

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

### Health Science 102 – Individualized Exercise Programming (2 credits) – Spring 2019

Fulfills requirement for GEP WLN and GDR WLNS A/A

Dates: Jan 22 – March 15 (1<sup>st</sup> 8 weeks – Hybrid course) Face-to-Face Lab: Thurs 9:00–9:50am (Berg)

Professor: Dr. Holly Schmies (Office: HEC 123)

Contact: [hschmies@uwsp.edu](mailto:hschmies@uwsp.edu) or 715-346-2922

**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 of wellness 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

**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 a lot for the course to show you activities for the course. We will interact in person for 1 hour 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 1 hour 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 D2L.
- UWSP Open Rec Hours: <https://www.facebook.com/uwspopenrec/>
- UWSP Group Fitness 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 but will also give you an understanding of the other dimensions of wellness. 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, diet, 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.

**Face-to-Face Lab:** Each week we meet and will do some type of activity with instruction. You will then have an assignment to do on your own during the week via D2L. Attendance is required and will be worth 20 points per class. If you are not in class – you do not get the points. As a 2 credit class, the D2L portion helps us to complete the additional credit of course activity.

**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.

**Assignments:** All the assignments will be done via D2L 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 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 25<sup>th</sup> – March 16<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.

The course technically ends on March 16<sup>th</sup>. I will be working to give you feedback on your individualize exercise programs after they are due during the last week. The D2L 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 2 credit course – so by UWSP rules what does that mean in terms of time? If this were a course during the full fall or spring semester, you would be in class 2 hours per week for 16 weeks = 32 hours. Since this course is only 8 weeks with 1 hour of face-to-face time, you will be expected to do 3 hours of work outside of class time via D2L. Now, the good news is that you are learning how to make your wellness a priority and the majority 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 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* 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.

#### **COURSE ASSIGNMENTS:**

There will be assignments associated with each week. See detailed information in D2L for each module.

**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 and give me time to respond to you to o.k. this. You are still eligible for full points for the assignment if you turn it in by the new due date we agree upon. 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.*** Assignments turned in late without an approved extension can still be accepted but you will get a decrease of one letter grade per day for that assignment.

**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 week listed in D2L.

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

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

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.

**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. Please work with me to discuss the make-up option.

**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 D2L.

**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) 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.

Date	Topics	Assignments
Week 1: Jan 24 – Jan 30	Course Introduction Proper Warm-up and Flexibility	-Text: Chapter 1 and 2 and 3 -Wellness Reflection and Goals -Required workouts: Complete the short dynamic warm up 2 times this week to work on getting your body moving. <i>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.</i>
Week 2: Jan 31 – Feb 6	Cardiovascular Fitness	-Text: Chapter 4 -Cardiovascular Testing/Flexibility Testing -Required workouts: Steady state cardio; interval workout
Week 3: Feb 7 – Feb 13	Strength and Core Strength	-Text: Chapter 5 -Strength Testing -Required workouts – 1 cardiovascular workout; 1 strength workout
Week 4: Feb 14 – Feb 20	You are what you eat? HIIT/Circuit Training	-Text: Chapter 7 and 8 -Food Journals and Diet Challenge Required workouts – 2 chosen workouts from D2L or one you choose
Week 5: Feb 21 – Feb 27	Dealing with Stress – Yoga and Breathing	TED Talk: <i>Kelly McGonical – How to Make Stress your Friend</i> TED Talk: <i>Andy Puddicome – All it Takes is 10 Mindful Minutes</i> Required workouts: Choose 2 from D2L and reflect on these workouts Due: Discussion post reflecting on your chosen TED talk and chosen exercises and diet challenge update
Week 6:	Boot Camp	Required Workouts – See D2L

Feb 28 – March 6		Due: 3 chosen workouts with proof of exercise; diet challenge update
Week 7: March 7 – March 13	Boot Camp	Required Workouts – See D2L Due: 3 chosen workouts with proof of exercise; diet challenge update
Week 8: March 14	Final Testing	Due: Final Individualized Program for 4 weeks and course reflection