

Midwestern State University
College of Health Sciences & Human Services
Department of Kinesiology

EXPH 1061-X20: Conditioning Activities

Term: Spring 2023

Faculty: Coach Rich Renner
Office: West Campus Annex Building (940) 397-4928
Rich.renner@msutexas.edu
Office Hours: Call for an appointment
Availability: I will be available to meet live (face-to-face) with any interested students on Monday - Thursdays 8:00am-11:30am.

Health Insurance Recommendation

Participation in this course may lead to accidents. All students are strongly encouraged to have health insurance coverage. Information is available through the Midwestern State University Student Health Center. <https://mwsu.edu/healthcenter/>

It is important for the students to realize that if they are not insured under their parents or individually that they can still receive some coverage from the school during the months that classes are in session.

Course Description: This online conditioning class is designed to provide information and motivation for improving your overall fitness. The purpose of this course is to provide the student with a manner of fulfilling the requirements of a physical education course outside of the classroom. **If you have not already adopted a physically active lifestyle, it is suggested that you enroll in a class that meets regularly on campus.**

Objectives:

1. To establish specific personal fitness goals and outline the methods by which the goals will be achieved.
2. To learn basic human anatomy and principals related to general aerobic and resistance training.
3. To design an individualized workout plan.
4. To keep a detailed training log.
5. To become familiar with the web sites of nationally recognized organizations.
6. To learn how to make the right food choices for your body.
7. To have fun and learn about your fitness potential!

Required Textbook: None

Grading:

GRADING PROCEDURES:

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|---------------------------|---------------------------|
| 1. Assignments | 80 pts. |
| 2. Discussions | 100 pts. |
| 3. Participation | 400 pts. |
| 4. Before & After Profile | <u>120 pts</u> 700 pts |

1. **Assignments** – A total of **8 assignments (10 points each)** variety of assignments (i.e. finding your target heart rate, nutrition log) will be given over the semester. They will be posted on D2L at least one week prior to the due date. Once the assignments close they will NOT be reopened. Please be sure to note when assignments will close (Every Sunday by 10pm).
2. **Before & After Profile**– A before and after profile which will include you measurements, picture, goals and accomplishments due at week 1 and week 15 of course. **Each worth 60 points.**
3. **Discussions** – 5 Discussions, **20 points will be earned** from participating in the discussions, which will be posted on D2L. 10 points for a response to my question and 10 points for a response to another student’s response. Responses must be composed of at least two complete sentences; anything less will not be accepted. Responses must directly relate to the issue at hand; if you disagree with another student, back it up with reason.
4. **Participation** – You will need to complete the training exercise for each two week period. Each two week activity is worth **50 points.**
5. **Extra Credit** -- Extra credit assignments *may* be given at the discretion of the instructor.

Grading Scale:

GRADING SCALE:

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|-------------------------|
| A = 630 pts. – 700 pts. |
| B = 560 pts. – 629 pts. |
| C = 490 pts. – 559 pts. |
| D = 420 pts. – 489 pts. |
| F = 419 pts or below |

**Final Deadline for May graduates to file for graduation is February 20, 2023.
March 27, 2023 at 4pm, is the last day to withdraw from a class.**

| <i>Date</i> | Activity itinerary |
|--------------------------------|---|
| Tues., Jan. 17 – Jan. 27, 2023 | Before Profile, Walking and Discussion #1 |
| Sat., Jan. 28 – Feb. 10, 2023 | Jogging and Discussion #2 |
| Sat., Feb 11 – Feb. 24, 2023 | Sprints |
| Sat., Feb. 25 – Mar. 10, 2023 | Weight Training and Discussion #3 |
| Sat., Mar. 11 – Mar. 24, 2023 | Yoga workout and Discussion #4 |
| Mon., Mar. 13 – Mar. 18, 2023 | Spring Break |
| Sat., Mar. 25 – Apr 7, 2023 | Food journal and Discussion #5 |
| Thur., Apr. 6 – Apr. 9, 2023 | Easter Break |
| Sat., Apr. 8 – Apr 21, 2023 | Aerobic exercise |
| Sat., Apr. 22 – May 5, 2023 | Abs workout |
| Friday, May 5, 2023 | Last Day of Class |
| Sat., May 6 – May 10, 2023 | After Profile |
| Sat. May 13, 2023 | Commencement |

