

Body Sculpting/Core Strength: EXSA 0175
Sections 001 and 002
M/W 9:00 – 9:50 am
T/Th 11:00 – 11:50 am
UTA Fall 2009

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Office Hours: By appointment. Before and after class times.

Course Description

This course is designed to improve total body muscular strength and flexibility. This is an all over body workout using a variety of exercise equipment such as hand weights, tubing, stability balls, balance boards, bosu, core pole, and bars. Students will be provided with a basic working knowledge of proper biomechanics, anatomy, injury prevention, and the benefits associated with long term strength training.

Course

Objectives

The student will be able to:

1. improve muscular strength, endurance, flexibility, balance, and overall joint mobility.
2. demonstrate a basic working knowledge of resistance training and theory as well as discuss the benefits associated and injury risks.
3. summarize, critique, and formulate a strength training exercise class.

Course Evaluation

Class attendance and participation	300 points
Project	75 points
3 Quizzes, Final Exam	125 points

Grading Scale

A = 450-500 points
B = 400-449 points
C = 350-399 points
D = 300-349 points
F = 299 or less

Required Text: None. Some information listed on my personal website.

Required Supplies: Comfortable workout clothes (shorts, t-shirts, warm-ups, yoga pants, NO JEANS or CUT-OFFS). Note: inappropriate attire will affect the attendance/participation grade. Bring towel, notebook and pen, and yoga mat (optional)

Cell Phones are to be turned OFF and kept in purses/backpack at ALL times.

Attendance Policy:

Two free absences are allowed without penalty. After two free absences, 10 points will be deducted for each additional absence. Any student with seven or more absences will receive an automatic “F” for the class.

Class make up: You may make up missed classes by attending another class taught by this same instructor. Prior approval is necessary. Another option is to complete the make up assignment located on the website. This make up assignment is worth 10 points to replace one absence.

Points are earned for each day of attendance by the student. Being tardy to class and/or leaving early will result in points being deducted at the discretion of the instructor.

Up to 15 minutes = 3 points off

16-25 minutes = 5 points off

26 minutes or more = 10 points off

Pass/Fail:

A student must sign up for this by census day. In order to receive a “Pass”, the minimum number of total points for a C must be made.

Drop 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 never attending. 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.

American 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 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.

If you require an accommodation based on disability, I would like to meet with you the first week of the semester to be sure you are appropriately accommodated.

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 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, Series 50101, Section 2.2)

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.

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.

Timeline for Grade Grievances:

The student has one calendar year from the date a grade is assigned to initiate a grade grievance. Students should attempt to resolve the grade issue with the instructor involved. If the issue cannot be resolved with the instructor, the student must complete an "Appeal of Grade" form available in the department office. The normal academic channels for processing this appeal are:

1) Department Chair, 2) Academic Dean, and 3) the Provost.

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

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.