

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

Health Science 102 – Individualized Exercise Programming (2 credits) – Summer 2017

Fulfills requirement for GEP WLN and GDR WLNS A/A

Dates: Section 1: May 30th – June 16th

Section 2: June 26th – July 21st

Professor: Dr. Holly Schmies

Contact: hschmies@uwsp.edu or 715-572-9600

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

- Define the 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 and demonstrate how to:
 - Implement injury prevention techniques (warm-up, stretching, cool down) for exercise programming
 - Achieve cardiovascular fitness
 - Improve strength through various forms of exercise
- Develop and incorporate a plan for exercise that supports personal goals for fitness and demonstrates an understanding of the principles of wellness.

Face-to-face meetings or virtual meetings: Students are welcome to request a face-to-face session or a video conference for instruction and assistance with anything in the course. Just ask. Or, if it seems like you are not keeping up with the material – I will ask you for a meeting.

COURSE RESOURCES:

Desire 2 Learn (D2L): The 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 – by Prentice - 7th Edition (UWSP text rental)

Online tools (you will need to use one for diet tracking and one for activity tracking):

- MyFitnessPal: create an account – available via computer, or Android/iOS compatible tablets and phones. Can track all – your activity and diet.
- Choose My Plate: good resource for diet choices and tracking. Best for computer use – not as user-friendly with phones.
- SuperTracker: complements Choose My Plate for tracking diet. Again – best if you will be using a computer –not the easiest with your phones.
- MapMyRun, MapMyWalk, MapMyFitness – recommended for use for you to track your activity. Create an account with the one that matches what you do most (i.e. run, walk, other).
 - There are many other apps available – I recommend these because they are user friendly and can link up with other activity tracking devices including MyFitnessPal. However, if you are using one already or you like one better than these - use what is best for you.
- Fitness trackers: If you have a FitBit, Garmin or other fitness tracker – then use the tools available to you with those devices.

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 a short time together to learn quite a few things. 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 that exercise program you are hoping for. 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**.

Assignments: 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. We will visit diet, hydration and some aspects of proper warm-up and flexibility. Then, we are going to explore different avenues of physical fitness and expose you to different types of exercise. The last part is putting it all together so you can develop a program for you to continue after the course.

The course is broken into Modules. Each one will have readings and an assignments to think about as well as the requirement to be active. The physical activity component will have required activities you can do at your own pace – but you will have to try everything (unless of course, there is a valid reason you cannot – like health and safety). You might like some (might hate some), but the point is to try things so you can find what you like and what you will stick to for a lifestyle change to be well.

- **Readings:** from the text or posted articles/websites on D2L
- **Requirements of the assignments:** The readings and assignments will all be on D2L and there will be information within the modules to guide you through those. The D2L drop box will be utilized to turn in assignments and also for providing feedback.
- **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: screen shots from phones of your activity from MapMyRun or your fitness tracker, a picture and selfies after exercise (a sweat session pic), pictures of a pedometer or watch, pictures of the treadmill or elliptical screens after a workout, etc. 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 the proof of exercise part – please let me know ASAP when you respond to the course requirement discussion so we can talk it through before we get into Module 2.

Course timeline:

Course Dates: Section 1: May 30th – June 16th Section 2: June 26th – July 21st

**Section 2 runs a bit longer than Section 1. It was planned this way to allow for the holiday break over the 4th of July. Course requirements stay the same – just spans over a few more days.*

Due dates: All due dates are posted on D2L within the Module descriptions and within the Drop Box. 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. As an online course – it is great that you can complete the course from anywhere – but not having internet connection is not an excuse for you to miss deadlines. Think ahead. Either let me know BEFORE you leave, that you need an extension. Or, plan to drive into town to work at a coffee shop or library (they always have the ability to

connect to the internet) to submit your assignment. Again, think ahead. The course is online for your convenience – but you still need to plan to be able to have the convenience of technology.

The course technically ends at the end of 3 weeks and your final assignment will be due on the last day of class. You will get feedback on your individualized exercise programs after they are due. The D2L course room will continue to be available to you after the course is complete 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. Since it is summer – I will not be in the office much and email or a phone call on my cell is the best way to talk with me. I would actually prefer a phone call. 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 an 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.
 - I will try to 'unplug' to be with my family during dinner and the evening. I do have 2 small children and like to make sure they get some time without 'screen time' with all of us together. I will get back to you as soon as possible if you try to reach me during this time.
 - Remember we can always schedule a time to talk as well. Just email and we can get that scheduled.
- Email: I will respond to your email within 24 hours on Monday – Friday. If you email over the weekend – it may be longer than 24 hours for a response. Please take this into consideration if you have a question on an assignment that is due. 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 rather short and we are cramming 16 weeks into 3 or 4 weeks, that means you are going to be doing some time each day to get this course completed.

Let's do the math:

Section 1: The course is 18 days. To get in the minimum 32 hours required for the course – you will be doing about 1.8 hours of work a day.

Section 2: The course is 23 days (taking out 3 days for the July 4th holiday). To get in the minimum 32 hours required for the course – you will be doing about 1.4 hours of work a day.

The good news: Now, the good news is that you are learning lifelong information and doing exercise – so it should not take away too much time from your day!

You will be able to do 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 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.

Personal Safety: Since this course does require you to be active – it is possible that you could hurt yourself. I will make every effort to ensure that you have the proper instruction for warm-up, stretching, and injury prevention. However, things can still happen. If you are not comfortable with the

exercise component of the course or feel that you cannot do it – please call me. I don't know if we will be able to find a suitable option for you –but we can try.

Because of the physical activity component of the course, 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.

COURSE ASSIGNMENTS:

There will be assignments associated with each module. See detailed information in D2L for each module. Modules will open as the course continues – Module 1 will be open right away. Module 2 will open the 1st day of the course. After I learn more about you – I am going to adjust Modules 3-4 for the entire class and post those.

Module 1: Self-Assessment

The Seven Dimensions of Wellness

How *well* are you? (Chapters 1-3 of text)

Assignments: Personal introduction and goals

Module 2: The Basics

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

Assignment: Baseline testing results and revision of goals; Food journal

Learning assessments: D2L quiz, testing your tracking methods, food assessment

Module 3: The Fitness Experience – The FUN part of class

Trying New Things....you will be given a list of daily challenges. At the start of this module, you will pick your challenges – your food challenges and your exercise challenges. Then you simply do them, provide evidence you did them, and write a short reflection.

Assignment: Food Tracking; Exercise Journal Reflections

Learning assessments: D2L quiz on readings provided for you in this module .

Module 4: Making it work for you

Creating Your Individualized Exercise Program

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

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.

Grading and Assessment:

You will be assessed based on the 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. I will not provide specific rubrics for each assignment. There are general rubrics for reflections and all the assignment information is detailed on what you need to include in your submissions.

Your expectations and grading for assignments will be included in each Module.

Module 1: Introduction and wellness assessment – 10 points; Initial goals for course – 10 points

Module 2: Baseline testing and goals – 20 points; Food Journal – 30 points; D2L quiz – 40 points

Module 3: Dietary Goal/Tracking – 30 points; Daily Exercise Sessions/Reflections – 10 points each

Module 4: Individualized Exercise Program – 50 points; Final reflection and assessment - 30 points

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 CANNOT submit Module 4 for a grade.

I will not give a grade of “Incomplete” based on missed assignments or lack of time management on your part. Sounds harsh, I know - but you registered for a course called Individualized Exercise Programming and I think you can assume from the title that you will have to do something regarding exercise to be part of the class. And, if you registered for a course, I am hoping that I can assume you will put aside time in your schedule to complete it. If you can't participate – then it is best for you to either drop the course or take it at another time. You might be traveling or taking another class, but exercise SHOULD fit into your life no matter where you are. So, make it a priority and it will be fine. It is a lifestyle change – it is not about, I CAN'T.....rather it is about how CAN I make it work in my life.

Now, if something happens to you or your schedule that is out of the normal circumstances or out of your control – please contact me ASAP so we can work it out. Or, please call the Dean of Student's Office. If a documented circumstance (health, injury, family emergency, etc) 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 that 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 will have to be documented by a health care provider or the Dean of Student's Office will have to approve any other circumstance which may arise.

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

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