**WAYLAND BAPTIST UNIVERSITY Plainview Campus**

**School of Education**

**Division of Exercise and Sport Science**

**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 Name:** EXSS 1112 VC02 Concepts of Fitness

**Term: Instructor:**

Spring 2019-Virtual Campus

Mr. Cristhian Ospina

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**Catalog Description:**

This Course introduces basic concepts of fitness including the body and the mind. Physical activity is a part of this course.

**Prerequisites**:

None

**Required Textbook and Resource Materials**:

- Walters, P. & Byl, J. (2013). *Christian paths to health and wellness*. Champaign, IL: Human Kinetics.

**Optional Materials:**

- Resources available through WBU and Online libraries

- Access to WBU Learning Resources [www.wbu.edu/lrc](http://www.wbu.edu/lrc)

**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 an 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

**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.

**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:**

A. Participation (100pts) – 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 (40pts) due at the end of the semester and by weekly discussion boards.

B. Application Activities (90pts) - 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 (60pts)

i. Available March 25th –April 3rd

b. Final (60pts)

i. Available May 6th –May 14th

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

**Additional Information:**

a. You will have one week to complete the readings and assignments. Each assignment will be due on Sunday by 11:59pm.

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.**

**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. Spread out your responses so that not all responses are on the same day. 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.

**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, February 28th, at 11:59pm. Your second assessment is due by Sunday, May 8th at 11:59pm.

**Schedule on next page.**

**Professor reserves right to modify syllabus as needed. Consult catalog for important deadlines such as add/drop, withdrawal, etc.**

EXSS 1112 - VC02

Concepts of Fitness

Week # Date Reading Application activity

|  |  |  |  |
| --- | --- | --- | --- |
| 1 | Week of  Feb 25 | Ch. 1 - Valuing Wellness  Ch. 2 - Gods Purpose and Your Life's  Mission | Syllabus, Personal Introduction, Baseline Physical Assessments **Due by Sunday at 11:59pm** |
| 2 | Mar 4 | Ch. 3 - Examining Body Image and Eating  Disorders in Women and Men  Ch. 4 - Weight Control | Due: Application Activity **#4**, pp. 25-  27  **Due by Sunday at 11:59pm** |
| 3 | Mar 11 | 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  **Due by Sunday at 11:59pm** |
| 4 | Mar 18 | Ch. 7 - Flexibility Assessment and Training  Review of Mid-term Exam | Perform **two** of the different strength tests provided on pages 119-124. Review chapters 3-7 for mid-term |
| 5 | Mar 25 | Mid-term Exam | Mid-term Exam,  **Due by Sunday at 11:59pm** |
| 6 | Apr 1 | Ch. 8 - Nutritional Health and Wellness | Due: Diet log for 3 consecutive days  (include one weekend day)  **Due by Sunday Jan 3 at 11:59pm** |
| 7 | Apr 8 | Ch. 9 - Emotional Health and Wellness | Due: Stress Assessment, p. 220  **Due by Sunday at 11:59pm** |
| 8 | Apr 15 | Ch. 10 - Sleep Habits and Wellness | Due: Sleep Log, p. 246  **Due by Sunday at 11:59pm** |
| 9 | Apr 22 | Ch. 11 - Personal Relationships and  Wellness | Due: Assignment-Putting It All  Together, p. 281  **Due by Sunday at 11:59pm** |
| 10 | Apr 29 | Ch. 12 - Offering Yourself as a Living  Sacrifice | Due: Exercise Log  **Due by Sunday at 11:59pm** |
| 11 | May 6 | Final Review & Exam | End-of-Course Physical Assessments  **Due by Saturday at 11:59pm** |