

WBU Online

School of Education

EXSS 1137 Fall 2 2020 Personal Conditioning

**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 1137 – Personal Conditioning VC01

**Term:** Fall 2 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**:

Readings Suggested: American College of Sports Medicine. (2014). ACSM’s Resources for the Personal Trainer. 4th Edition. NASM Essentials of Personal Fitness Training (4th ed) (2014).

## **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 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**:

*“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 11 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 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? Worth 10pts.
	3. Assignment to be submitted in a single Word (.doc) format.
2. **Assignments (Competency 1,2,3)**
	1. May include questionnaires, fitness tests, forms, or other activities as required for personal exercise plan. 10pt each.
3. **Reflection Paper** (Competency 1,3)
	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. The following components should be included in your reflection paper:
		1. Introduction to your goal and why you established that goal.
		2. Your action plan (developed in Week 2) for achieving this goal.
		3. Discuss any obstacles or challenges you faced while working towards this goal.
		4. Your fitness progress throughout the course.
		5. Which type of exercise did you enjoy the most and why.
		6. Future fitness 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** 333- 300 and above

**B** 265-332

**C** 184-264

**D** 110-183

**F** below 109

**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.**

### **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.

-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.

-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 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 BlackboardEstablish library access from homeCreate 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*** |
| *Oct 19-25* | **Module 1:**Goal SettingCourse Intro | Review SyllabusEstablish Personal Fitness Goal | Goal Setting Assignment |
| *Oct 26-Nov 1* | **Module 2:**Action PlanBalance Training, Warm-up, Stretching | What is balance training? Warming up before a workout. Types of stretches.  | Goal Action PlanActivity Submission |
| *Nov 2-8* | **Module 3:**Back-up PlanAerobic Training | Complete an aerobic workout | Aerobic Activity Submission |
| *Nov 9-15* | **Module 4:**Aerobic Training | Complete a different aerobic workout from the previous week.  | Aerobic Activity Submission |
| *Nov 16-22* | **Module 5:** NEAT | Non-exercise activity thermogenesis | NEAT Activity Submission |
| *Nov 23-29* |  | **Thanksgiving Break! Enjoy your break!**  |  |
| *Nov 30-Dec 6* | **Module 6:**Bodyweight Training | Complete a bodyweight workout | Bodyweight Activity Submission |
| *Dec 7-13* | **Module 7:**Resistance Training with Machines | Resistance training workout using weight machines.  | Resistance Training Activity Submission |
| *Dec 14-19* | **Module 8:**Resistance Training with Free Weights Fitness Update | Complete resistance training workout using free weightComplete Goal/fitness reflection paper | Resistance Training Activity SubmissionSubmit Goal Reflection Paper no later than SATURDAY by 11:59pm |