

## School of Health Care Professions / University of Wisconsin – Stevens Point

### Health Science 102 – Individualized Exercise Programming (2 credits) – Winterim

Fulfills requirement for GEP WLN and GDR WLNS A/A

Dates: January 2<sup>th</sup> – January 19<sup>th</sup>

Professor: Dr. Holly Schmies

Contact: [hschmies@uwsp.edu](mailto:hschmies@uwsp.edu) or 715-572-9600

**COURSE OBJECTIVES:** Upon completion of this class, students will be able to:

- Define the seven dimensions of wellness.
- Explain how focusing on the physical dimension of wellness has interacted/affected other dimensions to contribute to your quality of 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 principles of wellness.

### RESOURCES:

The Desire 2 Learn (D2L) course room will be utilized to provide learning resources for this course. All resources will be linked to the students within the D2L course room in the content area.

**Textbook:** Get Fit, Stay Fit – 7<sup>th</sup> edition by William Prentice

**Optional face-to-face assistance:** Students are welcome to schedule a face-to-face session during the course if you need assistance with any of the activity components of the course. If you are in Stevens Point for the winterim, I would prefer to meet in person. If you need help and you are not in the area, we can do a video conference over FaceTime or Skype. Just ask if you need help.

Online tools to help you succeed in this class:

- MyFitnessPal: create an account – available via computer, or Android/iOS compatible tablets and phones. Can log exercise, food journals, etc.
- If you use a Fitness Tracker – it will be great for you to take screen shots of your daily activity for tracking your progress and activity in the course.
- We will be using videos a lot for the course to show you activities for the course. I would much rather be able to interact with you in person – but it is not that easy for an online course. I did try to make my own videos at times – but you would have had a laughing workout and would have stopped too many times for my mistakes 😊.
  - So rather, I found good ones (some of them are cheesy with the music) and I am not going to make you do any video that I have not already viewed and tried for good exercise form, proper exercise selection, etc.
  - All of the links will be provided in D2L.

### COURSE EXPECTATIONS:

The overall 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 daily life. This course is truly about you – and I am hopeful you learn something along the way and become healthier in some way. Since the physical dimension of wellness can have such an effect on the other 6 dimensions, it is my hope you will see some increases in more than just the physical aspects of your life. To reach this goal, you are required to learn more about physical fitness and exercise as well as work on a plan to incorporate this into your life.

### **A SHORT COURSE.....LONG TERM BENEFITS:**

We only have 3 weeks together to learn some material in this course. The course is called 'Individualized Exercise Programming' but we are not going to get to developing that individualized program until the very end of the course. We are going to learn proper information about physical fitness, practice these concepts and ideas so you can 'dabble' in each of them and find what you like, then you will have the tools and abilities to create the exercise program you are hoping for and will like. In the end, you will come away with a program that will have been created in a short time – but will give you long term benefits.

Along the way, we will be reading chapters and articles and watching videos to learn new information or review information that you may already know. You will practice these techniques and apply things you are learning every single day.

**Proof of exercise:** You will need to be able to visually “prove” to me that you are being active. So, part of your plan is to think about ways you can 'show' me you are doing your exercises. I am excited to see what you come up with and will definitely help you along the way. Things students have done in the past are:

- Screen shots from phones (MapMyRun, MyFitnessPal),
- Uploading pictures and selfies after exercise,
- Uploading pictures of a pedometer or watch, pictures of the treadmill screen after a workout, etc.
- Having a friend/family member take a picture of you doing your workout for the day,
  - I will not judge on any physical appearance in the pictures – it is about WHAT you are doing, not HOW you look! The more sweat the better!!

\*\*\*If you are going to have trouble with this – please let me know ASAP so we can talk it through.

Other times, your proof of exercise will be reflections and telling me things about the actual workout you did. For example, I will provide you a video or list of exercises for you to do and you will complete it. After, you will complete a reflection for me which will include examples you did during the video and how you felt.

**Assignments:** All the assignments will be done via D2L and all course resources will be there as well. There are 3 weeks (well only 17 days to be exact) and we will be completing 4 Modules during the course.

The assignments for this course will be all geared toward wellness and fitness. We will do a bit of pre-work to learn about the dimensions of wellness and get you thinking about your personal goals. Then, we are going to explore different avenues of physical fitness and expose you to different types of exercise and warm-ups. We will also look at diet and hydration status as well. The last part is putting it all together so you can develop a program for you to continue after the course.

Course timeline: The course runs from Jan 2<sup>nd</sup> – Jan 19<sup>th</sup>.

Due dates: Your assignments will be due in D2L on the date stated and will be due by 11:59pm. No exceptions. Plan ahead for internet connections and don't wait until the last minute. You are able to work ahead if you would like and you will have to plan appropriately for getting your required activities in within Module 2 and Module 3.

The course technically ends on Jan 19<sup>th</sup>. I will be working to give you feedback on your individualized exercise programs after they are due on the 19<sup>th</sup>. The D2L course room will continue to be available to you until Feb 1<sup>st</sup> so you can still access the information from the class and download anything you may need for help with continuing your exercise program.

