Wayne State University  
College of Education

DIVISION: Kinesiology, Health and Sport Studies

PROGRAM AREA: Lifestyle Fitness Activities (LFA)

LFA WEBSITE: www.kinesiology.wayne.edu (click Lifestyle Fitness Activities)

COURSE: LFA 1020 -- Individualized Skills Development Laboratory

COURSE CREDIT: 01 Credit Hour

TERM: Fall/Winter

INSTRUCTOR:

COURSE DESCRIPTION: Open only to varsity athletes; varsity athletes may elect only once per year for one credit per sport during the term of competition.

COURSE OUTCOMES: Upon completion students will:

1. Demonstrate an overall knowledge of the sport of participation.
2. Improve muscular strength through sport practice.
3. Improve muscular endurance.
4. Improve flexibility.
5. Improve sport specific skill level.

TEXT: N/A

REFERENCES: N/A

ASSIGNMENTS: All assignments in this class will be determined on an individual basis with the instructor.

EVALUATION: Determined on an individual basis with the instructor. Contact the instructor for information.

INSTITUTIONAL ABSENCE:
A student who serves as an official representative of the college is defined as one who: is authorized to use the college name in public relationships outside the institution; regularly interacts with non-college individuals and groups over an extended period of time (at least one semester); represents the college as a part of a group and not as an individual; represents the college under the direct supervision of a college faculty or staff member; and is authorized in writing, in advance, by the President of the college. Such a student is in no way released from the obligations and responsibilities of all students, but will not be penalized with unexcused absences when absences result from regularly scheduled activities in which he/she represents the college. Further, it is the responsibility of each student to contact instructors prior to the absence and to make arrangements to make up any work that will be missed, in a manner acceptable to the instructor. Advisors of activities will schedule off-campus activities in a manner that does not unduly disrupt the learning process for a student.
WITHDRAWAL POLICY:

It is the student’s responsibility to request withdrawal from class. After the fifth week, students may make their request on Pipeline, and their instructor will need to approve it.

There are three options:
WP – Withdrawal with a passing grade earned to date
WF – Withdrawal with a failing grade earned to date
WN – Withdrawal never attended or no graded work to date

CLASS ATTENDANCE POLICY:

Physical Activity classes are participation based so attendance can and will affect your final grade in the course. Whenever a student is absent, whether for official or personal reasons, the student must assume responsibility and provide notice to the instructor, preferably in advance, for making arrangements for any assignments and class work missed because of the absence. However, final approval for makeup work remains with the individual instructor. Final determination of what constitutes an excused absence rests with the classroom instructor. In implementing this Policy, faculty will not include in a student’s unexcused absences those absences incurred due to authorized and approved College sponsored events (or in the case of joint-enrollment students high-school sponsored events) in which the student represents the institution as part of a group or under the direct supervision of a faculty or staff member. A student who stops attending class without officially withdrawing from the course is subject to this attendance policy and will receive a grade of “F” for the course.

ACADEMIC DISHONESTY/PLAGIARISM:

The College of Education has a “zero tolerance” approach to plagiarism and other forms of academic dishonesty. (See Student Code of Conduct http://doso.wayne.edu/assets/student-code-of-conduct-brochure.pdf). Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University’s Undergraduate Bulletin (http://bulletins.wayne.edu/ubk-output/index.html) and Graduate Catalog (http://www.bulletins.wayne.edu/gbk-output/index.html) under the heading “Student Ethics.” These university policies are also included as a link on Blackboard within each course in which students are enrolled. It is every student’s responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty. Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

LFA 1020 ADD POLICY:

The university requires students to add LFA 1020 by departmental approval. The request to add memo can be obtained from the Athletics Department Academic Coordinator in the Academic Resource Area in the Matthaei Building. Upon the completion of the request the KHS department will give an override to permit the student athlete to register for LFA 1020 via their pipeline account. Overrides will be made through the KHS division office only; room 2152 FAB Building, though Carol Salisbury, once the official form has been completed.

MEDICAL WITHDRAWAL:

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a “(partial) medical withdrawal” and may receive complete or partial reimbursement of tuition paid for this class. A physician’s statement is required. Forms to use to apply for “medical withdrawal” may be obtained from the Registrar, or from www.wayne.edu (type in “forms and instructions” in the search box.)
STUDENTS WITH DISABILITIES:
Wayne State University is committed to providing students with disabilities an equal opportunity to benefit from its programs, services, and activities. All printed materials are available in alternative formats. Please request alternative format materials from the instructor of the course. If the limitations imposed by your disability interfere with your ability to fulfill the requirements for the successful completion of this course, you are strongly encouraged to contact Student Disability Services (SDS) in room 5155 Gullen Mall/1600 UGL to request an accommodation.
Website: www.studentdisability.wayne.edu
SDS Telephone Numbers: VOICE 313-577-1851 or TDD 313-577-3365.

RELIGIOUS OBSERVANCE POLICY:
Because of the extraordinary variety of religious affiliations represented in the University student body and staff, the Wayne State University calendar makes no provision for religious holidays. It is University policy, however, to respect the faith and religious obligations of the individual. Students who find that their classes or examinations involve conflicts with their religious observances are expected to notify their instructors well in advance so that alternative arrangements as suitable as possible may be worked out.

CLASS POLICIES:

1. **Attendance:** Points will be given daily for participation. Failure to attend scheduled sessions will affect student’s grade.
2. No profanity.
3. Class starts when the instructor is present.
4. Use all equipment as designed.
5. **Class Safety:** Warm-up and stretch properly. Adhere to all team policies regarding participation. Do not leave team activities for any reason without informing a coach. Report all injuries to a coach and sports trainer ASAP.
6. No grades of Incomplete ‘I’ will be given.