

Texas A&M University–Commerce
FITNESS AND RECREATIONAL ACTIVITY
FRA 101.001–AEROBIC CONDITIONING BY WALKING/JOGGING
FALL 2015

COURSE TIME: TR 9:30–10:20 a.m.

COURSE LOCATION: MRC 124

INSTRUCTOR: Ruth Beelitz, MS, CI–CPT

MUST HAVE STUDENT ID TO ENTER!

E–MAIL: ruth.beelitz@tamuc.edu

OFFICE NUMBER: 903–468–8126

OFFICE HOURS: By Appointment Only

OFFICE LOCATION: Field House 212

MATERIALS: No text required. However, you will need a folder to keep your handouts in.
PLEASE BRING A PENCIL AND A BOTTLE OF WATER TO CLASS EVERYDAY!

ATTIRE: You must wear athletic attire suitable for weight training, including athletic shoes (walking, running, cross trainers, etc), shorts or sweats and socks. Be sure your clothing is modest. You must wear a shirt at all times and no sagging shorts. Women must wear a support bra/top and must have abdomen covered at all times; shorts must also have at least a 3" inseam. NO DENIM or non–athletic apparel. Students not dressed appropriately will receive an unexcused absence for the day and therefore lose 2 points from their final grade. Students who cannot participate due to improper clothing will receive a zero on any graded items they miss due to improper attire.

RECOMMENDATIONS: Wristwatch with timer ability.

CLASS DESCRIPTION: This course is designed to teach each individual an understanding of the physiological principles related to weight training and conditioning programs.

PARTICIPATION: Students are expected to participate in class in order to receive credit for attendance. Each student is provided with a waiver that must be completed and returned to the instructor. This waiver states that the student is able to participate in physical activity and has no known medical reasons that should prevent safe participation. Any known medical concerns or conditions should be communicated to the instructor to ensure safe participation in physical activity. If special accommodations are needed please refer to the ADA statement in this syllabus, and contact Student Disability Resources and Services.

OBJECTIVES:

Students will...

- *improve and enhance cardiovascular endurance by walking and/or running.
- *understand and appreciate walking and running as a part of a fitness program.
- * demonstrate understanding of concepts related to walking, running, and cardiovascular fitness.

EVALUATION:

Knowledge (70%)

Final Exam	25%
Basic Anatomy Quiz	20%
Running & Walking Terminology	25%

Skill (30%)

Mid-term 1 mile walk or 1.5 mile run	15%
End-term 1 mile walk or 1.5 mile run	15%
<hr/> Total	<hr/> 100%

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 OPPORTUNITIES.

Extra credit points will be awarded for the following events:

- One point may be earned for each Morris Recreation Center aerobic/workout class you attend. You must have the instructor sign an "8 ½ x 11" 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. 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.
- 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. This information can be submitted in an email. A photo of your number must be attached to the email and a link to the posted time on the internet.
- A maximum of 5 points extra credit can be earned.
- The LAST day to turn in any extra credit is December 1st at the **beginning of class**.
NO EXCEPTIONS!
- I may provide more extra credit options during the semester.

FINAL EXAM. The final exam will be comprehensive. Test will consist of multiple-choice, true/false, and matching. You will need a (green/blue) 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.

ANATOMY QUIZ: Students will identify major muscle groups as well as opposing muscle groups on an exam. Be sure to bring a PENCIL on the day of the quiz.

RUNNING & WALKING TERMINOLOGY: Students will have to match terms to the proper definition and demonstrate knowledge of commonly use terms related to running and walking programs.

1 MILE WALKS/1.5 MILE RUNS: Every student will perform a 1 mile timed walk or 1.5 mile run **4 times** during the semester. The best **TWO scores** will be included as part of the grade. You may do EITHER the 1 mile walk or the 1.5 mile run for each attempt.

Standards are located on the syllabus. Please refer to these before asking me during class.

If a student misses a timed event (regardless of the absence being excused or unexcused), he/she will not be able to make it up. It is expected that out of the four timed events students will be responsible for attending a minimum of 2.

CLASS ATTENDANCE. Class attendance is expected. For each unexcused absence, 2 points will be deducted from your final grade. One point will be deducted from the final grade for each tardy up to 10 minutes. After 10 minutes the student will be considered absent. It is imperative that students are on time to class, as instructions are given for the day's activity at the start of each class. Leaving class early or not participating will be treated as an absence. Class assignments will not be accepted after the due date. Each student will be responsible for signing in next to their name each class day. Attendance will be taken from the sign-in, therefore it is your responsibility to sign-in each day. You will not be allowed to sign-in for any other student, nor have anyone sign-in for you. 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 at my discretion. I will let you know if the schedule changes! These changes will be sent via email. Make sure you check your email on a regular basis. If you miss class because of a failure to check email is not considered an excused absence.

