

## **Fitness and Recreational Activity**

Wellness Activities, Spring 2025

FRA197 01W

January 13, 2025 – May 9, 2025

Class Time: Online  
Class Location: Online  
Instructor: Lauren Rhodes  
Office: NHS 136  
Office Phone: 903.886.5549  
Office hours: Monday/Wednesday 12:00 pm – 2:30 pm or by appointment  
E-mail: [Lauren.Rhodes@tamuc.edu](mailto:Lauren.Rhodes@tamuc.edu)  
\* Include your first & last name in all email correspondence as well as the course you are enrolled in. I expect emails to be written professionally, meaning you should proofread before sending.

**Textbook (required): No text required.**

**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.

**Class Description:** FRA 197: Wellness Activities is an online course designed to introduce students to a variety of wellness practices aimed at improving physical, mental, and emotional health. Students will explore activities such as mindfulness, light physical exercises, flexibility training, and stress management techniques. This course emphasizes personal goal setting and reflection to encourage lifelong wellness habits.

**Participation:** Students are expected to participate in class in order to receive credit for attendance. 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:**

1. Understand the foundational principles of wellness and its components.
2. Develop a personal wellness plan.
3. Engage in a variety of wellness practices.
4. Reflect on personal progress and wellness goals.

### **Evaluation:**

Knowledge	
Test (Final)	20%
Skills	
Weekly Fitness Log	20%

Behavior Change Journal	20%
Group Fitness Experience	20%
Quizzes & Discussions	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 Opportunities:**

Extra credit points will be awarded for the following events:

- a. One point may be earned for each Rec Center aerobic/workout class you attend. You may attend a fitness class at another facility but be sure to include the contact information for that facility. You must have the instructor sign **a 8 1/2" by 11" sheet of paper** with your name, the date, the name of the class, etc. at the end of class. **(This document can be found in D2L)**. 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.
- 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 April 22<sup>nd</sup> at the beginning of class. NO EXCEPTIONS! You may turn it in early but not after the due date.
- 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 be over information covered though out the course. It will have about 40 questions. 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.

## **WEEKLY FITNESS LOG**

Each week students will complete a 50-minute workout. This can be a walk, run, workout class, weight training session, etc. To document this activity, students will submit a weekly log of their workout(s) along with a reflection about their experience and progress for that week. In the reflection, include why you selected that activity, how you felt prior to the workout, during the workout and how you felt after the workout. This reflection should be submitted as a word document and include images (at least one) that document the activity (i.e. include a post-workout selfie, or a screenshot of a fitness app tracking your progress).

## **BEHAVIOR CHANGE JOURNAL**

This assignment is designed to help students actively apply theories and principles of behavior change by selecting a personal behavior they wish to modify, implementing a plan for change, and documenting their progress. By engaging in this process, students will gain insight into the challenges and rewards of making sustainable behavior changes.

Each student will identify a behavior they would like to change (e.g., increasing physical activity, reducing screen time, improving sleep habits, practicing mindfulness, healthier eating, etc.). Over the course of several weeks, students will document their journey using reflective journals, progress tracking, and applying behavior change strategies discussed in class.

## **GROUP FITNESS EXPERIENCE**

This assignment is designed to encourage students to explore different forms of physical activity by attending a fitness class at a gym, recreation center, or other facility. By engaging in a structured group fitness activity, students will gain firsthand experience with exercise instruction, group dynamics, and the physical and psychological effects of participating in fitness classes.

## **WEEKLY DISCUSSION / QUIZZES**

This assignment encourages students to stay active, reflect on their personal fitness routines, and engage in meaningful discussions with classmates about their progress and experiences. By sharing their weekly workout activities and interacting with peers, students will build a sense of accountability and community while reinforcing the importance of regular physical activity.

Assignment Instructions:

1. Weekly Workout Post (Due by Friday of each week by 11:59 pm CST):
  - Share a detailed post about your workout from the past week. Include:
    - What activity or activities you completed.
    - Duration, intensity, or other relevant details (e.g., "Ran 3 miles at a moderate pace" or "Completed a 45-minute yoga class").
    - How you felt before, during, and after the workout.
  - Attach documented evidence of your workout, such as:
    - A post-workout selfie.

