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 2560– Freshmen Quests

COURSE CREDIT: 02 Credit Hours

TERM/YEAR:

COURSE LOCATION: Mort Harris Recreation and Fitness Center

TIME:

INSTRUCTOR:

OFFICE HOURS: Before/after class and by appointment

TELEPHONE: 313-993-4378

E-MAIL:

COURSE DESCRIPTION: Designed for incoming freshmen to help facilitate the transition to college life, workload and expectations. During trips, students will be introduced to many faculty/staff from various departments and learn the keys to achieving a successful college career.

ADDITIONAL INFORMATION: Students will check-in with monthly classroom sessions, where everyone is encouraged to ask questions, seek guidance, and vocalize any challenges. Monthly assignments will be due prior to each class meeting and designed to provide opportunities for reflection and growth.
COURSE OBJECTIVES: Upon completion of this course, the student will be able to:

1. Create a network of friends who share a unique, common experience and who support each other throughout college at Wayne State University.

2. Identify mentors and develop valuable relationships with WSU faculty and staff.

3. Navigate challenges and unexpected setbacks throughout college using on-campus tools and resources.

4. Demonstrate basic knowledge of student organizations, WSU departments, clubs, residence life, classes, tutoring, and other topics.

5. Identify his or her personal communication and leadership style.

6. Identify his or her college career goals and the steps required to achieve them.

7. Develop an understanding of the Wayne State University Code of Conduct and safety procedures.

8. Demonstrate a marked improvement in writing and paper composition abilities.

TEXT:
None Required
All required readings are posted on Blackboard.

RESOURCES:
Blackboard.wayne.edu

REFERENCES:
## ASSIGNMENTS:

<table>
<thead>
<tr>
<th>Assignment Number</th>
<th>Topic</th>
<th>Assignment Description</th>
<th>Due Date</th>
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</thead>
<tbody>
<tr>
<td># 1, # 2</td>
<td>Weekly Calendar Plan, Discussion, Take home Quiz on readings due</td>
<td>#1 Turn in weekly calendar. #2 Read Beyond Ecophobia and Last Child in the Woods (Posted on Blackboard, 1st chapter each only). #3.5 turn in quiz on readings</td>
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<tr>
<td># 3, # 4</td>
<td>DISC</td>
<td># 4. In Class DISC Personality Assessment.</td>
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<td># 5</td>
<td>Discussion on actions and consequences</td>
<td># 5 Discussion of Ghost Rider (read the entire book), take home quiz on reading due at the start of class paper documenting your experience.</td>
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<td># 6</td>
<td>Career Services Presentation</td>
<td>Career Services Presentation; Leadership Discussion</td>
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<td># 7</td>
<td>What are the top 2 pieces of advice that you would give to next year’s incoming Freshmen?</td>
<td># 6 Due at the start of class, 6 In a two-page paper, clearly state two or more pieces of advice you would give to an incoming WSU student. Explain why you think your advice is important and how it can be used to succeed at WSU. Due at the beginning of Class.</td>
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<tr>
<td># 8, # 9</td>
<td>Degree Completion Plan</td>
<td># 7 In Class Prepare a four-year degree completion plan that includes the classes you will take each semester, the university tests you will take, and any deadlines that apply to your program and graduation (in class activity). # 8 Due at the start of class, Write a minimum of a three-page paper on the topic of how you have changed/grown in your first semester of college.</td>
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<td>#10, #11</td>
<td>Student Voice Survey</td>
<td># 9 Complete the Student Voice Learning Community Survey Online prior to the last class. #10 Into the Wild Discussion (Read the entire book)</td>
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**All assignments must have the following layout:**
1. Include a cover page with the assignment title, course number and section, date, and instructor name.
2. Assignment body should be double spaced, size 12 font and have 1 inch margins on all sides.

## EVALUATION: The students' final grades will be based on the following criteria:

1. **Outdoor Experience:** The students must attend the outdoors trip prior to the start of the fall semester.
2. **Lecture**: There will be 5 classroom sessions for each section of LFA 2560.

3. **Attendance and Participation - Most Important!!**
   "Note: 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 subject, successful completion of activity courses of this kind require regular attendance and full participation." Students are expected to attend ALL 5 class meetings to receive a passing grade.

4. **Assignments**: All assignments must be submitted on time. Failure to do so will result in a failing grade for the course. Students who submit assignment on time, but do not complete as instructed must resubmit their assignment to receive a passing grade. **No Excuses Accepted**

**GRADING:**
This is a **Pass/Fail** course. To earn a passing grade the student must attend the outdoor trip, attend all five class sessions, submit all four writing assignments on time and correctly.

**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 student 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 HOLIDAY:
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.

CLASS POLICIES:
1. Make ups: Students are permitted 1 makeup class. (See instructor for details)
2. Students are responsible to check Blackboard on a regular basis.
3. 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: