

MAYVILLE STATE UNIVERSITY

Individual Fitness, HPER 233

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Fall, 2018

Instructor Name and Contact Information: FH 130, alex.herman.2@mayvillestate.edu

Hours of Availability: Hours are posted on office door. **Schedule an appointment for certain time.

Learning Management System (LMS) used for this Course: Moodle

Instruction Mode: On-campus, face-to-face.

Time Zone: All times indicated throughout this syllabus reflect Central Time (CT)

How to address your instructor: Coach Al or Mr. Herman will both work with me.

Meeting Times and Location: Monday & Wednesday 2:00-2:50, FH 109

Course Description

The course emphasizes developing personal lifestyle changes that promote health, fitness, and wellness. Students will engage in various activities and work on: basic personal fitness, developing work out programs, injury prevention, anaerobic and aerobic personal fitness, and lifelong fitness and wellness.

Purpose of the Course

Individual fitness is the idea that students use a variety of ideas to create and effectively maintain a program that is associated with physical fitness. Physical fitness involves, muscle strength, flexibility, muscle endurance, and cardiovascular endurance.

Course Objectives

Students will be able to: (INTASC 4,5)

1. Encourages clear procedures and expectations that ensure students assume responsibility for themselves and others, work collaboratively and independently, and engage in purposeful learning activities.
2. Engages students by relating lessons to students' personal interests, allowing students to have choices in their learning, and leading students to ask questions and solve problems that are meaningful to them.
3. Organizes, allocates, and manages time, space and activities in a way that is conducive to learning.
4. Organizes, prepares students for, and monitors independent and group work that allows for full and varied participation of all individuals

Program Student Learning Outcomes (SLOs) Addressed in This Course

Health Education, B.S.Ed.

SLO # 1 – Through the demonstration and application of discipline specific concepts, HPER students will serve as advocates for fitness.

SLO #3 – HPER students will utilize a variety of technological resources and equipment to enhance discipline specific population engagement and learning.

SLO #4 - HPER students will assess individual understanding of discipline specific concepts and utilize that assessment toward overall improvement.

The entire Academic Program Student Learning Outcomes (SLO) document can be found in your Moodle course shell. The document has an index so you can quickly find the degree you are pursuing.

The Academic Program Student Learning Outcomes document can be found in your course shell. It contains all learning outcomes pertaining to Essential Studies courses and all majors and minors. The document has an index so you can quickly find the degree you are pursuing.

Course Improvements Based on Most Recent Assessment Findings

This course will be assessed in the future and the findings will be reported in this syllabus.

Required/Recommended Materials

Fit To Be Well Essential Concepts 4th Edition

Instructional Strategies

- Cooperative Learning Activities
- Class Discussions
- Journal

Learning Experiences

Through the following teaching experiences and special projects you will get a great deal of hands on work with your professional training as a teacher.

1. Attend class. This is a one-hour class – Please notify the professor prior to any absence.
2. Participate actively in cooperative learning activities and class discussion

Expectations/Protocols

Attending class, dressing appropriately, and actively participating with others is a must in this course. If you are going to be gone, communicate with me as soon as possible.

Instructor/Student Communication

Please contact me whenever needed regarding attendance or general questions/concerns. Email will be the best means of communication, this will be how I will communicate if there comes a time when I will be absent from class as well. If you email me between the hours of 7:00 am and 7:00 pm, you can expect a timely response. Any email after 7:00 pm, I will reply as soon as I see it the next morning.

Students are accountable for all academic communications sent to their Mayville State University e-mail address.

Method of Evaluation/Grading

(Grades are based on total points)

1. Attendance - you are expected to be in class every day. Please notify the professor prior to your absence.
2. Written assignments, reading assignments, and journaling.
3. Active participation in cooperative learning activities and class discussions.
4. You will receive 5 points for being on time and active in class. If you are late or inactive you will lose points.

Grading Scale:

A = 90%

B = 80%

C = 70%

D = 60%

F = below 60%

Late Arrivals

The grading system for students adding this course after the first day of instruction will be modified. The student will be graded only on the activities that transpired while the student is enrolled. Students will not be penalized for missed assignments but the student is still responsible for learning the course material that was covered during their initial absence.

Important Student Information

In the course shell, you will find a document entitled, "Important Student Information," which includes information about:

- ✓ Academic Grievance Concerns and Instructor English Proficiency
- ✓ Starfish - Student Success System
- ✓ Students with Documented Disabilities
- ✓ Academic Honesty
- ✓ Emergency Notification
- ✓ Continuity of Academic Instruction for a Pandemic or Emergency
- ✓ Family Educational Rights and Privacy Act of 1974 (FERPA)
- ✓ Diversity Statement

NOTES

Class Requirements:

1. Students must dress to participate in whatever activity is being taught that day. I will communicate if there are changes in what the plans are before class.
2. Students must be prepared for all classes.
3. At the onset of class, close your computers. You will be directed if/when it is appropriate to use them
4. Cell phones shall be turned off.
5. Head sets are not allowed in class.

ASSUMPTION OF RISK

There are many special benefits from the activities being offered to students by the Division of HPER. Within the activities it must be understood that there are dangers that may lead to injury to students. Therefore, the purpose of this section is to make all students aware that dangers do exist and that participation is done with the understanding that risks are involved. It is to be further understood that students must share in the responsibility for their own safety and the safety of others.