



School of Education and Exercise & Sports Science

Virtual Campus – Spring 2009

Feb 23, 2009 – May 16, 2009

Mission: Wayland Baptist University exists to educate students in an academically challenging, learning focused and distinctively Christian environment for professional success, lifelong learning and service to God and humankind.

Course: Concepts of Fitness- EXSS 1112 VCO1

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Office Hours: TTH 9:30-11:00 or by appointment

Class Meetings: (VC Course)

Prerequisite: None

Required text: Powers, Scott K., Stephen L. Dodd. (2009). *Total Fitness and Wellness, 5th ed.* San Francisco: Pearson Benjamin Cummings.

Optional Materials: None

Course Description:

This course is an overview of personal health and wellness issues, including exercise, diet, social and family aspects, medical considerations, and physiological factors. Emphasis will be placed on lifestyle behavioral changes that promote long-term well-being. This course includes inventories of lifestyles, planning for positive change, and the use of lifetime physical activities in the overall wellness concept.

Course Outcome Competencies:

This course is designed to provide an introduction and overview to personal health and wellness concepts and practices for the college student. By the end of the course, each student will be able to:

- List the health related and skill related aspects of physical fitness.
- Define the health related aspects of physical fitness and relate their importance to activities of daily living.
- Describe a set of lifetime physical activities appropriate for youth, adult, and family participation.
- List important contraindicated exercises and give reasons why they are to be avoided
- Describe the Food Guide Pyramid and identify the components of a healthy diet.
- Describe the aspects of fad diets and list reasons why they are health risks.
- Identify stressors in their life, and make behavioral changes to reduce stress and its effects.
- Describe the signs, symptoms, and risk factors for various cancers.
- Identify the characteristics of fraud in health, fitness, and nutrition products and services

- Develop a comprehensive plan for a healthy lifestyle.

Attendance Requirements (Virtual Campus Class):

- Since attendance is not “real-time” with a Virtual Campus Class, attendance is not part of the grading. However, participation is just as, if not more important in a VC class as a face to face class. Therefore, any student who falls behind in participation will be notified of the deficiency, and if the deficiency is not made up in a timely manner, the student will be given an “F” in the course and no further work will be graded. Contact the instructor if you must miss some time due to work, military, or other obligations.
- The class will be broken down into segments/units; you must complete all unit-specific work before the unit “times out” on BlackBoard. Once the unit “times out” the unit assignment will disappear. They CANNOT be brought back for individual students. If you miss the time frame for these assignments you will not get credit for them.

Disability Statement:

It is University policy that no otherwise qualified disabled person be excluded from participation in, be denied the benefits of, or be subject to discrimination under any educational program or activity in the University. Students should inform the instructor of existing disabilities the first class meeting.

Course Requirements and Grading Criteria:

Grading:	Position Papers	200 pts.
	Labs	250 pts.
	Exercise Log	300 pts.
	Quizzes	250 pts.
	Total	1000 pts.

UNIVERSITY GRADING SYSTEM:

A	900-1000	Cr	for Credit
B	800-899	NCR	No Credit
C	700-799	I	Incomplete*
D	600-699	W	for withdrawal
F	below 600	WP	Withdrawal Passing
		WF	Withdrawal Failing
		X	No grade given
		IP	In Progress

A grade of “CR” indicates that credit in semester hours was granted but no grade or grade points were recorded.

*A grade of incomplete is changed if the work required is completed prior to the date indicated in the official University calendar of the next long term, unless the instructor designates an earlier date for completion. If the work is not completed by the appropriate date, the I is converted to the grade of F. An incomplete notation cannot remain on the student’s permanent record and must be replaced by the qualitative grade (A-F) by the date specified in the official University calendar of the next regular term.

Specific Requirements for the Online Student:

Compatible Computer and Access to Blackboard- You CANNOT take this course unless you can do the following:

- Have regular access to a computer
- Be able to log in to Blackboard
- Be able to complete the assignments within Blackboard
- Be able to rectify any software issues related to using Blackboard
- Be able to communicate with the instructor via email
- Know how to check to see if assignments have posted to Blackboard

If you cannot do ALL of the above, for the duration of the course, you must immediately do one of the following:

- Borrow a friend's computer to complete the above
- Find a public computer to complete the above
- Drop the course

****Computer incompatibility or software issues is NOT an excuse for allowing make-ups on assignments!! ****

- Reading Assignments- Students will need to read along in the supplied materials and web-based materials. The labs in the textbook should be completed in a timely manner. 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.
- Position Papers: Two position papers will be written in this course; these are short (1-2 pages) summaries of an assigned topic, including YOUR interpretation of the facts. (Virtual Campus version, will be completed on the "Discussion Board" portion of BlackBoard.)

Paper #1 will be on *the politics of health issues* (this relates to things like the use of health issues by politicians/candidates for political gain or social views of medicine and healthcare)

Paper #2 will be on *fad diets or weight loss gimmicks* (this relates to diet pills, fad/TV diets, liquid or restrictive diets, exercise gimmicks, unusual exercise equipment, etc.)

