

Fitness and Recreational Activity
Weight Loss Management, Summer II 2014
FRA197W 001
July 7, 2014 – August 7, 2014

Class Meeting Time: Monday & Wednesday 9:00 am – 10:50 am
Class Meeting Place: MRC activity room (You need your ID to enter.)
Instructor: Lauren Rhodes
E-mail: Lauren.Rhodes@tamuc.edu
Office: Field House 214
Office Phone: 903-468-8618
Office hours: TR 2:00-3:30pm or by appointment

Textbook (required): No text required. However, you will need a folder to keep your handouts in.

Attire: You must wear athletic attire suitable for fitness activities. Attire should permit for a full range of motion. You will be lying on the floor for some exercises. Be sure your clothing is modest. Students not dressed appropriately will be considered absent.

Class Description: FRA 197W is designed to introduce students to strategies that will help improve overall health, facilitate weight loss and assist in maintaining weight loss as a lifestyle change. It will further the development of each students flexibility, endurance, and overall wellness.

OBJECTIVES:

1. Demonstrate a basic knowledge of the components of fitness.
2. Demonstrate understanding of what factors contribute to healthy weight loss and management of weight as part of a lifestyle change.
3. Participate in physical activity in each class to increase daily physical activity.
4. Have fun while learning more about weight loss management.

Evaluation:

| | | |
|-------------------------------|--|-----|
| Knowledge | | |
| Test | | 20% |
| Skills | | |
| Karvonen Formula/Fitness Quiz | | 20% |
| Nutrition Quiz | | 20% |
| Safety Quiz | | 20% |
| Exercise Journal | | 20% |

My grading policy:

At the end of the semester, I will assign your earned letter grade according to the schedule below:

- A= 90 and above**
- B= 80-89.9**
- C= 70-79.9**
- D= 60-69.9**
- F= 59.9 and below**

NOTHING can be done to change your final grade once it is assigned. (no extra credit, extra assignments, retaking tests, etc). Multiple opportunities are given to students to earn their course grade, and I suggest that YOU take advantage of every opportunity to make the highest grade possible. In other words, attend class EVERY DAY and do the EXTRA CREDIT!

Extra Credit

Bonus points will be awarded for the following events:

- a. One point may be earned for each Rec Center aerobic/workout class you attend. You must have the instructor sign a sheet of paper with your name, the date, the name of the class, etc. at the end of class. Show it to me immediately. You will only get credit one time for each different class you attend. (For one of them, you may attend the same class you attended for the outside-of class experience.) You MAY attend classes at another facility, but the same rules apply. To earn the extra credit, you must provide a piece of paper with your name, the date, time, name, and location of the class, the instructor's name, the phone number of the facility, and the instructor's signature. No exceptions.
- b. One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, your t-shirt, and your time as posted on the Internet. The 5K must be done during the semester
- c. A maximum of 5 points extra credit may be earned.
- d. The LAST day to turn in any extra credit is August 6th at the beginning of class. NO EXCEPTIONS! You may turn in extra credit at any time before the due date, but not after.
- e. I may provide more extra credit options during the semester.

WRITTEN TEST

Your written test will be multiple-choice, true-false, and matching. It will have about 40 questions. You will need a (green) scantron 882-ES and a pencil. If you cannot take the exam due to illness, injury, or family emergency, **the instructor must be notified prior to the exam.** Students will be required to present appropriate documentation for missing a scheduled exam. All make-up exams will be scheduled as the need arises.

SAFETY QUIZ

For the safety quiz, you will watch me perform several exercise and stretches. You will be asked to identify what I am doing that is unsafe or demonstrates bad technique. You will need to bring paper and a pencil to class on this day.

KARVONEN FORMULA/FITNESS QUIZ

For the Fitness Quiz, the class will take a quiz over the 5 components of fitness and be able to identify examples of each. Students should also be able to explain the importance of having a moderate competency of each. Completion of the Karvonen formula worksheet will be completed as a class and combined with the fitness quiz to make up 10% of the fitness quiz grade.

NUTRITION QUIZ

Students will identify the 3 energy-yielding nutrients and sources of these as well as how many calories are derived from each. They will also demonstrate knowledge what percentage of their daily caloric intake will come from each along with other basic nutrition information covered in the course.

PERSONALIZED EXERCISE JOURNAL

The exercise journal is an opportunity for the student to reflect on his/her weight loss journey and focus on observation made while implementing healthy lifestyle changes. This paper should be a minimum of 1 ½ pages. More specific criteria will be outlined in a handout provided and discussed in class.

