

**WBU Online**

**School of Education**

**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.

**COURSE NUMBER & NAME:**

**EXSS 1119 Walking and Jogging VC01**

**Term:** Fall 1 2023

**TERM:**

Fall 1 2023

**INSTRUCTOR:**

Dr. Kimberly Berry

**CONTACT INFORMATION:**

Office phone: 806-281-8463

WBU Email: Kimberly.berry@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 RESOURCES MATERIALS**:

None

**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:**

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. [Link to Statement on Academic Integrity](https://www.wbu.edu/academics/writing-center/Academic%20Integrity%20Statement%20Pol%208.4.1%20Attch%20Oct%2020222.pdf)

## **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 Disability Services Coordinator and Academic Coach serves as the coordinator of students with disabilities and must be contacted concerning accommodation requests (office (806) 291-1057. Documentation of a disability must accompany any request for accommodations.

**COURSE REQUIREMENTS and GRADING CRITERIA:**

Students should allow a 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. This is not a self-paced course. You are expected to complete these workouts each week. If you are unable to complete the workout, let me know ASAP!

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 vice president of academic affairs 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.

**COURSE EVALUATION AND GRADING:**

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

Weekly Activity Post 8 @20pts 160 points

Total 160 points

**UNIVERSITY GRADING SYSTEM**

**A** 142-160

**B** 126-141

**C** 110-125

**D** 94-109

**F** below 93

**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**- There’s 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).

-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.

**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*** |
| Aug 7-13 | Module 1 | Research your area for any potential running/walking trails that you can access during this course. | Go for 2 30-min walks |
| Aug 14-20 | Module 2 | 2 30min walks | Weekly Reflection on your walks. |
| Aug 21-27 | 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. |
| Aug 28- Sept 3 | 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 |
| Sept 4-10 | Module 5 | 2 45min walks/jogs OR 3 30 min walks/jogs | Weekly Reflection on your walking/jogging. |
| Sept 11-17 | Module 6 | 3 40min walks OR 2 60min walks. | Weekly Reflection on your timed jog/sprint. |
| Sept 18-24 | Module 7 | 3 40min walks/jogs OR 2 60min walks/jogs | Weekly Reflection on your walk/jog |
| Sept 25-30 | Module 8 | 3 40 min walk/jog, 2 60min walk/jog | Weekly Reflection on your walking/jogging. |

**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.