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

**Health Science 499 – Individualized Exercise Programming (1 credits) – Fall 2021**

Dates: Sept 2-October 22nd – (1st 8 weeks – Hybrid course)

Face-to-Face Lab: Friday 11:00–12:50pm – Science D114/116

Professor: Dr. Holly Schmies (Office: SCI B127) Contact: [hschmies@uwsp.edu](mailto:hschmies@uwsp.edu) or 715-346-2922

Graduate Assistant: Maddy Hardyman

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

* Understand the components of a basic exercise plan to help you create a sustainable, personal plan.
* Assess your personal fitness within each of the components and develop goals based of these assessments.
* 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 Canvas course room will be utilized to provide learning resources for this course. All resources will be linked to the students within the Canvas course room in the content area.

**Textbook:** Get Fit, Stay Fit – 7th edition by William Prentice

**Course assistance:**  Students are welcome to schedule a meeting with me anytime during the course if you need assistance with any of the activity components of the course. 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 for the course to show you activities or workouts you can do. We will interact in person for 2 hours a week, but we can only do so much in a short time. 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) that will give you ideas for workouts outside of our time together. 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 Canvas.
* UWSP Open Rec Hours and UWSP Group Fitness Courses: Take advantage of student resources on campus to help you gain access to facilities and group exercise courses.

**COURSE EXPECTATIONS:**

The overall goal of this course is for you to learn more about your personal wellness. It will focus mostly on 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 and stress as well as work on a plan to incorporate this into your life.

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

We only have 8 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 end of the course. We are going to learn proper information about physical fitness, exercise form, different workout, 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. We will focus on the FITT model of exercise programming: Frequency, Intensity, Time and Type to create your program.

**Face-to-Face Lab**: Each week we meet and will do some type of activity with instruction. The instruction will reflect on information we covered in the previous week and give you new information to help you complete your assignment in the upcoming week. You will then have an assignment to do on your own during the week. Attendance is required and will be worth 20 points per class. If you are not in class – you do not get the points.

**Proof of exercise:** You will need to be able to *visually “prove”* to me that you are being active when we are not together. So, part of your plan is to think about ways you can ‘show’ me you are doing your additional activity during the week and upload it to D2L. Things students have done in the past are:

* Screen shots from phones (MapMyRun, MyFitnessPal) – these include the date
* Uploading pictures and selfies during/after exercise or pictures of the cardio machine workout summary screen with a date stamp.
  + DateStamper is free for iOS (limited to 20 photos – which will be good for class)
  + PhotoStamper Free for Android
  + Disclaimer: 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.

**COURSE TIMELINE:** The course runs from September 2nd to October 22nd.

**Assignments**: All the assignments will be done via Canvas and all course resources will be there as well.

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 stress as well. The last part is putting it all together so you can develop a program for you to continue after the course.

Due dates and turning in assignments: All due dates are: The evening prior to our lab days. Thursday evenings at 11:59pm. All assignments will be turned in via Canvas.

If your assignment will be late, you need to tell me ahead of time. Late assignments will be treated as a ‘zero’ unless communication with me occurred about extra time. No exceptions. I am happy to help with extensions and extra time but will not do so without proper communication from you.

The course ends on Oct 22nd. I will be working to give you feedback on your individualize exercise programs after they are due during the last week. The Canvas course room will continue to be available to you until the end of the semester 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 office phone or send me an email. Do not expect immediate responses to emails – it may happen but I do not guarantee it. I do guarantee a response within 48 hours.

* + If you have a question on an assignment – please make sure that you email me with enough time to respond. 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 1 credit course – so by UWSP rules what does that mean in terms of time? 1 credit = 16 hours of seat time. Since we are technically a lab course – the 16 hours we are meeting is cut in half. So, you have 8 hours in class and will then be expected to do 1 hour of work outside of class to meet the 1 credit expectation. Now, the good news is that you are learning how to make your wellness a priority and most of the time is focused on you! Make sure you carve out time in your week to ensure that you will get your workouts or assignments completed.

