

**WBU Online**

**School of Education**

**EXSS 1119 Fall 1 2020 Walking and Jogging**

**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.

**EXSS 1119 Walking and Jogging VC01**

**Term:** Fall 1 2020

**INSTRUCTOR**:

Professor Kimberly Berry

**Phone or text: 806-281-8463**

**Email Address:** Kimberly.berry@wayland.wbu.edu

**Office:** Virtual Campus

**CATALOG DESCRIPTION**:

This course is an overview of personal health and wellness issues, including exercise, diet, social and family aspects, religious activities, medical considerations, and psychological factors as they relate to the non-traditional student. Emphasis will be placed on lifestyle behavioral changes that promote long-term well- being. The course includes inventories of lifestyles, planning for positive change, and the use of lifetime physical activities in the overall wellness scheme.

**PREREQUISITE**:

None

**REQUIRED TEXTBOOK AND RESOURCES MATERIALS**:

None

**COURSE WEBSITE**:

A course website has been established on WBU’s Blackboard server. Each student is REQUIRED to establish an active account for this website and to log on to BB regularly for posted lecture notes, messages, assignments, handouts, and quizzes.

As an online student you must have a compatible computer, access to Blackboard, and certain computer skills. Click on the "***test your computer***" on the upper right column of the Blackboard login page to determine compatibility. Use the "***Blackboard for Students***" tutorials on the course menu to make sure you know how to:

* complete and upload assignments
* communicate with your instructor
* view MyGrades and find assignment receipts and discussion posting verification

\*\*Computer incompatibility, inability to understand how to use Blackboard, or software issues are NOT excuses for non-completion of assignments!! \*\*

**COURSE COMMUNICATION POLICY:**

Wayland’s email address is the official method of communication between instructors and students taking courses through Wayland Baptist University. Students are REQUIRED to establish and activate their Wayland email account. Instructors reserve the right to deny email from other sources.

Whenever you contact the instructor by email, **please put the name of the course, the assignment title (if applicable) and section number in the subject line of the email.** If your email address does not contain your name, please add your name to the subject line as well. I can’t help you if I don’t know who you are or what class you are in.

**COURSE OUTCOME COMPETENCIES**:

Students will be able to:

1. Develop a basic understanding of the benefits of a consistent walking and jogging routine.

2. Improve muscular strength and endurance, cardiovascular endurance, flexibility, and core strength.

3. Set and reach personal health and fitness goals in an effort to improve current and future quality of life.

**ATTENDANCE REQUIREMENTS**:

*“The University expects students to make class attendance a priority.”* You should note that failure to attend class will affect your ability to perform well on exams. Students must have good class attendance to be successful in this course. Online courses are no different in this regard; however, participation must be defined in a different manner.

1. Student “attendance” in an online course is defined as active participation in the course as described in the course syllabus. Instructors in online courses are responsible for providing students with clear instructions for how they are required to participate in the course. Additionally, instructors are responsible for incorporating specific instructional activities within their course and will, at a minimum, have weekly mechanisms for documenting student participation. These mechanisms may include, but are not limited to, participating in a weekly discussion board, submitting/completing assignments in Blackboard, or communicating with the instructor.

2. Students aware of necessary absences must inform the professor with as much advance notice as possible in order to make appropriate arrangements.

3. Any student absent 25 percent or more of the online course, i.e., non-participatory during 3 or more weeks of an 8 week term, may receive an F for that course. Instructors may also file a Report of Unsatisfactory Progress for students with excessive non-participation.

4. Any student who has not actively participated in an online class prior to the census date for any given term is considered a "no-show" and will be administratively withdrawn from the class without record. To be counted as actively participating, it is not sufficient to log in and view the course. The student must be submitting work as described in the course syllabus.

Additional attendance and participation policies for each course, as defined by the instructor in the course syllabus, are considered a part of the university’s attendance policy.

**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.”* Problems with accessing digital materials should be referred to the EIRAC coordinator, Dr. Patricia Ritschel-Trifilo at 806-291-3745.

**ACADEMIC HONESTY**:

*“University students are required to conduct themselves according to the highest standards of academic honesty.”* Any student guilty of cheating or other forms of academic dishonesty may be penalized at the instructor’s discretion by one or more of the following:

1. Assigning a grade of F (0%) to the work in question.

2. Assigning a grade of F for the entire course.

3. Recommendation for more severe punishment; including probation, suspension, or expulsion from the University (see student handbook for further information)

READ the **University Statement on Plagiarism and Academic Dishones**ty in Course Information.

**COURSE REQUIREMENT AND GRADING CRITERIA:**

Students should allow a very minimum of 1-2 hours per week for reading, reviewing, studying, and homework exercising. Your course grade will be determined based on the number of points you earn on the various activities listed below.