Pick an area of interest from within either of these areas. Then write the paper using your own views, supported by facts, of the particular topic. This is NOT a research paper, but rather an exercise in critical thinking about one's own positions regarding the listed topics. Even though it's not a research paper, you need to support your statements with factual material, not hearsay. Not everyone will agree on all issues, but everyone should be able to make an argument from principle and facts (as opposed to emotions) for each area.

- Examinations: Quizzes are given periodically as needed (usually at the beginning of each unit) and will cover material from each assigned chapter of the book. 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 from the textbook. Quizzes which are missed may *not* be made up (i.e., timed out).

- **Labs:** There will be a set of “labs” to complete on your own. These will include labs assigned from the textbook, some of which will require physical activity outside of class, other which will only require a survey of personal information. In no case will labs be shared with the class as the information is personal and private. For the Virtual Campus version of the course, the labs will be verified by completing assignments on BlackBoard.
- **Exercise Log:** Each student will begin a regular exercise program and will keep an updated log of exercise activity during the term. This log will be turned in at the end of the course. These exercise sessions should be comprised of an activity fitting with the student’s abilities, physical condition, and interests. All students who require physician permission to begin an exercise program need should obtain such before starting the log.

Email Account: As part of the basic requirements of this class, it is expected that every student will use their WBU email account. Email will be used by the instructor to disseminate information to students in such areas as general information, quizzes, and assignments. Further, it has been my experience that email provides a useful and convenient way for students to contact me with questions, comments, and/or concerns. Please use this means of communication to contact the instructor or any other students in the class. I prefer the email contact to phone contact, especially if you are notifying me of an absence.

BlackBoard page: As part of the benefits of enrolling in the course, each student will have access to a BlackBoard account through Wayland. You will need your PowerCampus ID number to login to this account. Homework, assignments, syllabus, and schedules will be available on the BlackBoard page, along with supplementary materials and information. For the virtual campus version of this course, all assignments will be completed via BlackBoard.

Other Information:

University students are expected to conduct themselves according to the highest standards of academic honesty. Academic misconduct for which a student is subject to penalty includes all forms of cheating, forgery, or plagiarism. The penalties for academic misconduct are severe and will be enforced. For specific information on the policies and penalties relating to academic misconduct, see the WBU catalog or the student handbook.

Disclaimer: The instructor reserves the right to cancel, change, modify, rearrange or otherwise divert from this document, to make changes as I deem appropriate, or to change, without notice, any of the information or requirements if I deem such change to be appropriate, in the best interest of the class as a whole, or when necessary due to unforeseen circumstances. This syllabus is not a contract, but a set of guidelines by which the class will operate.

Quiz Information
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All quizzes must be completed on Blackboard by the due date. Quizzes will be unavailable after the due date, and cannot be made up. If you cannot take the quiz on the due date, make sure to take it early.

The quizzes are open-book. They are also timed. The time allowed is based on the length of the quiz. Most are ten to fifteen minutes. If you have not read the chapter as assigned, you will have difficulty completing the quiz in the allotted time using the book.

Once you start a quiz, you may not go back to it later. Finish it at that time.

Students who wait until the last day/night before attempting a quiz are asking for trouble. If BlackBoard is down, or your computer crashes, or there's a snowstorm and the power goes out, you will miss that quiz, Start a day or two early!!

The quiz schedule always starts and ends on a Wednesday. **The quizzes become available at 6 am Central Time and will time out (vanish) at 11:55 pm Central Time.**

Discussion Board Instructions
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Instructions for Position Papers (posted in the "Discussion Board" section)-

- Write your position paper by adding a new thread to each of the topical sections. Do not attempt to attach files...there are too many folks who won't have compatible software to open them. If you 'pre-write' your paper in other software, copy-and-paste it into the Blackboard window, or re-type it there.
- Reply to previous postings by other students to add your comments to their paper. Do not be offended if other students do not agree with you. PLEASE be aware that body language isn't possible in an online forum, so you can't 'read' things like sarcasm, dry humor, or other non-verbal cues, so BE CAREFUL how you word your comments and BE AWARE that even if it sounds like someone is being insulting or rude, that is likely not the case.
- This is the place to put your opinions on these controversial subjects, but BE PREPARED to defend your opinions with facts. The instructor WILL CHALLENGE you if you post hearsay, myths, or other undocumented fallacies masquerading as facts. If you say "studies show" or "science has proven", I will insist on supporting research...I'll ask you to name those studies. Be prepared. One of my favorite quotes- "It ain't what we don't know that will hurt us...it's what we know that ain't so!" - Will Rogers
- Write your paper with the same care you would write a hard-copy to turn in for a grade. **Do not use emoticons or other 'chat room' slang...these will receive deductions in points.** All of your writing in this course should be college-level and professional.

→ And finally, have some fun with it!!

Assignment	Topic
Position Paper #1	Politics of health care (i.e. health care policy, controversies, government intervention, personal rights, etc.)
Position Paper #2	Fad diets, or weight loss gimmicks, or fitness/health gimmicks and rip-offs