

## **HS 102- Individualized Exercise Programming**

Dates: January 24, 2017 to May 11, 2017

Professor: Chris Brooks

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### **Course Objectives**

- Define the seven dimensions of wellness
- Explain how focusing on the physical dimension of wellness has interacted/affected other dimensions to contribute to the quality of your life.
- Explain how to achieve cardiovascular fitness and improve strength through various forms of exercise.
- Develop and incorporate a plan for exercise that supports personal goals for fitness and that demonstrates an understanding of the principals of wellness.

### **Course Expectations**

The goal of this course is for you to learn more about the physical dimension of wellness and how to make this a priority in your life. This course is about you and my goal is to help you learn something and become healthier in some way. Since the physical dimension of wellness has a huge effect on the other six dimensions, I hope you will see some increases in more than just the physical aspects of your life. To achieve this you will have to learn more about physical fitness and exercise and work on a plan to incorporate it into your life.

I don't want to read an exercise log. Instead, I want you to do a daily reflection after each class once you start your workouts. I want you to tell me how your plan is helping you achieve your personal goals for fitness and how it relates to the principals of wellness.

Though the first 8 weeks of class, I will introduce and discuss the importance of fitness, how to create a healthy lifestyle, how to develop cardiovascular fitness, how to improve muscular strength and how to start a fitness program. In addition, through the first 8 weeks we will build in some activities to allow you the chance to try some different things to see what interests you. Through the first 8 weeks I want you to start thinking about your goals for this class that will help fuel your personal exercise plan (losing weight, running a 5 K, increasing strength, etc). This is outlined in the class timetable.

After coming back from Spring Break on March 28, 2017, you will implement your exercise plan. Each day for class for the remainder of the semester starting March 28, 2017, you will do your exercise plan. Each day you will check in and sign in with me in the Strength Center prior to doing your program. You don't have to do your program in the strength center, but you do have to sign in there each day. In addition, you will be required to write a daily journal and submit it each day starting March 28, 2017 on D2L in the drop box area. Your journal for a given day will be due by midnight that day. Any journal handed in after midnight will not be accepted. You will do 14 journals through the last 7 weeks of class. Your journal will show me that you have a plan and your plan is set up to help you achieve your wellness goals. You have total freedom to do what you want. This is about you. At the end of the semester you will do a final reflection on the class and pull the material in that we discussed in class and how it pertains to your fitness program. This will be 3-5 pages double spaced.

## **Contacting Me**

If you have questions call me or preferably email me. If I don't email you or call you back right away, I will.

## **Attendance**

Each student is allowed 1 absence through the semester. No exceptions. Don't come to class if you are going to be late. If you are late you are absent. Your grade will be docked half a letter grade for every absent after the 1 allowed absence. If you are having trouble meeting a deadline- you **MUST** communicate with me **PRIOR** to the due date and allow me due time to respond and OK this. Be proactive and look at your schedule ahead of time to flag any conflicts that could arise.

## **Assessment**

Journals: 14 journal entries at 3 points each for 42 points

Final Reflection: 18 points

Midterm Exam: 40 points

## **Grading Scale**

A = 94-100	A- = 91-93	B+ = 89-90	B = 84-88	B- = 81-83	C+ = 79-80
C = 74-78	C- = 71-73	D+ = 69-70	D = 66-69	F = below 66%	

## **Attire**

Be sure to dress accordingly on the days we work out and exercise. Wear workout clothes and gym shoes. Be on time.

### **Class Outline:**

January 24- Meet in 110 HEC- Discuss Syllabus and Complete Wellness Reflection- Read material on D2L for class on 1.26.17

January 26- Meet in CPS 310- Why Should We Care About Fitness- Read material on D2L for class on 1.31.17

January 31- Meet in CPS 310- Creating a Healthy Lifestyle/7 Dimensions of Wellness. Read material on D2L for class on 2.2.17.

February 2- Meet in CPS 310. Developing Cardiovascular Fitness- Read material on D2L for class on 2.7.17

February 7- **Cycling Class- Allen Center Studio C**

February 9- **Cycling Class- Allen Center Studio C**- Read material on D2L for class on 2.16.17

February 14- NO CLASS

February 16- Meet in CPS 310- Starting a Fitness Program

February 21- **Turbokick- Allen Center Studio A**- Read material on D2L for class on 2.23.17

February 23-Meet in CPS 310- Improving Flexibility

February 28- **Yoga- Allen Center Studio A**

March 2- **Yoga- Allen Center Studio A**- Read material on D2L for class on 3.7.17

March 7- Meet in CPS 310- Understanding Strength Training

March 9- Meet in CPS 310. Midterm Exam

March 14- **Insanity- Allen Center Studio B**

March 16- **High Intensity Interval Training- Allen Center Studio B**

March 28- May 11- Meet in the Strength Center to Sign in each day- Individual Exercise Program- completing journals after each class.

May 15- Final Reflection Due by Midnight on 5.15.17