WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION

DIVISION: Kinesiology, Health and Sport Studies (KHS)

PROGRAM AREA: Lifestyle Fitness Activities (LFA)

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

COURSE: LFA 1030 – PERSONAL FITNESS SAMPLER

COURSE CREDIT: 02 hours

TERM/YEAR:

COURSE LOCATION: Matthaei Building

TIME:

INSTRUCTOR:

E MAIL:

OFFICE HOURS: Before or after class

TELEPHONE: (313) 577-4249 (KHS Secretary)

COURSE DESCRIPTION: Group exercise combination class that introduces five LFA classes offered in the program: Sculpt, Stretch and Tone; Cardio-Fit Kickboxing; Boot Camp Fitness; Weight Training and Fitness; and Step and Tone. Designed to promote a variety of cardio and resistance training formats.

COURSE OBJECTIVES: Upon completion of this course, students will be able to:

1. Identify major muscle groups and the appropriate exercises to strengthen each of those groups.

2. Perform and discuss a variety of training exercises which includes the use of hand weights, rubber tubing, ankle weights, adjustable step and weight machines.

3. Demonstrate an understanding of proper technique while performing the exercises.

4. Define aerobic and anaerobic training.
5. Monitor one’s heart rate.

6. Define the five key components of fitness training.

7. Pace oneself during the workout in order to reach and stay within the training heart rate zone.

8. Demonstrate proper training techniques to effectively increase strength, increase cardio-vascular fitness, maintain flexibility and avoid injury.

TEXT: None Required.
Handouts will be provided along with class lecture.

ASSIGNMENTS: None

EVALUATION: The students' final grades will be determined according to the following criteria:

1. Two written quizzes (15 points each). Total Points = 30

2. Attendance and Participation -- MOST IMPORTANT!! Regular attendance and participation is necessary in order to improve fitness levels. Total Points = 112
   a. Four points will be earned for each class the student attends and participates.
   b. Three points will be earned for each class the student is late or leaves early and participates.
   c. Two points will be earned for each class the student attends but does not participate.
   d. Zero points will be earned when the student is absent from class.

3. Total possible points from both quizzes and attendance. 30 pts. (quizzes) + 112 pts. (attendance) = 142 Points

ATTENDANCE: One of the reasons for this strict attendance policy reflects the fact that classes of this type are largely participatory -- the outcomes are essentially equivalent to the process. Given the nature of the subjects, successful completion of activity courses of this kind requires regular attendance and full participation.
GRADING:

\[
\begin{array}{ccc}
& A & = 133 - 142 \text{ points (94 - 100\%)} \\
A\text{-} & = 129 - 132 \text{ points (91 - 93\%)} \\
B\text{+} & = 123 - 128 \text{ points (87 - 90\%)} \\
B & = 119 - 122 \text{ points (84 - 86\%)} \\
B\text{-} & = 115 - 118 \text{ points (81 - 83\%)} \\
C\text{+} & = 109 - 114 \text{ points (77 - 80\%)} \\
C & = 105 - 108 \text{ points (74 - 76\%)} \\
C\text{-} & = 101 - 104 \text{ points (71 - 73\%)} \\
D\text{+} & = 95 - 100 \text{ points (67 - 70\%)} \\
D & = 91 - 94 \text{ points (64 - 66\%)} \\
D\text{-} & = 87 - 90 \text{ points (61 - 63\%)} \\
F & = <86 \text{ points (<61\%)}
\end{array}
\]

This point system begins on the first day of class.

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.

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.
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).

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety 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.

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.

LFA ADD POLICY:

The university permits students to add (provided the classes are not filled) and drop classes the first week of the semester without instructor or departmental signatures. The KHS division will permit students to enroll in the LFA courses through the second week of the semester with the permission and signature of the instructor as well as completion of the Registrar’s form titled Add/Drop Class After Deadline Date. Overrides will be made through the KHS division office, room 2152 FAB Building, once the official form has been completed. There will be no students admitted to LFA classes AFTER the second week of the semester!!
CLASS POLICIES:

1. **A maximum of FIVE** make-ups will be allowed during the semester. Students can make up in any other Cardio-Fit Kickboxing, Step and Tone, Weight Training, Sculpt, Stretch and Tone or Boot Camp Fitness classes. Students may also attend classes with in those formats at the fitness center on campus. When doing a make-up, it will be the instructor’s prerogative (either in LFA classes or at The Fitness Center) whether there is enough room or equipment available to allow make-ups on any certain day. There will be NO make-ups allowed the last week of the semester. These CANNOT be made up in another registered LFA class.

2. Clothing -- T-shirts, shorts, leotards, tights, spandex pants, etc. are recommended. Clothing should not restrict muscle movement. Good Aerobic/Cross Trainer shoes are **VERY** important. They should meet the basic criteria for stability, shock absorption and flexibility.

3. There will be **no** grades of "Incomplete" given.

4. **Locker Rental**: Visit Tartar Shop for information.

5. Eating & gum chewing are prohibited during class.

6. Cell phones MUST be turned off during class; whether you are participating or sitting out!

7. **Door Check Policy**: For security reasons, students are expected to show their One Card (and possible back-up) upon entering the Matthaei Building.

8. Students are responsible to check **Blackboard** on a regular basis.

9. The division of Kinesiology, Health and Sport Studies (KHS) informs you that participation in physical activity includes the risk of trauma and/or injury. The division of Kinesiology, Health and Sport Studies is NOT responsible for accident or illness, which results from participation in class and requires that no student be allowed to participate in an activity before signing the Statement of Informed Consent and Release of Claims form.

10. Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering pertaining to the class. **Have Fun!**

CLASS SCHEDULE: