

WBU Online

School of Education

EXSS1137 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:** Summer 2020

## **INSTRUCTOR**:

Professor Latanya Nation

**Phone or text: 908-696-6899**

**Email Address:**latanya.nation@wayland.wbu.edu

**Office:** Virtual Campus

## **CATALOGDESCRIPTION**:

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.

## **COURSEWEBSITE**:

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 logon 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 My Grades 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.

## **ATTENDANCEREQUIREMENTS**:

*“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 goodclass 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 login 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**:

*“Incompliance 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.

## **ACADEMICHONESTY**:

*“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
2. (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.

## **COURSEREQUIREMENTANDGRADINGCRITERIA:**

Students should allow a very minimum of 1-2 hours per week for reading, reviewing, studying, and home work 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. Before and After pictures. Take a “selfie”, or have someone take a picture for you, right before you complete one of the workouts for that week and directly after. Worth 10pts (5pts for each).
   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. **5 points will be deducted for incorrect format (i.e. pictures uploaded separately, not a .doc or .docx).**
2. **Quizzes (Competency 1)**
   1. Read provided material.
   2. Take reading quiz over assigned reading. 5/10pts each.
3. **Assignments (Competency 1,2,3)**
   1. May include questionnaires, fitness tests, forms, or other activities as required for personal exercise plan. 5/10pts each.
4. **Personal Workout Plan** (Competency 1,3)
   1. This assignment is for you. Based off what you have learnt during the semester, you will build a 6-week training plan for yourself. Use text from quizzes, workout explanations, and other sources to detail a plan to reach 1-3 fitness goals.
   2. 4-5 pages total, 12-pt font size, double-spaced, minimum 3 sources.
   3. Include 2-3 pages of text describing at least one fitness goal (up to 3 goals). Explain nutrition plan, reasoning behind different aspects of plan, and how you will reach your goal.
   4. 1-2 pages of your project may be tables, exercise descriptions, charts, tracking sheets, or any other item necessary to attain your goal.

## **COURSE EVALUATION AND GRADING:**

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

Weekly Activity Post 10 @20pts 200 points

Quizzes 5@ 10pts 50 points

Assignments 5@ 10pts 50 points

Personal Workout Plan 1@100pts 100 points

Total 400 points

## **UNIVERSITY GRADING SYSTEM**

**A** 360- 400 and above

**B** 320-359

**C** 280-319

**D** 240- 279

**F** Below 239

**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. Assessment of student reading will come from student participation in posting materials in a timely manner, student performance on quizzes, and direct questioning from the instructor (if needed).

**Quizzes/Examinations**- Quizzes are given for each concept and will cover material from the provided reading. The purposes of the quizzes are to assure the instructor the reading material is being read as assigned and to determine the level of competence with each concept. Quizzes which are missed (i.e., timed out) may not be made up. Start your quizzes early; don’t wait until the last day. You may have computer trouble or get kicked off-line; if it is Friday evening or Saturday, I almost certainly won’t be available for your one free reset. Note: Do Not Request Make-Ups! (The reason that makeups are not allowed isn’t because I’m overly structured, it is because timed-out items in Blackboard cannot be turned back on for single students…it is the whole class or none at all. Since I can’t turn it back on for everyone, I can’t turn it back on for you. )

**Extra Credit**- I don’t believe in 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. Eachassignment 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 duedates will not be extended as a matter ofroutine.

-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 or call 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.

- Syllabus quiz: **Password- PC2020**