

Longwood University
Department of Health, Athletic Training, Recreation and Kinesiology
RECR 101 – Fitness Concepts/Adaptive Activities
Course Syllabus

Course Information

Section Number	TBD
Class Meeting Time	TBD
Locations	TBD

Required Materials

Folder for Assignments	Students should purchase a folder or binder to keep track of PHED 101 assignments. Assignments may be checked for completion during class time.
Computer Access/Blackboard	Students must have computer access. Any issues need to be addressed with your RTA or user support. Inability to complete coursework due to computer malfunction is the responsibility of the student. Excuses are not acceptable.
Attire and Exercise	ALL students are expected to dress appropriate for class when participating in their physical activity labs. Athletic shoes, workout pants, shorts, and shirt are required at all times for physical activity; absolutely no jeans. You will also have to be respectful of the Health and Fitness Center attire policies. http://www.longwood.edu/recreation/14089.htm

Instructors for the Course

Lecturer: TBD
Phone: TBD
Office: TBD
Office Hours: TBD

General Education Goal 11 and Outcomes

Students should have an understanding of issues dealing with physical and mental well being through physical activity.

After General Education Goal 11, students should be able to:

1. Understand the importance of regular physical activity on wellness throughout one's lifetime.
2. Acquire skills that enable the participation in lifetime physical activity.
3. Understand how individual decision making and behavior impact personal health.
4. Recognize the relationships among societal factors and personal health.

Course Description, Information and Topics

Course Description

Examination of issues dealing with physical and mental wellbeing, and participation in physical activities that can improve physical and mental well-being. This course is designed for individuals with severe disabilities who require assistive devices, accommodations, and/or modifications (ex: high level spinal cord injury, severe cerebral palsy, traumatic brain injury, or those individuals who use a motorized wheelchair due to severe physical limitations of mobility and upper body strength). Students must be registered with the Office of Disability Resources and receive approval from RECR/PHED 101 faculty to take this course. (2 CR)

Course Information

The Course is divided into two components: Lecture and Activity Lab. Lectures are held during all class meeting times during the first half of the semester. Activity Labs are held during all class meeting times during the second half of the semester. You will have different instructors for Lecture and Activity Labs. Lecturers and Activity Instructors work together to provide points for final grades. Please see the Course Addendum for information about your Instructor(s).

RECR 101 is designed to allow students to experience and understand the benefits of regular physical activity and healthy choices. It is to the students benefit to complete all assigned coursework in order to allow them to develop skills in order to make healthy decisions throughout their lifetime.

Course Topics

- Introduction to Health, Wellness and Fitness
- Fundamentals of Physical Fitness
- The Health Benefits of Physical Activity
- Cardiorespiratory Fitness
- Muscular Fitness
- Flexibility and Low Back Fitness
- Body Mechanics: Posture and Care of
- Development and Implementing a Personal Fitness/Wellness Plan
- Using Self-Management Skills to Adhere to Healthy Lifestyle Behaviors
- Nutrition
- Weight Management/Body Composition
- Stress and Health
- Chronic Disease

Course Objectives

The following is a list of learning objectives, along with how they will specifically be addressed in the course.

1. List and define the six dimensions of wellness. *Wellness Fair*
2. Describe behaviors that contribute to wellness. *Wellness Fair*
3. List and define the components of physical fitness. *Assignments, tests*
4. Identify and describe the principles of exercise conditioning. *Tests, fitness plan labs*
5. Know the difference between anaerobic and aerobic exercise. *Interval Training Lab*
6. Know the methods of measuring aerobic capacity. *Fitness Assessment*
7. Show an understanding of the benefits of high aerobic capacity. *Interval Training Lab, tests*
8. Demonstrate the ability to obtain resting and exercise heart rate. *Activity Lab Participation*
9. Know the appropriate frequency, intensity, duration, and mode of exercise for improvement of cardiorespiratory endurance. *Tests, activity lab participation, personal fitness plan*
10. Understand the health benefits of lower body composition ratios. *Body composition lab, tests*
11. Describe a safe, effective diet and exercise program to reduce body fat percentage. *Tests, nutrition assignments, body composition assignments, diet comparison assignment*
12. Estimate caloric requirements. *Nutrition assignments/ log, tests*
13. Read a nutrition label and assess the percentage of calories from protein, carbohydrate, and fat. *Nutrition assignment/log, tests*
14. Know the recommended composition of carbohydrate, fat and protein. *Nutrition assignments, tests*
15. Understand the importance of both diet and exercise for improving body composition. *Tests*
16. Understand the development of amenorrhea, anemia, eating disorders and osteoporosis, and their relationship to exercise and nutrition. *Assignments, tests.*
17. Understand the value of improving muscular strength and endurance. *Fitness labs, activity lab participation, tests*
18. Describe safe and effective weight training programs designed to improve muscular strength and hypertrophy as well as muscular endurance. *Fitness labs/fitness plan*
19. Know the types of muscular contractions. *Activity lab participation*
20. Understand how delayed onset muscle soreness occurs and how to prevent it. *Tests, in-class activities*
21. Understand the importance and benefits of flexibility. *Assignments, tests.*
22. Demonstrate safe and effective flexibility exercises for all major muscle groups. *Activity lab participation*
23. Know the features of a good exercise shoe. *On-line resources*
24. Know clothing consideration with regard to environmental conditions. *On-line resources*
25. Understand the importance of hydration. *On-line resources*
26. Know early indications of injuries and overtraining. *On-line resources*
27. Know the RICE principle and how it applies to the treatment of injuries. *On-line resources*
28. Discern between proper and improper advice and product claims related to exercise and fitness. *Tests, on-line resources*
29. Know coronary risk factors. *Personal disease assessment*
30. Be familiar with the various cardiovascular disease and the differences between primary and secondary risk factors. *Tests, assignments*
31. Understand the women's health issues that impact females in various stages of life (i.e. menstruation, PMS, pregnancy, menopause, and osteoporosis). *PHED 101 Wellness Exhibit*
32. Understand the risk and benefits of exercise during pregnancy. *PHED 101 Wellness Exhibit*
33. Describe stress, recognize stressors and demonstrate the ability to utilize simple stress management techniques. *Lecture activities, activity lab participation, PHED 101 Wellness Exhibit*