<i>DAY</i>	<i>DATE</i>	<i>IN-CLASS ACTIVITY</i>	<i>DUE TODAY</i>
T	9/1	Intro to Class	
R	9/3	Cardiovascular Exercise & Pedestrian Safety	
T	9/8	Benefits of Walk/Jog Program & Terminology	
R	9/10	Intervals	
T	9/15	On campus jog & Terminology	
R	9/17	1 mile walk/1.5 mile run	<i>Run/Walk Terminology Quiz</i>
T	9/22	On campus jog	
R	9/24	#1 Timed Event- 1 mile walk or 1.5 mile run &	<i>#1 Timed Event</i>

		Muscle Groups	
T	9/29	Review Major Muscle Groups & HIIT	
R	10/1	HIIT	<i>Anatomy Quiz</i>
T	10/6	2 miles around campus	
R	10/8	Intervals	
T	10/13	#2 Timed Event- 1 mile walk or 1.5 mile run	<i>#2 Timed Event</i>
R	10/15	Partner Speed Work	
T	10/20	Campus Jog	
R	10/22	Body Weight Exercises	
T	10/27	1 mile walk/1.5 mile run	
R	10/29	Yoga	
T	11/3	#3 Timed Event- 1 mile walk or 1.5 mile run	<i>#3 Timed Event</i>
R	11/5	Campus Jog	
T	11/10	Geocaching	
R	11/12	Intervals	
T	11/17	Geocaching	
R	11/19	#4 Timed Event- 1 mile walk or 1.5 mile run	<i>#4 Timed Event</i>
T	11/24	Cardio Kickboxing	
R	11/26	<i>NO CLASS (THANKSGIVING HOLIDAY)</i>	
T	12/1	Scavenger Hunt	<i>Extra Credit Due</i>
R	12/3	1 mile walk/1.5 mile run	
T	12/8	<i>FINAL EXAM REVIEW</i>	
R	12/10	FINAL EXAM	<i>FINAL EXAM</i>

The location for each class meeting will be announced at the previous class meeting. If you miss class, it is YOUR responsibility to find out from a class mate where class is meeting next time.

STATEMENT ON STUDENT BEHAVIOR. All students enrolled in the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student's Guide Handbook). In addition, students are responsible for helping to maintain a clean and safe environment. Therefore, students will a) replace weights CORRECTLY, b) refrain from degrading, insulting, or rude language (all language should be G-rated), and c) treat other people and their property with respect. This is a zero-tolerance policy. If you do not comply, you will be asked to leave class and will be counted absent.

STUDENTS WITH DISABILITIES. The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, the legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services
Texas A&M University–Commerce
Gee Library, Room 132
Phone (903) 886–5150 or (903) 886–5835
Fax. (903) 468–8148
StudentDisabilityServices@tamuc.edu

PLAGIARISM/ACADEMIC DISHONESTY. Plagiarism is copying another’s work as your own without proper acknowledgement. Be aware that the intent to deceive the reader does not have to be present for plagiarism to occur. Also, ignorance of the definition of plagiarism is also not an excuse and will result in the same consequences as for someone who is educated. Plagiarism is also not restricted to copying the writings of others, nor to stealing from established authors: it includes the ideas of your fellow students. If you plagiarize in this class (including cheating on tests) you will receive an automatic “F.” If you are in any doubt as to whether your work constitutes plagiarism or academic dishonesty, please discuss this with me confidentially.

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 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.
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. Please feel free to e-mail me any time.

8. **NO PROFANITY.** No inappropriate or offensive language or gestures. No inappropriate or offensive clothing. This will not be tolerated and you will be asked to leave and it will be considered an unexcused absence for the day.

STUDENT CONDUCT: All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. (See *Code of Student Conduct from Student Guide Handbook*).

		1 MILE WALK	1.5 MILE RUN	1.5 MILE RUN
GRADE	PERCENTAGE	TIME IN MINUTES	MALE TIME	FEMALE TIME
A	100	12:59 and under	10:30 and under	12:30 and under
A	96	13:00-13:15	10:31-10:45	12:31-12:45
A	92	13:16-13:30	10:46-10:59	12:46-12:59
B	88	13:31-13:45	11:00-11:15	13:00-13:15
B	84	13:46-14:00	11:16-11:30	13:16-13:30
B	80	14:01-14:29	11:31-11:59	13:31-13:59
C	76	14:30-14:59	12:00-12:15	14:00-14:15
C	72	15:00-15:29	12:16-12:30	14:16-14:30
D	68	15:30-15:59	12:31-12:45	14:31-14:45
D	64	16:00-16:29	12:46-13:00	14:46-15:00
D	60	16:30-16:59	13:01-13:29	15:01-15:29
F	56	17:00-17:30	13:30-13:59	15:30-15:59
F	52	17:31 and above	14:00 and above	16:00 and above