. 5 - Cardiorespiratory Assessment and Training Ch. 6 - Muscular Strength Assessment and Training	Due: VO2 max test, any 1 of 3 (# 2-4) listed on pp. 100-102 Strength Tests, any 2 of 4 (# 2-5) listed on pp. 119-124 <b>Due by Sunday at 11:59pm</b>
4	Sept 11	Ch. 7 - Flexibility Assessment and Training Review of Mid-term Exam	No assignment due this week. Review chapters 3-7 for mid-term
5	Sept 18	<i>Mid-term Exam</i>	Mid-term Exam <b>Due by Sunday at 11:59pm</b>
6	Sept 25	Ch. 8 - Nutritional Health and Wellness	Due: Diet log for 3 consecutive days (include one weekend day) <b>Due by Sunday at 11:59pm</b>
7	Oct 2	Ch. 9 - Emotional Health and Wellness	Due: Stress Assessment, p. 220 <b>Due by Sunday at 11:59pm</b>
8	Oct 9	Ch. 10 - Sleep Habits and Wellness	Due: Sleep Log, p. 246 <b>Due by Sunday at 11:59pm</b>
9	Oct 16	Ch. 11 - Personal Relationships and Wellness	Due: Assignment-Putting It All Together, p. 281 <b>Due by Sunday at 11:59pm</b>
10	Oct 23	Ch. 12 - Offering Yourself as a Living Sacrifice	Due: Exercise Log <b>Due by Sunday at 11:59pm</b>
11	Oct 30	<i>Final Review &amp; Exam</i>	End-of-Course Physical Assessments <b>Due by Saturday at 11:59pm</b>