Course Requirements and Grading Scale

Requirements	Points
Lecture Portion (January 15- March 1)	
• Wellness Fair Attendance	5
• Nutrition Log and Analysis	50
• Diet Comparison	10
• Personal Disease Risk Analysis	25
• Personal Fitness Program	50
• Personal Stress Analysis	10
• In-Class discussions/quizzes based on reading material posted online	50
Activity portion (March 11 – April 26)	300
• Fitness Assessment (Adapted)	
• Various Assignments to include but not limited to: Heart Rate, Interval Training, Resistance training, high interval intensity training, circuit training	
PHED 101 Wellness Exhibit (Finals Week)	100
Total Points for RECR 101	600

Letter Grade	Percentage
A	90 – 100%
B	80 – 89%
C	70 – 79%
D	60 – 69%
F	≤ 59%

Quizzes

1. Quizzes will be conducted in class and can be completed online or on paper
2. Students are expected to work independently on ALL quizzes
3. Quizzes are timed
4. Quizzes can only be accessed once

Assignments

1. All assignments will be provided on Blackboard. It is imperative that students be familiar with Blackboard. Questions about using Blackboard can be discussed with your instructor and/or RTA. If you experience computer malfunctions you must resolve your issues with your RTA. User support will not assist you until you see your RTA. Computer malfunctions do not constitute an excuse for any missed or late work.
2. It is important that all assignments be prepared properly, according to the guidelines for each assignment document posted on Blackboard. Failure to follow instructions could result in a missing assignment and a zero for the grade.
3. Due dates will be posted for the assignments. All assignments **MUST** be completed and submitted **NO LATER** than the time and date posted. Turning in assignments late must be discussed with your instructor **PRIOR** to the due date. It is your responsibility to turn in your assignments on time regardless of attendance in class. The instructor reserves the right to enter a zero for any late work.

Activity (Exercise) Lab Assignments – this begins half way through the semester

1. Students must wear appropriate attire for activity lab. Absolutely no jeans or open-toed shoes will be allowed
2. Students will be given a course addendum from their activity instructor that explains the activity lab's policies and assignments.
3. Activity instructors work in conjunction with lecturers to provide final grades
4. Activity class assignments are done in class. Absence in activity lab may result in a zero for a missed assignment, with the inability to make it up.
5. Activity instructors reserve the right to alter activities and assignments at their discretion.

Health and Fitness Center Appropriate Attire Policy *(to be followed in all activity classes in all buildings)

1. **GENERAL:** Athletic attire is required. Street clothing and/or business attire (suit and tie or skirt) compromises the safety of the wearer and reduces the acknowledged recreation atmosphere of the Health & Fitness Center, and is NOT allowed. Sauna suits or trash bags (sometimes worn to cut water weight) are NOT allowed.
PLEASE DO NOT EXERCISE WITH KEYS, PENS, AND/OR PENCILS IN YOUR POCKETS.
2. **PANTS:** Short or long exercise/warm-up pants are acceptable. Pants with belts, cut-off pants and/or jeans with metal rivets are dangerous and NOT allowed. Shorts that do not cover the buttocks are NOT allowed.
3. **SHIRTS:** Athletic Attire that covers the torso is acceptable. Shirts that have been cut down the sides, sports bras worn alone as tops, and/or offensive graphics/text are considered inappropriate and NOT allowed. T-shirts are available for issue for unprepared or inappropriately dressed patrons.
4. **SHOES:** For safety purposes, closed-toed and closed-heeled non-marking athletic footwear is required in all areas of the Health & Fitness Center, except the shower/locker rooms. The following footwear is prohibited:
 - A. Dark-soled shoes which may damage or mark the wood floor/carpet
 - B. All leather-soled street shoes
 - C. Open-toed athletic footwear, sandals, or flip-flops
 - D. Muddy, dusty, or dirty shoes
 - E. Spikeless golf shoes
 - F. Astro turf shoes, cleats, or metal/rubber spiked shoes
 - G. Running shoes that mark the floors

NOTE: Adherence to the above policy will preserve the wood, rubber floors, and carpet from undue damage.

If a participant is found to be wearing unacceptable shoes or attire, he/she may NOT continue his/her activity unless he/she changes into attire that meets the building policies.

RECR 101 Attendance

The RECR 101 program follows the Longwood University Attendance policy:

Longwood University Professors have the discretion to drop a student's grade by one letter mark if a student misses 10% of his/her classes (Unexcused). If a student misses 25% of his/her classes the professor may fail that student at his/her discretion (Unexcused or excused – 11 classes). MWF Classes – 4 unexcused absences 10% letter grade drop, 10 excused/unexcused absences automatic failure of course. TR Classes – 3 absences 10% letter grade drop, 7 excused/unexcused absences automatic failure of course.

Tardiness – it is unacceptable to interrupt a class once it has started. Be respectful of your classmates and be on time to class. Being late may result in an absence being recorded.

Participation

Classroom Participation - Attend lecture each day; participate in class discussions, and respect classmates and instructor(s).

Activity Lab Participation - Perform specified physical activity in lab, and fully participate in all exercise activities

Expectations and Additional Information

Blackboard – Firefox web browser is recommended for accessing online materials. Using other browsers may result in errors and problems with accessing and turning in assignments. It is the responsibility of the student to resolve technology issues with your RTA and/or user support (www.longwood.edu/helpdesk/)

Cell phones/computer usage /common courtesy– You are expected to be engaged during class. Cell phones must be put on silent or turned off and put away during the entirety of the class. Students may choose to bring a laptop to class, but must seek permission first. Any student caught using the computer for any other reason other than PHED 101 will be asked to no longer bring their laptop. Failure to not follow these policies can result in removal from the classroom on a temporary or permanent basis, or a substantial decrease in the grade of the student.

The following will not be tolerated:

- Cell phones ringing/vibrating in class
- Text messaging during class
- Talking on the phone in the classroom
- Internet use that is not in relation to PHED 101
- Having private conversations
- Doing coursework for another class

Honor Code - The importance of the University community adhering to an Honor code and to the highest standards of integrity cannot be overstated. Students are deemed honorable unless their conduct proves otherwise. As a member of the University community, you are expected to live by the Honor Code and pledge all class work.

*I have neither given nor received help on this work,
nor am I aware of any infraction of the Honor Code*

Disabilities Service: If you are a student with a physical or learning disability, it is your responsibility to contact your instructor during the first week of class to discuss your specific needs. You must also be registered with the Office of Disability Services. Information regarding disability services can be found at <http://www.longwood.edu/disability/15713.htm>, or by calling 434-395-2391. The Office of Disability Resources is located in Graham Hall.

*** The instructor reserves the right to alter the syllabus or schedule in order to benefit the course***

Date	Topic	Assignments
Week 1	Introduction to course	Review syllabus Start Nutrition Log
Week 2	Personal Wellness: What does it mean? Longwood University Resources Understanding SMART	Wellness Fair (January 23)
Week 3	Chronic Disease/Nutrition	Nutritional Log/Analysis discussion In-class disease risk stratification
Week 4	Weight Management Topics <ul style="list-style-type: none"> • Current Trends • Nutrition • Exercise (Components of Fitness and Training Principles) 	Diet Comparison Analysis Bring Nutritional Analysis printouts to class Beginning personal workout plan
Week 5		
Week 6	Stress Management	Stress Evaluation
Week 7	Wrap-up/Poster Project Research	Personal workout plans due
Week 8	Break (Spring or Fall)	
Week 9	Activity Class with Activity Instructor – all assignments will be adapted based on ability	Fitness level survey, HR, RPE Chart, Dynamic vs. Static
Week 10		Fitness Testing
Week 11		Circuit Training
Week 12		Resistance Training
Week 13		Gym- Cardio/Core
Week 14		Adapted Yoga/ Pilates
Week 15		Pool
Final Exam Week	Poster Presentations	Date/Time/Location - TBD