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**WBU Online**

**School of Education**

**UNIVERSITY 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.

# COURSE NUMBER & NAME:

EXSS 1137 Personal Conditioning

## TERM:

Fall 2021

## INSTRUCTOR:

Professor Nation

## CONTACT INFORMATION:

Office phone: 908-696-6899

WBU Email: latanya.nation@wayland.wbu.edu

## OFFICE HOURS, BUILDING & LOCATION:

Virtual Campus

## COURSE MEETING TIME & LOCATION:

Virtual Campus - Blackboard

## 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 RESOURCE MATERIAL:

Instructor will provide reading material via weekly modules in Blackboard.

## COURSE OUTCOMES AND COMPETENCIES:

Students will be able to:

1. Develop a basic understanding of proper form for exercises that can be applied to individual workouts outside of class.

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:

As stated in the Wayland Catalog, students enrolled at one of the University’s external campuses should make every effort to attend all class meetings. All absences must be explained to the instructor, who will then determine whether the omitted work may be made up. When a student reaches that number of absences considered by the instructor to be excessive, the instructor will so advise the student and file an unsatisfactory progress report with the campus executive director. Any student who misses 25 percent or more of the regularly scheduled class meetings may receive a grade of F in the course. Additional attendance policies for each course, as defined by the instructor in the course syllabus, are considered a part of the University’s attendance policy.

## STATEMENT ON PLAGIARISM & ACADEMIC DISHONESTY:

Wayland Baptist University observes a zero tolerance policy regarding academic dishonesty. Per university policy as described in the academic catalog, all cases of academic dishonesty will be reported and second offenses will result in suspension from the university.

## 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.

## COURSE REQUIREMENTS 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; 20pts)**
   1. Complete a minimum of 1 workout 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? Favorite and least favorite exercise? Did you enjoy it or want to do it again? Any changes you did or would make? Too easy? Too hard? This is your way of keeping track of your workouts and letting me know how the workouts are going. Since we do not meet face to face, you are on the honor system with your workouts. If you don’t complete the workouts, that’s on you and you are missing out a great opportunity.
   3. Assignment to be submitted in a single Word (.doc) format.
2. **Assignments (Competency 1,2,3; 20pts)**
   1. May include questionnaires, fitness tests, forms, or other activities as required for personal exercise plan. 10pt each.
   2. Will also include your Goal Setting assignment and Plan of Action assignment.
3. **Reflection Paper** **(Competency 1,3; 100pts)**
   1. This assignment is for you to reflect on your progress towards your goal and the workouts completed during 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 page requirement. Your paper may NOT be submitted before the final week of class. Any paper that is submitted before the final week of class will have an automatic 10pts deducted. The purpose of this paper is to reflect your progress or effort toward your goal. You are expected to be working on your goal throughout the entire course. By submitting your paper early, you are telling me that you have not taken the full term to work on your goal. Your paper must be submitted into Blackboard by **FRIDAY, OCT 1st at 11:59pm CST. NO LATE PAPERS WILL BE ACCEPTED** and this is a major grade. The following components should be included in your reflection paper:
      * Introduction to your goal and why you established that goal.
      * Your action plan (developed in Week 2) for achieving this goal.
      * Discuss any obstacles or challenges you faced while working

towards this goal.

* + - Your goal progress throughout the course.
    - Which type of exercise did you enjoy the most and why.
    - Future fitness and goal plans.

## COURSE EVALUATION AND GRADING:

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

Weekly Activity Post 8 @20pts 160 points

Assignments 2@ 20pts 40 points

Reflection Paper 1@100pts 100 points

Total 300 points

## UNIVERSITY GRADING SYSTEM

**A** 270 - 300

**B** 240 - 269

**C** 210 - 239

**D** 180 - 209

**F** below- 179

**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’s plenty of credit to go around to start with. **Please do**

**not request any extra.**

## TENTATIVE SCHEDULE

**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 CST*** |
| *Aug 9 -Aug 15* | **Module 1:**  Goal Setting  Course Intro | Review Syllabus  Establish Personal Fitness Goal | Goal Setting Assignment |
| *Aug 16-22* | **Module 2:**  Action Plan  Balance Training, Warm-up, Stretching | What is balance training?  Warming up before a workout.  Types of stretches. | Goal Action Plan  Activity Submission |
| *Aug 23-29* | **Module 3:**  Aerobic Training | Complete an aerobic workout | Aerobic Activity Submission |
| *Aug 30-Sept5* | **Module 4:**  Aerobic Training | Complete a different aerobic workout from the previous week. | Aerobic Activity Submission |
| *Sept 6- 12* | **Module 5:**  NEAT | Non-exercise activity thermogenesis | NEAT Activity Submission |
| *Sept 13 -19* | **Module 6:**  Circuit Training | Complete a circuit workout | Circuit Activity Submission |
| *Sept 20-26* | **Module 7:**  Bodyweight Training | Complete a bodyweight workout. | Bodyweight Training Activity Submission |
| *Sept 27-Oct 1* | **Module 8:**  Resistance Training with Free Weights Fitness Update | Complete resistance training workout using free weight  Complete Goal/fitness reflection paper | Resistance Training Activity Submission  **Submit Goal Reflection Paper no later than FRIDAY by 11:59 PM** |

## ADDITIONAL 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, For instance (the last week of class, which is on a Friday)!!

-If there are any activities that you cannot complete (due to lack of equipment), let me know immediately.

-All assignments must be submitted in a **Word Document format** (.doc, or .docx). Failure to turn in assignments in this format may result in them being unopened and ungraded.

-Communication: Please use your **WBU email** to communicate. Feel free to text(908-696-6899) 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.