- A screenshot from a fitness tracking app (e.g., Strava, Apple Fitness, Fitbit).
  - A picture of your workout environment (e.g., treadmill, trail, yoga mat).
  - Your post should be 150–250 words.
2. Comment on a Classmate's Post (Due by Friday of each week by 11:59 pm CST):
- Read at least one of your classmate's posts and leave a thoughtful comment (50–100 words). Consider:
    - Congratulating or encouraging them on their progress.
    - Sharing a similar experience or offering advice.
    - Asking a question about their workout or goals.

#### Occasional Quizzes:

In addition to the discussion posts, occasional quizzes will assess your understanding of course material related to fitness principles, health guidelines, and workout techniques. These quizzes will be announced in advance and will draw on lecture content, readings, and discussion topics.

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

Week	Date	In-class activity	Due today/graded activity *Due by Friday of each week by 11:59 pm CST
1	1/13	Syllabus, intro to class	Discussion Quiz 1
2	1/20	Components of Wellness	Discussion Weekly Log
3	1/27	Goal Setting	Discussion Weekly Log
4	2/3	Stages of Behavior Change	Discussion Weekly Log Quiz 2
5	2/10	Stress Management Techniques	Discussion Weekly Log
6	2/17	Cardiovascular Fitness	Discussion Weekly Log Quiz 3
7	2/24	Flexibility	Discussion Weekly Log
8	3/3	Muscular Strength & Endurance	Discussion Weekly Log
	3/10	SPRING BREAK	
9	3/17	Emotional & Mental Wellness	Discussion Weekly Log Quiz 4
10	3/24	Sleep & Recovery	Discussion

			Weekly Log
11	3/31	Nutrition	Discussion Weekly Log
12	4/7	Yoga	Discussion Weekly Log Quiz 5
13	4/14	Social-ecological model analysis	Discussion Weekly Log
14	4/21	Making Fitness A Lifestyle	Discussion Weekly Log
15	4/28	Final Exam & Behavior Change Analysis	Behavior Change Analysis
		*Final Exam is due by May 6 <sup>th</sup> at 11:59 pm CST.	Final Exam

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.

### **Pandemic Policies**

Students should not attend class when ill or after exposure to anyone with a communicable illness. Communicate such instances directly with your instructor. Faculty will work to support the student in getting access to missed content or completing missed assignments.

### **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).

### **Nondiscriminatory Statement**

East Texas A&M University will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

### **Students with Disabilities-- ADA Statement**

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, this 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**

East Texas A&M University

Waters Library- Room 162

Phone (903) 886-5150 or (903) 886-5835

Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

### **Campus Concealed Carry**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in East Texas A&M University buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations.

For a list of locations, please refer to the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedure/s/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

### **Counseling Center Services**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling [903-886-5145](tel:903-886-5145). For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

### **Mental Health and Well-Being**

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.



### **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.

## **TECHNOLOGY REQUIREMENTS**

### **Browser support**

D2L is committed to performing key application testing when new browser versions are released. New and updated functionality is also tested against the latest version of supported browsers. However, due to the frequency of some browser releases, D2L cannot guarantee that each browser version will perform as expected. If you encounter any issues with any of the browser versions listed in the tables below, contact D2L Support, who will determine the best course of action for resolution. Reported issues are prioritized by supported browsers and then maintenance browsers.

Supported browsers are the latest or most recent browser versions that are tested against new versions of D2L products. Customers can report problems and receive

support for issues. For an optimal experience, D2L recommends using supported browsers with D2L products.

Maintenance browsers are older browser versions that are not tested extensively against new versions of D2L products. Customers can still report problems and receive support for critical issues; however, D2L does not guarantee all issues will be addressed. A maintenance browser becomes officially unsupported after one year.

Note the following:

- Ensure that your browser has JavaScript and Cookies enabled.
- For desktop systems, you must have Adobe Flash Player 10.1 or greater.
- The Brightspace Support features are now optimized for production environments when using the Google Chrome browser, Apple Safari browser, Microsoft Edge browser, Microsoft Internet Explorer browser, and Mozilla Firefox browsers.

