

Texas A&M University–Commerce
FITNESS AND RECREATIONAL ACTIVITY
FRA 100.001 LIFETIME FITNESS
SUMMER II 2014

COURSE TIME: MW 9:00–10:50 a.m.

COURSE LOCATION: MRC 124

INSTRUCTOR: Ruth Beelitz, MS, CI–CPT

E–MAIL: ruth.beelitz@tamuc.edu

OFFICE NUMBER: 903–468–8126

OFFICE HOURS: By Appointment Only

OFFICE LOCATION: Field House 212

REQUIRED TEXT: Corbin, Welk, Corbin, & Welk. *Concepts of Physical Fitness: Active Lifestyles for Wellness*. (17th edition). McGraw–Hill.

MATERIALS: Students will need a notebook and pen/pencil for note taking.

PLEASE BRING A **PEN/PENCIL** TO CLASS EVERYDAY AS WELL AS A BOTTLE OF WATER!

ATTIRE: You must wear athletic attire suitable for physical activity, including athletic shoes (walking, running, cross trainers, etc), shorts or sweats and socks. You will be lying on the floor and on benches for some exercises. 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 2" inseam. No shirts with the large cut–out arm holes. **NO DENIM** or non–athletic apparel. Students not dressed appropriately will receive an unexcused absence for the day and therefore lose 3 points from their final grade.

CLASS DESCRIPTION: This course is designed to teach each individual an understanding of the concepts to overall health and wellness as well as the principles related to physical fitness.

OBJECTIVES.

Students will...

- *learn the differences between the terms health, wellness and physical fitness.
- *understand the health benefits to physical activity and how to incorporate all components of fitness into lifestyle.
- * understand all 5 dimensions of wellness and how to incorporate into daily living.
- * learn and understand proper nutrition.
- *understand how to make better choices for a healthy lifestyle
- *have fun and meet new people!

EVALUATION:

Final Exam	20%
Mid-term Exam	20%
Quizzes (3)	20%
Goal Setting (SMART)	10%
Nutrition Journal	10%
Exercise Journal	10%
Time Management Lab	10%
<hr/>	
Total	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!

Bonus points will be awarded for the following events.

- Students will be emailed about various extra credit opportunities such as fitness classes and guest speakers. For each of these attended, one point extra credit may be earned. If a fitness class that is offered as extra credit is attended, students will submit a one page TYPED document including the following information.

- *Student Name & Date of the class attended

- *Name of the Facility offering the class

- *Location & Contact information for the Facility

- *Name of Instructor

- *Name of Class

- *Brief description of the class

ONLY FITNESS CLASSES OFFERED AS EXTRA CREDIT BY THE INSTRUCTOR WILL BE CONSIDERED EXTRA CREDIT.

- One point may be earned for 5K fun run/walk in which you participate. You must show me your race number, 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 August 4th at the **beginning of class**.

NO EXCEPTIONS!

I may provide more extra credit options during the semester.

FINAL/MID-TERM EXAMS (20% each): Test will consist of multiple-choice, true/false, and matching. 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.

QUIZZES (20%): If you know that you will not be in class that day, it is your responsibility to make arrangements to take the quiz **before the quiz date.** If you are absent, it must be a university excused absence in order for it to be made up and documentation must be submitted to me within one week of the absence.

GOAL SETTING (10%): You will write specific goals you hope to achieve during the semester using the SMART goals concept. (More details and documentation will be given for setting goals.)

NUTRITION JOURNAL (10%): Students will keep a nutrition journal for 5 days (one day must be a weekend day). Students will record everything they eat or drink along with the full calorie breakdown (carbohydrates, protein and fat). Students will document if/how they were able to achieve the ADA recommended guidelines for each (carbohydrates, protein and fat) and if they could have made any substitutes to better reach their goals.

EXERCISE JOURNAL (10%): Students will keep an exercise journal for 2 weeks. Additional information regarding the requirements for the journal will be outlined in a handout and reviewed in class. Students will document how they were able to achieve the ACSM recommended weekly total of 150 minutes of physical activity or more.

TIME MANAGEMENT LAB (10%): Students will complete the Time Management Lab (in book) to establish personal priorities, evaluate daily schedule, and explain possible modifications to better manage time and priorities.

CLASS ATTENDANCE: Class attendance is expected. For each unexcused absence, 3 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. Leaving class early or not participating will be treated as an absence or tardy. 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>DATE</i>	<i>IN-CLASS ACTIVITY</i>	<i>DUE TODAY</i>
7/7	Intro to class/Chapter 1	
7/9	Chapter 2, 3 & 4	<i>SETTING SMART GOALS (IN CLASS ACTIVITY)</i>
7/14	Chapter 5, 6 & 7/TBC	<i>HEALTH, WELLNESS AND STAGE OF CHANGE QUIZ</i>
7/16	Chapter 8, 9 & 10/Walk-Jog	
7/21	Chapter 11 & 12/Boot Camp	<i>PHYSICAL FITNESS QUIZ/EXERCISE JOURNAL DUE</i>
7/23	Mid-term/Chapter 13, 14 & 15	<i>MID-TERM EXAM</i>
7/28	Weight Training (<i>MEET AT WHITLEY GYM 136</i>)	<i>NUTRITION QUIZ/NUTRITION JOURNAL DUE</i>
7/30	"Taking Hold of Your Mind"/Chapter 16 & 17	<i>TIME MANAGEMENT LAB (IN CLASS ACTIVITY)</i>
8/4	Chapter 18 & 19/Cardio Kickboxing	<i>EXTRA CREDIT DUE</i>
8/6	FINAL EXAM	

If you miss a class, be sure you talk to someone in the class to find out about any announcements or changes.

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 3 points 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.