**HSW 110: Individual Exercise Programming**

**Instructor**: Kevin Kirschbaum MS, CSCS

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**Required Text and Material:**

**Get Fit, Stay Fit Seventh Edition William E. Prentice**

**Lecture: Fridays 9:00 - 9:50am Room: MCCH 146**

**Credits: 1**

**Course Description:**

Introduction to the physiological principles of exercise programming. Focus on development and incorporation of exercise into your own lifestyle to promote health. Understand the seven dimensions of wellness.

**Course Learning Outcomes:**

Understand the components of a basic exercise plan to help you create a sustainable, personal plan.

Develop and incorporate a plan for exercise that supports personal goals for fitness.  
Assess your personal fitness within each of these components:

* Cardiorespiratory Fitness
* Muscular Strength, Endurance, and Power
* Flexibility

Develop goals based on your personal assessments.   
Explain how to achieve cardiovascular fitness, improve strength, and increasing flexibility through various forms of exercise. Complete a Wellness Self-Assessment and understand the Seven Dimensions of Wellness

**Grades & Assignments: 300 Total Points**

**Attendance: 70**

**Class Assignments 130**

**Individual Success Journal 100**

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| --- | --- | --- | --- | --- | --- |
|  |  | **A** | ≥93% | **A-** | 92.9-90% |
| **B+** | 89.9-87% | **B** | 86.9-83% | **B-** | 82.9-80% |
| **C+** | 79.9-77% | **C** | 76.9-73% | **C-** | 72.9-70% |
| **D+** | 69.9-67% | **D** | 66.9-60% | **F** | <60% |

Week 1: Chapter 3 POINTS

* PAR-Q (canvas) 10
* Goal Setting (Lab Activity 3-3 Page 71)  10
* Attendance 10

Week 2:

* Seven Dimensions of Wellness Self-Assessment (canvas) 20
* Begin Logging Exercise Sessions – Six Week Exercise Program
* Attendance 10

Week 3: Chapter 4 Cardiorespiratory Fitness (Kevin is gone for HSW Trip to Bellin Health)

* Aerobic Program Design & Target Heart Rate 20
* Rockport Walking Test 20

Week 4: Chapter 5 Muscular Strength, Endurance and Power

* Meet in Strength Center
* Strength Tests & Spotting 20
* Attendance 10

Week 5: Movement Technique, Exercise Form and Alternative Modes of Training

* Meet in Strength Center
* Attendance 10

Week 6: Chapter 6 Increasing Flexibility Through Stretching

* Static stretching, Guest Yoga?
* 6-1 & 6-2 20
* Attendance 10

Week 7: Chapter 7 Eating Right to Fuel the Body

* 7-2 Nutritional Habits 10
* Attendance 10

Week 8: Final Program, reflection, and future exercise plan

Individual Success Journal  100

* Goals
* Weekly Exercise Log Sheets
* Support with fitness tracker screen shots, excel sheet.
* Modifications made throughout the semester.
* Based on criteria learned in class
* Self-Wellness Assessment
* Reflections on Six Week Program
* Plans that support your goals and exercise that you enjoy participating in
* Include your “why”
  + Attendance 10

Total 300

**Technology Support**

[**IT Service Desk**](https://www.uwsp.edu/infotech/Pages/ServiceDesk/default.aspx) - Students should direct all UWSP technology related questions and problems to the IT Service Desk. Use this link to access the IT Service Desk. You can also access the IT Service Desk by calling 715-346-4357 (HELP) or emailing [techhelp@uwsp.edu](mailto:%20techhelp@uwsp.edu).

[**Tech Essentials Training**](https://www.uwsp.edu/tlc/Pages/TechEssentials.aspx) – If you would like individual help on frequently used programs at UWSP (accesSPoint, Canvas, Office 365, Zoom, etc.) you can schedule an appointment using your Navigate app or emailing [tlctutor@uwsp.edu](mailto:tlctutor@uwsp.edu). Training is available via Zoom or in-person.

[**Office 2016/Office 365 (O365)/OneDrive**](https://www.uwsp.edu/infotech/Pages/SoftwareSupport/Office-365-OneDrive.aspx) - As a UWSP student you get access to these three Microsoft Suites. Use the link to learn more and start using the programs.

[**Zoom**](https://www.uwsp.edu/infotech/Pages/Tutorials/Zoom/Zoom.aspx)**-**Zoom is a synchronous web meeting tool. Click the link to access UWSP Zoom Support resources.

[**UWSP Accessibility Policy**](https://www.uwsp.edu/accessibility/Pages/default.aspx) - Use this link to access the UWSP Information and Communication Technology Accessibility Policy.

[**Learning Technology Privacy and Accessibility Statements**](https://www.uwsp.edu/online/Pages/Privacy-and-Accessibility-Links.aspx) - This website provides links to the Terms of Service, Privacy Policies, and Accessibility Policies for Canvas, D2L Brightspace, Blackboard Collaborate Ultra, and Kaltura.

[**UWSP Information Security Office**](https://www.uwsp.edu/infosecurity/Pages/default.aspx) - this website provides information regarding information security.

**You can protect your data and privacy by taking a few simple precautionary steps.**

1. Use different usernames and passwords for each service you use
2. Do not use your UWSP username and password for any other services
3. Use secure versions of websites whenever possible (HTTPS instead of HTTP)
4. Have updated antivirus software installed on your devices

**ChatGPT and AI**

One goal of this course is for you to work on developing the discipline-specific writing skills that you will need to be successful as a professional in this field. I want to acknowledge that recent buzz about ChatGPT and other generative AI tools poses some interesting questions about the need for developing these skills, and how such tools can be used in higher education. Given that this technology is still in its infancy and that my goal is for you to develop your skills as writers, the unauthorized use of ChatGPT or other AI writing tools is not permitted in this course. Students found to be using such tools will be considered as engaging in conduct aimed at making false representations of a student's academic performance and will be subject to disciplinary action as defined in the [UWSP Academic Misconduct Policies](https://www3.uwsp.edu/dos/Documents/UWSP14-Final2019.pdf).

**Emergency Procedures**

**Medical emergency - call 9-1-1** or use campus phone [list location in room or nearest your classroom]. Offer assistance if trained and willing to do so. Guide emergency responders to victim.

**Tornado warning -** **proceed to the lowest level interior room** without window exposure at [list primary location for shelter closest to classroom,].   See [UWSP Evacuation Floor Plans](http://www.uwsp.edu/rmgt/Pages/em/procedures/other/floor-plans.aspx) for floor plans showing severe weather shelters on campus.  Avoid wide-span structures (gyms, pools or large classrooms).

**Fire alarm -** **evacuate the building** in a calm manner. Meet at [state logical location to meet 200 yards away from building]. Notify instructor or emergency response personnel of any missing individuals.

**Active Shooter – RUN. HIDE. FIGHT.** If trapped, hide, lock doors, turn off lights, spread out and remain quiet. Call 9-1-1 when it is safe to do so.  Follow instructions of emergency responders.

See UW-Stevens Point Emergency Procedures at [UW-Stevens Point Emergency Procedures](https://www3.uwsp.edu/emergency/Pages/emergency-procedures.aspx) for details on all emergency response at UW-Stevens Point

# **Online Mental Health Resources**

The [UWSP Counseling Center](https://www.uwsp.edu/counseling/Pages/default.aspx) offers several mental health resources for students, please see the resources below.

* [Mantra Health](https://app.mantrahealth.com/register): Teletherapy & Telepsychiatry
  + Diverse therapists
  + After-hours availability
  + Medication evaluations & prescriptions
* [You@UWSP:](https://you.uwsp.edu/) Self-help & Well-being Platform
* Didi Hirsch Mental Health Services: 24/7 Mental Health Support
  + Call or text: 888-531-2142
  + [Start a Chat Session](https://na0messaging.icarol.com/ConsumerRegistration.aspx?org=2036&pid=813&cc=en-US)
  + Crisis care is available

# Academic Support

[UWSP Online-Online Student Support](https://www.uwsp.edu/online/Pages/Student-Support.aspx) - The UWSP Online-Student Support page is the go-to resource for online students. On the page you will find technology instruction sheets, support videos, and more.

[UWSP Online Student Readiness Self-Assessment](https://www.uwsp.edu/online/Pages/Online%20Student%20Orientation.aspx) - This self-paced tool is a great starting point for online students who want to assess and build their online learning skills. Use this link to access the tool.

[UWSP Office of the Dean of Students](https://www.uwsp.edu/dos/Pages/default.aspx) - The Office of the Dean of Students provides direct care to students who may need additional support, connection to resources, or help navigating questions or concerns.

[Off Campus Access to Library Resources](https://common-cartridge-viewer.netlify.app/$WIKI_REFERENCE$/pages/off-campus-access-to-library-resources) - Students can access library journals, databases, ebooks, and streaming videos from off campus.

[Text Rental Information for Online Students](https://uwsp.bncollege.com/shop/uw-stevens/page/textbook-rentals) - Visit the UWSP Bookstore text rental site for more information.

[Tutoring-Learning Center (TLC) at UWSP](https://www.uwsp.edu/tlc/Pages/default.aspx)- The TLC provides multiple services forall UWSP students – Stevens Point, Marshfield, Wausau, and online. Tutoring offices are located on the Stevens Point, Wausau, and Marshfield campuses and many services are also available online. Services include writing support, STEM tutoring, world languages tutoring, academic coaching, independent writing courses, academic success courses, Foundations of Reading Test (FoRT) preparation, technology essentials training, and English as a Second Language (ESL) support.

[Disability Resource Center (DRC)](https://www.uwsp.edu/drc) - If you are a student who requires accommodations due to a disability, please inform the instructor and contact the Disability Resource Center by calling (715) 346-3365 or emailing [drc@uwsp.edu](mailto:drc@uwsp.edu).

[Academic and Career Advising Center (ACAC)](https://www.uwsp.edu/ACAC/Pages/default.aspx) - ACAC can provide students support with course registration, major and career exploration, career development, resumes, job searches and more**.**