#### Desktop Support

Browser	Supported Browser Version(s)	Maintenance Browser Version(s)
Microsoft® Edge	Latest	N/A
Microsoft® Internet Explorer®	N/A	11
Mozilla® Firefox®	Latest, ESR	N/A
Google® Chrome™	Latest	N/A
Apple® Safari®	Latest	N/A

#### Tablet and Mobile Support

Device	Operating System	Browser	Supported Browser Version(s)
Android™	Android 4.4+	Chrome	Latest
Apple	iOS®	Safari, Chrome	The current major version of iOS (the latest minor or <b>point</b> release of that major version) and the previous major version of iOS (the latest minor or <b>point</b> release of that major version). For example, as of June 7, 2017, D2L supports iOS 10.3.2 and iOS 9.3.5, but not



Device	Operating System	Browser	Supported Browser Version(s)
			iOS 10.2.1, 9.0.2, or any other version.  Chrome: Latest version for the iOS browser.
Windows	Windows 10	Edge, Chrome, Firefox	Latest of all browsers, and Firefox ESR.

- You will need regular access to a computer with a broadband Internet connection. The minimum computer requirements are:
  - 512 MB of RAM, 1 GB or more preferred
  - Broadband connection required courses are heavily video intensive
  - Video display capable of high-color 16-bit display 1024 x 768 or higher resolution
- You must have a:
  - Sound card, which is usually integrated into your desktop or laptop computer
  - Speakers or headphones.
  - \*For courses utilizing video-conferencing tools and/or an online proctoring solution, a webcam and microphone are required.
- Both versions of Java (32 bit and 64 bit) must be installed and up to date on your machine. At a minimum Java 7, update 51, is required to support the learning management system. The most current version of Java can be downloaded at: [JAVA web site http://www.java.com/en/download/manual.jsp](http://www.java.com/en/download/manual.jsp)
- Current anti-virus software must be installed and kept up to date.

Running the browser check will ensure your internet browser is supported.

Pop-ups are allowed.

JavaScript is enabled.

Cookies are enabled.

- You will need some additional free software (plug-ins) for enhanced web browsing. Ensure that you download the free versions of the following software:
  - [Adobe Reader https://get.adobe.com/reader/](https://get.adobe.com/reader/)
  - [Adobe Flash Player \(version 17 or later\) https://get.adobe.com/flashplayer/](https://get.adobe.com/flashplayer/)
  - [Adobe Shockwave Player https://get.adobe.com/shockwave/](https://get.adobe.com/shockwave/)
  - [Apple Quick Time http://www.apple.com/quicktime/download/](http://www.apple.com/quicktime/download/)
- At a minimum, you must have Microsoft Office 2013, 2010, 2007 or Open Office. Microsoft Office is the standard office productivity software utilized by faculty, students, and staff. Microsoft Word is the standard word processing software, Microsoft Excel is the standard spreadsheet software, and Microsoft PowerPoint is

the standard presentation software. Copying and pasting, along with attaching/uploading documents for assignment submission, will also be required. If you do not have Microsoft Office, you can check with the bookstore to see if they have any student copies.

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

### **Brightspace Support**

#### **Student Support**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

#### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778 or click on the **Live Chat** or click on the words "[click here](#)" to submit an issue via email.



#### **System Maintenance**

Please note that on the 4th Sunday of each month there will be System Maintenance which means the system will not be available 12 pm-6 am CST.

**Personal Yoga Journal Criteria**  
**FRA 164, April 8<sup>th</sup>**  
**By the beginning of class at 11:00 am**

*Discuss* at least two of your favorite postures/poses from class. Be sure to mention *why* these poses are significant to you. You will be responsible for demonstrating knowledge of poses by properly identifying the asanas in the assignment.

What are some of the personal goals you wish to achieve through your yoga practice? Be specific.

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

Describe how you feel after your daily practice. Do you leave feeling relaxed, or energized. Maybe you are able to think a little more clearly.

Also, include a description of a sequence we have gone through in class or maybe a sequence you have developed through your own personal practice. (Using proper terminology/names of asanas when appropriate).

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 proofread before submitting the assignment.

Any student who 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.

**Submission:**

-Hard Copy: Must be stapled if on more than one page. Staple before bringing it to class.

-Email: You may email the assignment.

Subject Line: Yoga Journal

Attachment: Word.doc format

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.