You will be able to do your extra workouts anywhere - this class from anywhere – 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 must be what you make of it and what fits into your life. The modules will all be doable if you have a space to move and access to the internet for course information.

**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 unless there are unexpected circumstances during the course. Please 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.*

I will be asking you to agree to a Hold Harmless Agreement during our first face-to-face course. 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.*

**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 Canvas. Your expectations and grading for assignments will be included in each week listed in Canvas.

**Grading scale:** The grade will be awarded as follows:

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| **A:**  94-100% | **B:** 83-86% | **C:** 73-76% | **D:** 60-64% |
| **A-:** 90-93% | **B-:** 80-82% | **C-:** 70-72% | **F:** 59% or below |
| **B+:** 87-89% | **C+:** 77-79% | **D+:** 65-69% |  |

It is important to note I will view the Canvas 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.

**Attendance**: 20 points per face-to-face session. You will be required to come to each face-to-face session and participate. Unexcused absences will be given a zero. Excused absences will be allowed a make-up. Even though excused, it will be your responsibility to keep up on the course information in Canvas.

**Assignments:** Assignments will be graded by point values. There will not be any weighting system to certain assignments. All assignments will have point values assigned in Canvas.

\*For those of you participating in an organized activity/club/sport that has regular physical activity – you are still required to complete the assignments involving physical activity for the course. It is important to know how to create your own personal program and not have one provided for you as occurs within the organized activities. You may be tired and you may have to do extra physical activity for the week, but it is like any other assignment. If you feel you cannot meet the course requirements, please let me know during the first week of the course.

**Other Information:**

**COVID-19:** UWSP students and staff will be required to follow campus policies regarding masking, social distancing, and testing. If possible, we will complete the physical activity outdoors to eliminate any need for masking and make physical activity more comfortable for all.

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| **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> 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) 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.

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| **Date** | **Topics** | **Assignments** |
| Week 1:  Sept 3rd | Course Introduction  Proper Warm-up and Flexibility | -Introduction to the Course; the FITT Model of Programming  -Getting you moving – testing flexibility and ROM  -Wellness Reflection and Goals  -Required workouts: Complete the short dynamic warm up 2 times this week to work on getting your body moving. |
| Week 2:  Sept 5th – Sept 10th | Assessing your personal wellness – personal fitness | -During the week – Read Text: Chapter 1 and 2 and 3  - Required Exercise this Week - Proper Warm-Up and Flexibility  *For those of you who do additional workouts - just show up 15 minutes early and put the dynamic warm-up at the start of your workout.*  Due Sept 9th: Wellness Reflection and Goals |
| Week 3:  Sept 12th – 17th | Cardiovascular Fitness | -During the week – Read Text: Chapter 4  -Required Exercise this Week – Cardiovascular Testing  Due Sept 16th: Results of Cardio Testing and Reflection |
| Week 4:  Sept 19th – Sept 24th | Strength and Core Strength | -Text: Chapter 5  -Required Exercise this Week - 1 strength/core workout  Due Sept 23rd:  Evidence of workouts and reflection  Due Sept 23rd: Canvas Quiz on Week 1-4 |
| Week 5:  Sept 26th – Oct 1st | HIIT/Circuit Training | -Text: Chapter 7 and 8  -Required workouts – 2 HIIT/Circuit workout from Canvas or one you choose  Due Sept 31st: Evidence of workouts and reflection |
| Week 6:  Oct 3rd – Oct 8th | Yoga and Breathing | -During the week – watch chosen TED Talks (on Canvas)  Required workouts: 1 Yoga session from Canvas on a class; 1 effort for mindfulness.  Due: October 7th - Reflection on your sessions (See Canvas for requirements) |
| Week 7:  Oct 10th – Oct 15th | Putting it all Together | During the week: Implement your future Individualized  Required workouts: A minimum of 3 workouts (> 20 minutes in length)  Due Oct 14th: Evidence of workouts and reflection |
| Week 8:  Oct 17th – Oct 22nd | Final Testing | Due Oct 22nd: Final Individualized Program for 4 weeks and course reflection (See template on Canvas to help you) |