Contacting me: If you have questions, please give me a call on my cell phone or send me an email. I will not respond to a text. I prefer a phone call for this winter course. Sorry, I know many of you do not

prefer to talk with your professors – but since this class is really short – it is the best way to communicate. Talking is way easier than typing and it eliminates confusion.

- Phone: 715-572-9600 (cell phone). I usually don't give students my cell phone number but since this course is on online course – I will not be in the office much either.
  - When you call, please leave a message if I don't answer. CLEARLY speak your name and number and what your question is. That way, if you don't answer when I call back I can at least leave you a message with an appropriate answer and we eliminate the phone tag game.
  - Please do not expect answers to calls from 5pm-8pm Monday-Friday. With 2 small children I try to 'unplug' from work as much as possible during that time of the day and spend family time together. But, leave a message and I will call you back.
- Email: I will respond to your email within one calendar day (24 hours). If there is a time that I will not be able to do this – I will definitely let you know ahead of time.
  - If you have a question on an assignment – please make sure that you email me with enough time to respond – 24 hours is the acceptable turnaround time. If you ask any questions about assignments last minute and you don't get an answer – you are still required to turn it in on time to get full credit.

Time requirements: This is a 2 credit course – so by UWSP rules what does that mean in terms of time? If this were a course during the fall or spring, you would be in class 2 hours per week for 16 weeks = 32 hours. Since this course is only 3 weeks (17 days) – it is going to be a bit of time required for you – the math indicates about 1.88 hours a day. Now, the good news is that you are learning to make your physical wellness a priority – and it won't actually take 1.88 hours per day – but you will have to do something for this class everyday (actually there are about 2 days off ☺). So plan a time in your day for it.

You will be able to do this class from anywhere (but will need Internet access) – you all have two legs to walk with or run with and you all have body weight to use as your weights for strength training. Exercise does not have to be expensive or in a gym – it just has to be what you make of it and what fits into your life. The modules will all be doable as long as you have internet access and a space to move.

I will be asking you to agree to a *Hold Harmless Agreement* within your first assignment. Since this course will require you to exercise and complete fitness testing, you are assuming the possibility of physical injury or illness. I am going to teach you how to do this properly, but in case of injury – the agreement states you have voluntarily agreed to participate in this course and understand there is a chance of injury.

If you do have any pre-existing conditions, physical limitation, or are ill or injured in anyway, please let me know through a private message. We will discuss it and figure out the best plan to move forward in the course.

### **COURSE ASSIGNMENTS:**

There will be assignments associated with each module. See detailed information in D2L for each module. During the first couple days of the course, only Module 1 and 2 will be accessed. Module 3 will start Jan week of the course, only Module 1 will be able to be accessed. After I learn more about you – I am going to adjust Modules 2-6 for the entire class and post those.

**Module 1: (January 2<sup>nd</sup> and 3<sup>rd</sup>)** - will include readings from the text

The Seven Dimensions of Wellness

How *well* are you?

Assignment: Course Discussion Post – see D2L – due Jan 3<sup>rd</sup>

Assignment: Personal introduction and goals - due Jan 3<sup>rd</sup>

**Module 2: (January 4<sup>th</sup> – Jan 9<sup>th</sup>)** - will include readings from the text

The Basics of Proper Fitness: Flexibility, Diet, Cardiovascular Fitness, & Strength

Assignments: Flexibility Video and Reflection; Cardiovascular Fitness and Reflection; Strength Baselines; Food awareness and diet reflection. Will do a revision of goals based on your performance

Learning assessment: D2L quiz (based on text and Power Points) (Due: Jan 9<sup>th</sup>)

*\*\*This Module does go over the weekend – the due date in the 9<sup>th</sup> so you can have more time to learn the information. However, realize that Module 3 will require you to be active over the weekend of Jan 13-14. If you are going to be busy the weekend of Jan 13-14, I would suggest working ahead in Module 2 and starting Module 3 early.*

**Module 3: (January 9<sup>th</sup> – January 17<sup>th</sup>)**

Trying New Things.....There will be a daily challenge for you to complete for each day.

Assignments: Food Tracking; Exercise Journal Reflections – This is where you will need to provide proof of your activity; additional wellness challenge

**Module 4: Due Jan 19<sup>th</sup>**

Creating Your Individualized Exercise Program

Assignment: A 4-week workout plan that is tied to your goals and YOU WILL LIKE!!

**Turning in assignments:** You are expected to turn in your assignments via the D2L course room in the Drop Box area. There will be folders for each of the assignments with posted due dates.

If you are having trouble meeting a deadline – you MUST communicate me PRIOR to the due date (BY PHONE) and give me time to respond to you to o.k. this. Please look ahead at your schedule and if you know ahead of time that you will be traveling or have a hard time with internet connection – let me know. ***Being proactive is the best option.***

Any communication to request an extension for a late assignment after it was due will not be accepted. You can still submit an assignment late – but will result in a decrease of letter grade per day for that assignment.

