

EXSA 0154 – Walking for Fitness

EXSA 0156 – Jogging for Fitness

Fall 2009

Instructor: Aditi Kelkar **Phone:** UTA (817) 272-3288

E-mail: kelkar@uta.edu

Course description:

The purpose of this course is to develop basic knowledge about aerobic fitness by participating in walking/ jogging. Topics covered include: target heart rate, maximum heart rate, and tapering for events, sports nutrition, injury prevention, and strength training.

Student learning outcomes:

1. Students will demonstrate basic knowledge about aerobic fitness by designing an individualized program for walking and jogging.
2. Students will improve cardiovascular fitness through the utilization of their walking/jogging exercise program.
3. Students will promote walking/jogging as a potential lifetime activity.

Course Procedures and Expectations:

1. Major Assignments and Examinations:

- a. Attendance/Participation 200 pts
- b. Individualized Exercise Program 50 pts.
- c. Mid-term exam 25 pts. Week 7
- e. Final Examination 25 pts. Date: Last day of class

2. Attendance Policy:

Attendance is **mandatory** for this class. You get one free absence, so use them wisely. To receive credit for a class period, you must check in with me at the beginning **and** the end of the class. You will be counted tardy if you are more than 5 minutes late to the class or do not have the proper attire on for the activity. **THREE TARDIES WILL BE COUNTED AS ONE ABSENCE.** It is your responsibility to sign in or see me if you are late to class. If you fail to sign in or check in with me, then you will be counted absent for that class period. If you fail to check in at the end of class, you will not be counted as present (whether you are on time or tardy). Absences will not be changed at the end of the semester, so be sure you sign in at every class. **Missing class will cost you 5 participation points each missed class.**

3. Grading Policy: Grade Percent

- A 90 -100
- B 80 -89.9
- C 70-79.9
- D 60 -69.9
- F 0 – 59.9

Excused Absences: Points will not be taken for absences for University approved activities.

These include absences for varsity athletics, music competitions or recitals, and religious holidays. Students must notify the instructor of an excused absence prior to the day of the absence by. Failure to do so will disqualify the student from receiving the exemption. **Absences for illness, regardless of the presence of a doctor's note, are not excused.**

Drop / Add Policy: See University's handbook. **Census Day is September 8, 2009**

Pass / Fail Option: You may select this option up to Census day. To receive a "P" (Pass), you

must make the points necessary for a “C” and not miss more than 7 days of class.

Exams: The material for the exams will be covered in scheduled lectures and supplemented by the suggested text throughout the course of the semester. All students will take the midterm exam and final exam.

Training Logs: The training logs must be filled out at the end of each class period. Your training log will track the distance you walk / jog each time, your heart rate, and your time spent exercising. The training logs will be used to set goals and to assess your progress throughout the course of the walking / jogging class.

Attire / Equipment: All students will be required to dress out for active participation in class. Please wear clothes that are comfortable to exercise in and that are appropriate for the outdoor weather conditions. Proper athletic footwear is strongly recommended to provide comfort and prevent injuries. **Students who are not properly dressed out for class will be considered absent.**

a. Watch b. Proper footwear c. protective gear

Weather: Be prepared to participate in all types of weather. In the event of bad weather, please check RM 133 in the MAC for information regarding the status of your class. Usually, we will walk or jog in RM 133 or have lecture if the weather is bad. Check your email the morning of class if there is any question regarding where class will be held during questionable weather. The absence of an email indicates meeting in the normal location.

Americans with Disability Act: The University of Texas at Arlington is on record as being committed to both the spirit and letter of federal equal opportunity legislation; reference Public Law 92-112- The Rehabilitation Act of 1973 as amended. With the passage of federal legislation entitled AMERICANS WITH DISABILITIES ACT (ADA), pursuant to section 504 of the Rehabilitation Act, there is renewed focus on providing this population with the same opportunities enjoyed by all citizens.

As a faculty member, I am required by laws to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rests with informing activity of their need for accommodation and in providing authorized documentation through designated administrative channels. Information regarding specific diagnostic criteria and policies for obtaining academic accommodations can be found at WWW.uta.edu/disability. Also, you may visit the Office for Students with Disabilities in room 102 of University Hall or call them at (817) 2672 3364. If you require accommodation based on disability, meet with me at the first of the semester to be sure you are taken care of.

Academic Integrity: It is the philosophy of the University of Texas at Arlington that academic dishonesty is a completely unacceptable mode of conduct and will not be tolerated in any form. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include suspension or expulsion from the University.

“Scholastic dishonesty includes, but is not limited to, cheating, plagiarism, collusion, the submission for credit any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to student or the attempt to commit such acts” (Regents’ Rules and Regulations, Part One, Chapter VI, Section 3, Subsection 3.2, Subdivision 3.22).

Student Support Services Available:

The University of Texas at Arlington supports a variety of student success programs to help you connect with the University and achieve academic success. These programs include learning assistance, developmental education, advising and mentoring, admission and transition, and federally funded programs. Students requiring assistance academically, personally, or socially should contact the Office of Student Success Programs at (817) 272- 6107 for more information and appropriate referrals.

The University of Texas at Arlington College of Education

Mission, Core Values and Professional Dispositions

MISSION: To develop and deliver an educational program that ensures the highest teacher, administrator and allied health science preparation and performance and To be a recognized contributor in the field of educational and allied health science research and practice through effective teaching, quality research and meaningful service. The Educator and Administrator Preparation units' collaboratively developed shared vision is based on these **CORE VALUES**, dispositions and commitments to:

- Excellence • Diversity
- Learner-centered environment • Technology
- Research-based • Field Experiences
- Collaboration • Life-long Learning

Each candidate in the Educator and Administrator Unit of the College of Education of UT-Arlington will be evaluated on **PROFESSIONAL DISPOSITIONS** by faculty and staff. These dispositions have been

identified as essential for a highly-qualified educator. Instructors and program directors will work with candidates rated as "unacceptable" in one or more stated criteria. The candidate will have an opportunity to develop a plan to remediate any deficiencies.

Demonstrates excellence

- Meets stated expectations of student performance.
- Keeps timelines. Arrives on time for class and other activities.
- Produces significant artifacts of practitioner evidence.
- Possesses a willingness to set goals.
- Attends all classes/trainings and practicum experiences.
- Completes activities as assigned.
- Has appropriate personal appearance and/or hygiene for professional setting.

Participates in a learner centered environment and shows respect for self and others

- Uses appropriate and professional language and conduct.
- Supports a "high quality" learning environment.
- Shows respect and consideration for the thoughts and feelings of others.

Research-based pedagogy

- Has an awareness of and willingness to accept research-based concepts.
- Identifies important trends in education.
- Demonstrates interests in learning new ideas and strategies.
- Relates class discussions and issues to current events in education.

Participates in on-going collaboration with peers and professionals

- Demonstrates kindness, fairness, patience, dignity and respect in working with peers, staff and instructors.
- Works effectively with others.
- Assists others in the university classroom or practicum setting.
- Demonstrates an openness to assistance from others.
- Receives feedback in a positive manner and makes necessary adjustment.

Exhibits stewardship of diversity

- Shows appropriate stewardship and tolerance to diverse people, environments, and situations.

Advocates use of technology

- Uses and applies existing technologies sufficiently in work.
- Shows a willingness to use and apply emerging technologies in work.

Shows interest in the learner and the learning-process

- Demonstrates significant learning improvement over time.
- Shows interest in the learning process and demonstrates the necessary amount of time, energy, and enthusiasm for becoming better learners, teachers, and practitioners.