1. **Weekly Activity Post (Competency 1,2,3)**
   1. Complete a minimum of 2 workouts each week. The workout for the week will align with the week’s mode of exercise.
   2. Breakdown. Write a 100-word debrief of one of the workouts you completed that week. How did it go? How did you feel? Did you enjoy it or want to do it again? Any changes you did or would make? Too easy? Too hard? Worth 20pts.
2. **Assignments (Competency 1,2,3)**
   1. May include questionnaires, fitness tests, forms, or other activities as required for personal exercise plan. 20pt each.
3. **Reflection Paper (Competency 1,3)**
   1. This assignment is for you to reflect on your progress throughout the course. This paper should be about 2 pages and follow the APA guidelines of 12-pt font, Times New Roman, double spaced with a cover page. The cover page does *not* count towards the 2-page requirement. The following components should be included in your reflection paper:
      1. Introduction.
      2. Reflection to your activity level prior to the class beginning.
      3. What you were aiming to accomplish during this class.
      4. Your fitness/activity progress throughout the course.
      5. Future fitness/activity plans.

**COURSE EVALUATION AND GRADING:**

The final grade in the course will be derived as follows:

Weekly Activity Post 8 @20pts 160 points

Assignments 3 @ 20pts 60 points

Reflection Paper 1@100pts 100 points

Total 320 points

**UNIVERSITY GRADING SYSTEM**

**A** 285-320

**B** 253-284

**C** 221-252

**D** 189-222

**F** below 188

**I** incomplete - Incomplete (given only in special circumstances; and only in last two weeks of course)

**W** withdrawal - (give to students who drop after the census date but before the deadline)

A grade of incomplete is changed if the deficiency is made up by the middle of the next regular semester, otherwise it becomes an “F.” This grade is given only if circumstances beyond the student’s control prevented completion of work during the semester enrolled and attendance requirements have been met, and then only in the last two weeks of a class. For a student to be granted an “I” the instructor must file an incomplete report which details which work must be completed by the student and the deadline date for the completion.

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.

**Reading Assignments**- Students will need to read along in the supplied materials and web-based materials.

**Extra Credit**- I do not give extra credit. There is plenty of credit to go around to start with. **Please do not request any extra credit.**

**Additional Important Information**-

-You will have one week to complete the readings and assignments. Each assignment will be due on Sunday by 11:59pm CST unless otherwise noted.

-If there are any activities that you cannot complete, let me know immediately.

-Late work will not be able to receive full credit:

* 1-3 days late = 3 points deducted
* 4-7 days late = 5 points deducted
* 8-13 days late = 10 points deducted
* 14 + days late = 15 points deducted

-All assignments must be submitted in a **Word Document format** (.doc, or .docx). Failure to turn in assignments in this format will result in a reduction of points.

-Communication: Please use your **WBU email** to communicate. Feel free to text if you have a pressing concern that needs immediate attention. Otherwise, I check email generally once a day and will respond as quick as possible.

-On all communication you must identify the name of this course you are taking. List your **full name, course name**, and clearly identify the **assignment** you are asking about. Failure to provide professional and complete emails may result in no response from instructor.

**COURSE OUTLINE AND CALENDAR**

**Complete Course Calendar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Week** | **Module** | **Instructional Activities** | **Assignments Due** |
|  | Getting Started | Check computer compatibility on Blackboard  Establish library access from home  Create a quiet study environment  Resolve all computer difficulties  Find 2 ‘back-up’ computers w/internet | **All assignments are due by *Sunday at 11:59pm*** |
| August 17-23 | Module 1 | Research your area for any potential running/walking trails that you can access during this course.  Decide what you aim to get out of this class – a goal if you will. Keep it simple but challenging. | Go for 2 30-min walks  Goal Submission |
| August 24-30 | Module 2 | Write up your plan of action on how you will achieve your goal for this class.  2 30min walks | Weekly Reflection on your walks.  Plan of Action |
| August 31-Sept 6 | Module 3 | Find a podcast that you can listen to during your walks/jogs.  2 45min walks OR 3 30 min walks | Weekly Reflection on your 2 45 min walks or 3 30 min walks – include which podcasts you listened to. |
| Sept 7-13 | Module 4 | 2 45min walks OR 3 30 min walks Aim to jog for a few minutes if you have solely been walking.  Create a playlist for your walks/jogs if you don’t currently have one. | Weekly Reflection on your walking/jogging and if the playlist had an impact on your walk? |
| Sept 14-20 | Module 5 | 2 45min walks/jogs OR 3 30 min walks/jogs | Weekly Reflection on your walking/jogging. |
| Sept 21-27 | Module 6 | 2 45min walks OR 3 30 min walks. | Weekly Reflection on your walking/jogging. |
| Sept 28-Oct 4 | Module 7 | 2 45min walks/jogs OR 3 30 min walks/jogs | Weekly Reflection on your walking/jogging. |
| Oct 5-10 | Module 8 | 2-3 45 min walk/jog; 1 15 min jog | Weekly Reflection on your walking/jogging.  Goal Reflection Paper |