



**Plainview Campus
School of Physical
Education**

1. Wayland Baptist 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.

2. Course Prefix, Number, & Name:

EXSS 1112 Concepts of Fitness & Wellness

3. Term and Year:8 Weeks Term

4. Full Name of Instructor: Alex Castaneda

5. Cell Phone and WBU Email Address:

214-502-7473

castaneda@wbu.edu

6. Office Hours, Building, and Location: Email or call to book an appointment

7. Class Meeting Time and Location: Virtual, weekly

8. Catalog Description:

Introduces basic concepts of fitness including components of health-related fitness, assessments, training, nutrition, and mental and spiritual health. Physical activity is a part of this course.

9. Prerequisite: None

10. Required Textbook and Resources:

- Walters, P. & Byl, J. (2020). Christian paths to health and wellness (3rd Ed.). Human Kinetics.

11. Optional Materials:

- Resources available through WBU and Online libraries
- Access to WBU Learning Resources www.wbu.edu/lrc

12. Course Outcome Competencies:

1. The student will demonstrate knowledge of the principles and benefits of a physically active lifestyle and 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 demonstrate knowledge of the components of health-related fitness (cardiovascular endurance, muscular strength and endurance, flexibility, and body composition) and the component's significance in relation to physical activity, health, and fitness
4. The student will apply basic principles of physical fitness training (e.g., frequency, intensity, type, duration, progressive overload, specificity), and demonstrate knowledge of principles and benefits of warm-up and cool-down exercise procedures
5. The student will analyze individual variation in levels of health and fitness and demonstrate knowledge of principles and techniques for designing, implementing, and maintaining individualized health and fitness plans and healthy diet choices
6. The student will apply knowledge of self-assessment for personal fitness levels, interests, and skill levels in order to encourage participation in lifelong physical activity
7. The student will demonstrate knowledge of the principles and benefits of maintaining mental, spiritual, and physical health and wellness.

13. 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.

- As an online course, attendance is considered based on completing weekly quizzes. As per departmental policy, a student must be present for and actively engaged during at least 75% of class meeting time to receive credit for the course. Tardies and partial-day absences, including leaving class for any reason or not participating while in class, will count toward this percentage.

14. Statement on Plagiarism and 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.

15. Disability Statement:

1. 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.

16. Course Requirements and Grading Criteria:

- 1) Six Quizzes worth total 300 points
- 2) 5 Assignments worth 250 total points
 - Personal Mission Statement
 - Diet Log – Complete the Diet Log for 3 days
 - Stress Assessment – Complete the Perceived Stress Scale worksheet. Submit a copy of the worksheet with your score to the instructor.
 - Sleep Log – Complete the Sleep Diary worksheet for at least 5 consecutive days.
 - Personal Training Plan – Complete the Personal Training Plan worksheet.
- 3) 3 Unit Test worth 300 total points
- 4) 850 point possible:
 - A: 765-850 points
 - B: 680-764 points
 - C: 595-679 points
 - D: 510-594 points
 - F: fewer than 510 points, or absent more than 25% of class time

17.1: "Students shall have protection through orderly procedures against prejudices or capricious **Include Grade Appeal Statement** 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/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.”

17. Tentative Schedule:

EXSS 1112 – PLxx
Concepts of Fitness
Tentative Course Schedule

week #	Reading	Topic/Activity & lab due
1	Syllabus Ch. 1 – God’s Purpose and Your Life's Mission	Due: Introduction, Syllabus, Baseline Physical Assessments (1) Quiz 1
2	Ch. 2 – Body Image and Eating Disorders Ch. 3 Weight Management	Due: Personal Mission Quiz 2
3	Unit 1 Test Ch. 4 - Cardiorespiratory Fitness	Due: Quiz 3
4	Ch. 5 - Muscular Development	Due: Mid-Course Physical Assessments (2) Quiz 4
5	Ch. 6 – Mobility & Flexibility Unit 2 Test	Due: Stress Assessment
6	Ch. 7 - Nutritional Health and Wellness Ch. 8 - Emotional Health and Wellness	Due: Quiz 5
7	Ch. 9 - Sleep Habits and Wellness Ch. 10 - Personal Relationships and Wellness	Due: Sleep Log Quiz 6
8	Unit 3 Test	Due: Personal Training Plan Physical Assessment (3)

18. Faculty May Add Additional Information as Desired: