

EXSA 0154 – Walking for Fitness & EXSA 0156 – Jogging for Fitness
Tuesdays & Thursdays 12:30 – 1:20pm
Fall 2009

Instructor: Chelsea Foster **Phone: UTA (817) 272-3288**
Office Hours: MT&R: 330-430pm **Email: TBA**
W&F: By Appointment **Office: TBA**

Course Description:

The purpose of this course is to develop basic knowledge about aerobic fitness, improve cardiovascular fitness by participating in walking/jogging exercise program, and promote walking/jogging as a potential lifetime activity.

Student Learning Outcomes:

1. Students will promote walking/jogging as a potential lifetime activity.
2. Students will improve cardiovascular fitness.
3. Students will become proficient in calculating target heart rate, maximum heart rate, and be able to apply this knowledge by altering the intensity of their fitness routines accordingly.

Course Procedures and Expectations:

1. Major Assignments and Examinations:

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| A. Target Heart Rate | 10% |
| B. Health Articles (3) | 30% |

Three health related articles will be due throughout the semester. These articles may be found in magazines, newspapers, online news articles, etc. The students will be required to turn in the article or a copy of the article along with a three-fourths to one page write up of its contents, its' relevance to their physical fitness routines, and how its' contents can be implemented in their routines.

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| C. Attendance/Participation | 30% |
| See Attendance Policy | |

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| D. Training/Fitness Log | 20% |
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Students will be required to keep a log of their workouts. Things to be included in each entry are date, duration, mileage, type of workout, heart rate post-workout, rate of perceived exertion (RPE), and any additional thoughts about workout. These logs will be taken up twice per semester.

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| E. Effort | 10% |
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2. **Attendance Policy:**

Attendance is **mandatory** for this class. To receive credit for a class period, you must check in with me at the beginning **and** the end of the class. It is your responsibility to sign in if you are late to class. **If you fail to sign in and sign out**

then you will be counted absent for that class period. You will be counted **tardy** if you are more than 5 minutes late to the class. Two (2) free absences will be allowed with no penalty, each additional absence will result in a ten (10) point deduction from the final average. Unexcused absences can be made-up by writing additional health articles approved by instructor if all three previous articles were completed on time. Documentation is required for all excused absences. Absences will not be changed at the end of the semester, so be sure you sign in at every class. If you are absent for whatever reason, please have an alternative plan when you return to class. **Missing class will affect your attendance/participation points.**

3. Evaluation Criteria: See course procedures and expectations

Grading Policy:	<u>Grade</u>	<u>Percent</u>
	A	90- 100
	B	80 - 89.9
	C	70 – 79.9
	D	60 – 69.9
	F	0 - 59.9

4. PASS-FAIL:

This class may also be taken on a pass-fail basis. The pass-fail sheet must be signed to indicate P-F grading. To receive a grade of “P” the final average must be 70 or better. A grade of “P” will not be calculated into the students’ GPA; however, a grade of “F” will calculate.

5. Equipment:

Clothing: Workout attire must be worn.

Shoes: Wear the best walking/jogging shoes that can be found.

Participation will not be allowed in street shoes, ballet shoes, no shoes, slip-ons, or any shoes deemed unsafe.

Wear a watch to keep track of class time while on courses.

Never assume class will not meet because of poor weather. If a predetermined meeting place was discussed in a previous class and weather is not suitable meet in MAC room 133.

6. Drop/Add Policy:

Departments are no longer allowed to add students to rolls or drop students from rolls without written permission from the student. We are no longer required or allowed to drop students for not attending classes. Therefore, it is the responsibility of the student to either add or drop classes or withdraw from the university. Specific deadlines set by the university can be found in the current Schedule of Classes.

7. Americans With Disabilities 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 93122-The Rehabilitation Act of 1973 as amended. With the passage of new federal legislation entitled American 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 law to provide “reasonable accommodations” to students with disabilities, so as not to discriminate on the basis of that disability. Student responsibility primarily rest with informing faculty at the beginning of the semester and providing authorized documentation through designated administrative channels.

8. Timeline for grade grievances:

The students have one calendar year from the date a grade is assigned to initiate a grievance. The normal academic channels are: 1) Department Chair, 2) Academic Dean, and 3) Provost.

9. Academic Dishonesty:

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 of 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 a student or the attempt to commit such acts.” (Regents’ rules and Regulations, Part One, Chapter VI, Section 3, Subsection 3.2, Subdivision 3.22).

10. Student Evaluation of Teaching:

As a student you will be given the opportunity to evaluate the instructor at the end of the semester. Your honest comments are encouraged and the instructor will not be given the results until after grades are assigned.

Bomb Threats: If anyone is tempted to call in a bomb threat, be aware that UTA will attempt to trace the phone call and prosecute all responsible parties. Every effort will be made to avoid cancellation of presentations/tests caused by bomb threats. Unannounced alternate sites will be available for these classes. Your instructor will make you aware of alternate class sites in the event that your classroom is not available.

Important Dates:

September 7	Labor Day Holiday
September 9	CENSUS DATE
October 30	Last Day to Drop Classes
November 26-29	Thanksgiving Holidays

Course Schedule:

Classes will meet in MAC 133

Week #	Dates	Location	Assignments	Comments
1	Aug. 25-27	Gym	Orientation	
2	Sept. 1-3			
3	Sept. 8-10			
4	Sept. 15-17			
5	Sept. 22-24			
6	Sept. 29 _____		Health Related Article #1 _____	DUE _____
	Oct. 1			
7	Oct. 6-8			
8	Oct. 13-15			
9	Oct. 20-22			
10	Oct. 27 _____		Health Related Article #2 _____	DUE _____
	Oct. 29			
11	Nov. 3 _____		Training/Fitness Log _____	DUE _____
	Nov. 5			
12	Nov. 10-12			
13	Nov. 17-19			
14	Nov. 24 _____		Health Related Article #3 _____	DUE _____
	Nov. 26		THANKSGIVING HOLIDAY	NO SCHOOL
15	Dec. 1-3			
16	Dec. 8		Training/Fitness Log	DUE

** Class location can change as a result of inclement weather. A change in class location will be emailed to you and posted on the gym door.

THIS COURSE SYLLABUS is subject to change!!!!

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.