Class attendance is expected. For each unexcused absence, 3 points will be deducted from the final grade. Students that are late to class and arrive after attendance has been taken will be considered absent. It is imperative that students are on time to class, as instructions are given for the days activity at the start of each class. If the class has already begun, you are considered late and will not be permitted into the classroom. *Please do not knock on the door and disrupt class in an attempt to come in late.* Class assignments will not be accepted after the due date. Excused absences are defined by university policy (see below) and must be documented appropriately WITHIN ONE WEEK of the absence (I need a copy of the documentation that I can keep).

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

| Day | Date | In-class activity | Due today/graded activity |
|-----|----------|---|--------------------------------------|
| M | July 7 | Syllabus, Karvonen Formula, Components of Fitness, Initial Assessments | |
| W | July 9 | Goal Setting, Nutrition Circuit Workout | Karvonen Formula/Fitness Quiz |
| M | July 13 | Step Aerobics | |
| W | July 15 | Kickboxing | Nutrition Quiz |
| M | July 21 | Circuit Workout, Strength Training | |
| W | July 23 | Partner Workout, Safety Quiz | Safety Quiz |
| M | July 28 | Pilates | |
| W | July 30 | Walk/Jog Around Campus (weather permit), Review for Final | Exercise Journal |
| M | August 4 | Power Yoga, Final Assessment | |
| W | August 6 | Final Exam | Final Exam & Extra Credit |

This schedule may change. If you miss class, be sure you talk to someone in the class to find out about any announcement or changes.

Statement on Student Behavior

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

ADA statement

Students requesting accommodations for disabilities must go through the Academic Support Committee. For more information, please contact the Director of Disability Resources and Services, James Gee Library, Room 132, (903) 886-5150.

Course Policies

- 1 Students are expected to be in class, ready to participate, on time.
- 2 An "excused absence" is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is for one of the reasons listed below, you will be able to make up the work. To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

 - Participation in an activity appearing on the University's authorized activity list.
 - Death or major illness in a student's immediate family.
 - Illness of a dependent family member
 - Participation in legal proceedings or administrative procedures that require a student's presence.
 - Religious Holy Day
 - Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
 - Required participation in military duty
- 3 Any student missing an exam or assignment without prior arrangement will receive a score of zero.
- 4 You **MUST** check your e-mail regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me. (your leo account)
- 5 While you are in class, I expect you to participate. Do not come to class and expect to sit to the side. Workouts are designed so that everyone can participate. You must be on time. When you are late, it disrupts the flow of the class. While in class, you must refrain from anything that is not class-related. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT.** This is a zero-tolerance policy. (Thanks!) . If you use a cell phone, iPod, etc. in class (or if your phone rings), you will lose 1 point per incident (off your final grade). Turn it off!
- 6 **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. I **DO NOT** accept late assignments.
- 7 If you have a question or concern, **TALK** to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.

Personal Exercise Journal Criteria
FRA 197W, July 30th
At the beginning of class

Discuss at least two of your favorite exercises or workouts from class. Be sure to mention *why* you enjoy these. You will be responsible for demonstrating knowledge of exercises by properly identifying the name of the exercise/workout in the assignment.

What are some of the personal goals you wish to achieve though your weight loss journey? Be specific (not just to lose weight but gain strength, confidence, flexibility, etc).

Describe any observations made during one of the recent classes concerning you breath and breathing pattern. For example, is your breath quick and shallow or long and deep?

Describe how you feel after your workout(s). Do you leave feeling relaxed, or energized. Maybe you are able to think a little more clearly.

What motivates you to move?

Your journal should be a **minimum** of 1 ½ pages long typed with 12 times new roman font, double spaced and should include the above mentioned criteria. Margins should be set to 1". The heading should include name and date only. Points will be deducted for grammatical errors. Please proof read before submitting the assignment.

Any student that plagiarizes any portion of this assignment will receive a zero on the assignment and fail the course. If you are uncertain or unclear about what plagiarism is please read the definition below and/or feel free to ask the instructor.

pla-gia-rism
noun

1.an act or instance of using or closely imitating the language and thoughts of another author without authorization and the representation of that author's work as one's own, as by not crediting the original author.

Synonyms: appropriation, infringement, piracy, counterfeiting; theft, borrowing, cribbing, passing off.