Failure to submit the assignments from Module 2 & 3 will not allow you to complete Module 4 – this will result in an “F” for the course. If Module 2 & 3 assignments are not complete and submitted on time – you will not get credit for anything submitted in Module 4 for a grade.

**Course Participation:** You signed up for a course entitled – Individualized Exercise Programming. So, you need to be present and need to be able to participate from the start of the course until the end. I will not give Incompletes – be willing to participate in the course now, or drop it. Taking a vacation and not having internet access, telling me you are too busy with other courses, or other excuses will not fly. We are all busy – that is life. To me, a busy life is a good life! If you are unable to complete physical activity at this time- you should drop the class and take it later. Also, be ready to provide proof of your participation – it is easy to do – but just don’t forget.

Now, that being said – I will work with you to find accommodations to exercise if you get sick or are injured or other unexpected circumstances that happen in this crazy thing called life. If a documented circumstance occurs after the start of the class that will not allow you to continue, we will work with the Dean of Student’s Office to ensure you can complete the course after the situation has passed. Make sure you communicate with me as soon as you can if you feel you cannot continue with the course due to an injury or illness or other circumstance. *Please note, this injury or illness or other unexpected circumstance will have to be documented and approved by the Dean of Student’s Office.*

**Assessment:** Students in this course will be assessed based on your participation and submission of required materials. The assignments must be turned in on time and must contain the required information listed within the assignment descriptions on D2L. Your expectations and grading for assignments will be included in each Module.

It is important to note I will view the D2L tools which allow me to see your attendance and participation within the Modules. This will be taken in to account with your grades and your course attendance.

Module 1: Introduction - 20 points

Module 2: Flexibility Video and Reflection (10 pts), Cardio (10 pts), Strength (10 pts), Diet Reflection 10 points. D2L quiz – 40 points

Module 3: Food Tracking – 30 points; Exercise Reflections – 60 points; Additional wellness challenge – 20 points

Module 4: Individualized Exercise Program – 50 points; Repeat flexibility, cardio and strength testing: 15 pts, Final course reflection: 20 points.

### **Other Information:**

#### **Academic Honesty & Misconduct**

Academic honesty is a core principle of learning and scholarship. When you violate this principle, you cheat yourself of the confidence that comes from knowing you have mastered the targeted skills and knowledge. You also hurt all members of the learning community by falsely presenting yourself as having command of competencies with which you are credited, thus degrading the credibility of the college, the program, and your fellow learners who hold the same credential.

All members of the learning community share an interest in protecting the value, integrity, and credibility of the outcomes of this learning experience. We also have the responsibility to censor behaviors that interfere with this effort. The following behaviors will be subject to disciplinary action:

**Plagiarism** - presenting someone else's words, ideas, or data as your own work.

**Fabrication** - using invented information or the falsifying research or other findings.

**Cheating** - misleading others to believe you have mastered competencies or other learning outcomes that you have not mastered. Examples include, but are not limited to:

1. Copying from another learner's work or copy and pasting from any internet or written source
2. Allowing another learner to copy from your work
3. Using resource materials or information to complete an assessment without permission from your instructor
4. Collaborating on an assessment (graded assignment or test) without permission from the instructor
6. Taking a test for someone else or permitting someone else to take a test for you

**Academic Misconduct** - other academically dishonest acts such as tampering with grades, taking part in obtaining or distributing any part of an assessment, or selling or buying products such as papers, research, projects or other artifacts that document achievement of learning outcomes.

Academic dishonesty is NOT ACCEPTABLE. UWSP subscribes to the definitions of academic dishonesty provided by the National Association of Student Personnel Administrators. Academic misconduct in the University of Wisconsin System is defined by UWS Chapter 14. The complete text of the chapter is available to you from the Dean of Students or you can visit

[http://www.uwsp.edu/accreditation/docs/SA\\_PU\\_250.04.pdf](http://www.uwsp.edu/accreditation/docs/SA_PU_250.04.pdf) for more information.

#### **UWSP Policies**

Learners with questions regarding affirmative action, equal opportunity, harassment, or information about any other college policies may refer to the current college catalog or student handbook.

**ADA Statement**

In compliance with the Americans with Disabilities Act, students are encouraged to register with UWSP Disability Services for assistance with accommodations. It is the student's responsibility to voluntarily and confidentially disclose information regarding the nature and extent of a disability. The college cannot assume responsibility for providing accommodations or services to students who have not identified themselves as having a qualifying disability. Disabilities Services is located on campus at 103 Student Services Center, 1108 Fremont Street, UW-Stevens Point, Stevens Point, WI 54481.

If you have any questions or need extra time – please communicate in a timely, proactive manner to Dr. Holly Schmies at 715-346-2922 (office); 715-572-9600 (cell) or [hschmies@uwsp.edu](mailto:hschmies@uwsp.edu)

Please do not hesitate to ask questions, I am more than happy to provide feedback and make this a positive experience for you.