Course Expectations:

It is possible that everyone will earn an 'A' in this class. It is not difficult to do, but it does have to be earned. If you don't read the assigned material you will more than likely have difficulty with the assignments. If you don't submit your work on time your grade will suffer. Rule of thumb: don't wait until the last minute; that is when your worst computer problems will happen. The excuses, "my computer froze, the network connection died" etc. will not be accepted. You will be given ample time to complete the assignments.

When you look at the Calendar it may seem that there is a lot of work to do in the first few weeks. The assignments are neither difficult nor lengthy, but they are necessary measures for a successful program.

You are expected to

- Complete all assignments and participate in discussions.
- Read all the necessary material. It is nothing very difficult. The material has been chosen to enhance your knowledge base and make you aware of credible online resources.
- Be honest in your measurements and training logs.
- Follow the University's Academic Policy.

Course Policies:

Students should refer to the current MSU Student Handbook and Activities Calendar for university policies related to class attendance, academic dishonesty, student responsibilities, rights and activities.

ACADEMIC HONESTY/DISHONESTY

Midwestern State University is built upon a strong foundation of integrity, respect, and trust. All members of the university community have a responsibility to be honest and the right to expect honesty from others. Any form of academic dishonesty is unacceptable to our community and will not be tolerated.

Plagiarism is strictly forbidden on any course assignment. (This includes class notes and fellow students work!) All, work, besides your own, should be cited and a reference given. Do not misrepresent any of your efforts on any academic task for which you will receive a grade.

Student Honor Creed

"As an MSU Student, I pledge not to lie, cheat, steal, or help anyone else do so."

As students at MSU, we recognize that any great society must be composed of empowered, responsible citizens. We also recognize universities play an important role in helping mold these responsible citizens. We believe students themselves play an important part in developing responsible citizenship by maintaining a community where integrity and honorable character are the norm, not the exception.

Thus, We, the Students of Midwestern State University, resolve to uphold the honor of the University by affirming our commitment to complete academic honesty. We resolve not only to be honest but also to hold our peers accountable for complete honesty in all university matters. We consider it dishonest to ask for, give, or receive help in examinations or quizzes, to use any unauthorized material in examinations, or to present, as one's own, work or ideas which are not entirely one's own. We recognize that any instructor has the right to expect that all student work is honest, original work. We accept and acknowledge that responsibility for lying, cheating, stealing, plagiarism, and other forms of academic dishonesty fundamentally rests within each

individual student.

We expect of ourselves academic integrity, personal professionalism, and ethical character. We appreciate steps taken by University officials to protect the honor of the University against any who would disgrace the MSU student body by violating the spirit of this creed.

Written and adopted by the 2002-2003 MSU Student Senate.

DEFINITIONS.

A. **ACADEMIC DISHONESTY.** An action attempted or performed that misrepresents one's involvement in an academic endeavor in any way, or assists another student in misrepresenting his or her involvement in an academic endeavor. Examples of academic dishonesty include, but are not limited

i. **Plagiarism:** presenting the work (i.e., ideas, data, creations) of another, wholly or in part, as one's own work without customary and proper acknowledgement of sources and extent of use, unless authorized by the instructor

ii. **Cheating:** using information, study aids, notes, materials, devices, or collaboration not explicitly approved by the instructor. For example: doing a class assignment for someone else or allowing someone to copy one's assignment; copying from, or assisting, another student during an examination; or stealing, or otherwise improperly obtaining, copies of an examination before or after its administration.

iii. **Fraud:** altering or inventing data, research, or citations for an academic endeavor; fabricating, forging or otherwise misrepresenting to an instructor or an institution one's past or current academic or professional activities; impersonating someone or allowing oneself to be impersonated for an examination or other academic endeavor; using a ghost writer, commercial or otherwise, for any type of assignment.

iv. **Violation of Standards:** violations against ethical and professional standards required by individual University programs, academic courses, and clinical programs that may result in qualification for entry into a profession that maintains standards of conduct.

v. **Multiple Submissions:** submitting, wholly or in part, the same academic endeavor to earn credit in two or more courses without explicit approval by all concerned instructors.

vi. **Interference/Obstruction:** interfering with academic efforts of other students to gain unfair advantage for personal academic advancement. Interference may include but is not limited to, sabotage, harassment, tampering, bribery, or intimidation of another student.

vii. **Complicity:** assisting another person in any act of academic dishonesty as defined above.

B. **ACADEMIC ENDEAVOR.** Any student activity undertaken to earn University credit or meet some other University program requirement. Examples of academic endeavors include, but are not limited to:

i. Course assignments (written/oral, projects, research, and exhibitions of work)

ii. Exams (written/oral, quizzes)

iii. Clinical assignments (internships, rotations, practical)

iv. Presentations (on and off campus)

v. Publications

vi. Independent study coursework

vii. Plan B papers/projects, theses, dissertations

viii. Student media associated with academic credit

Students are expected to do their own work at all times. This includes all tests, papers, quizzes, projects, reports, and notebooks. Plagiarism of any authors (even fellow classmates) work will not be tolerated.

Copying of materials using a previous student's work, notebook, etc. will not be tolerated. Students who miss class will need to get notes from other students. **HOWEVER, IT IS EXPECTED THAT THIS WORK WILL BE REDONE IN THEIR OWN WORDS.** Students using computers, word processors, etc. may not share discs or other materials between each other. To do so will be considered the same as copying of materials. In all cases students who allow for the copying of materials will be treated just like the student who does the copying.

STUDENTS WHO ARE FOUND TO BE IN VIOLATION OF THIS POLICY WILL HAVE A GRADE OF ZERO RECORDED FOR THE INVOLVED PAPER, TEST, QUIZ, PROJECT, REPORT OR NOTEBOOK. FURTHERMORE THESE STUDENTS WILL BE REFERRED TO THE APPROPRIATE DEPARTMENT, COLLEGE, OR UNIVERISTY COMMITTEE FOR THE APPROPRIATE DISCIPLINNARY ACTION

Students with Disabilities:

Midwestern State University does not discriminate on the basis of an individual's disability and complies with Section 504 of the Americans with Disabilities Act (ADA) in its admission, accessibility, and employment of individuals in programs and activities. It is the policy of Midwestern State University that no otherwise qualified person with a disability be excluded from the participation in, be denied the benefits of, or be subject to discrimination in any educational program or activity at the University. MSU provides academic accommodations and auxiliary aids to individuals with disabilities as defined by law, who are otherwise qualified to meet academic employment and requirements.

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you believe you have a disability requiring an accommodation, please contact the Disability Support Services in Room 168 of the Clark Student Center, 397-4140.

Safe Zones Statement: The professor considers this (online) classroom to be a place where you will be treated with respect as a human being - regardless of gender, race, ethnicity, national origin, religious affiliation, sexual orientation, political beliefs, age, or ability. Additionally, diversity of thought is appreciated and encouraged, provided you can agree to disagree. It is the professor's expectation that ALL students consider the classroom a safe environment. Online posting will be respectful and related to course content. No foul or obscene language or items should posted in the group discussions.

Contacting your Instructor: All instructors in the Department have voicemail in their offices and MWSU e-mail addresses. Make sure you add your instructor's phone number and e-mail address to both email and cell phone lists of contacts.