

**WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION**

- DIVISION:** Kinesiology, Health and Sport Studies (KHS)
- PROGRAM AREA:** Lifestyle Fitness Activities (LFA)
- COURSE:** **LFA 1230 -- Sculpt, Stretch and Tone
CRN - 27259 --- Section - 801**
- COURSE CREDIT:** 02 Credit Hours
- TERM/YEAR:** **Winter 2017**
- COURSE LOCATION:** 128 Matthaei Building (Dance Room)
- TIME:** **7:30 – 8:20 a.m. Tuesdays / Thursdays**
- INSTRUCTOR:** **Angela Dobbins**
- EMAIL:** gb4568@wayne.edu
- OFFICE HOURS:** Before and after class
- COURSE DESCRIPTION:** A time-efficient workout that stimulates the cardio respiratory and musculoskeletal systems. It offers structured routines for all fitness levels (basic, intermediate, advanced). Utilizes basic kickboxing techniques.
- COURSE OUTCOMES:** Upon completion of this course, the student will be able to:
1. Demonstrate an understanding and be able to practice proper body alignment and kick boxing techniques.
 2. Monitor one's heart rate.
 3. Increase cardiovascular capacity.
 4. Increase muscular strength, endurance and power.
 5. Increase balance and coordination.
 6. Properly utilize stretching and flexibility training.
 7. Perform repetitive punches, kicks, basic footwork and combinations.
- TEXT:** No Text Book Required. Handouts will be provided along with class lecture.

ASSIGNMENTS: **Quizzes** -- There will be **2** Quizzes
Total Points = 30

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

1. **Two Quizzes = 30 pts. Total**
Attendance = 112 pts. Total
2. **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 subjects, successful completion of activity courses of this kind require regular attendance and full participation.” Regular attendance and participation is necessary in order to improve aerobic fitness.
 - 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 -- **NO EXCEPTIONS!!**

28 classes x 4 pts. per day = 112 pts. for attendance

112 (attendance) + 30 (quizzes) = 142 total semester points

This point system begins the first day of class Tuesday, January 10, 2017 regardless when a student registers.

GRADING

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

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. **FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS SUNDAY, MARCH 26, 2017.**

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).

COURSE PARTICIPATION VERIFICATION:

As an undergraduate or graduate student enrolled in this semester, we want to alert you to a new University policy on the verification of course participation. This is mandatory for all students and it is required that all instructors assist in this process within the first two weeks of the semester.

Verification of course participation is a federal requirement that the University must enact in order for Wayne State to continue to distribute federal financial aid. The faculty must confirm your participation within two weeks or an automatic withdrawal (forced drop) will occur for the courses in which you are registered but for which the instructor has no indication of your participation in the first two weeks.

The positive aspect of this new policy is that it provides us with an opportunity to respond early to any student problems that we can assist in resolving. We will make every effort to initiate contact by the faculty member, or other advisor, to see if some assistance is needed or to see if there is anything we can do to keep you in the courses/programs.

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety of 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.

In the LFA program, each class allows for a certain number of make-up classes. Since attendance and participation are a substantial part of the evaluation, students will have to take this into account with the total number of make-ups allowed for that particular LFA class.

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; 2152 FAB Bldg.** once the official form has been completed. **There will be no students admitted to LFA classes AFTER the second week of the semester!!**
Deadline- MONDAY, JANUARY 23, 2017 BY 5 pm.

CLASS POLICIES:

1. A **maximum** of **THREE** make-ups and **ONE** free-day, will be allowed during the semester. ALL MAKE UP'S MUST BE DONE WITHIN 2 WEEKS OF THE MISSED ABSENCE OR THEY WILL NOT BE ACCEPTED. Students can make-up in any other LFA class. *When doing a make-up, it will be the instructor's prerogative 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 **Cross Trainer** shoes are *VERY* important. They should meet the basic criteria for stability, shock absorption and flexibility.
3. A health card is not required for participation, but the university informs you: "Participation in physical activity includes the risk of trauma and/or injury. The university 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.
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 OneCard (and possible back-up) upon entering the Matthaei Building.
8. Students are responsible to check **Blackboard** on a regular basis. Each student is informed that: "Participation in physical activity classes includes the risk of trauma and/or injury" and must sign a "Statement of Informed Consent and Release of Claims" form before participation in activity.
9. There will be no grades of "Incomplete" given.
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:

Tuesday, 01/10	FIRST DAY OF CLASS – Course Overview
<u>Weeks 1-3</u>	Course Overview Workouts
<u>Weeks 4-6</u>	Workouts <u>QUIZ 1 – THURSDAY, 02/16</u>
<u>Weeks 7-13</u>	Workouts SPRING BREAK MARCH 14 & 16 NO CLASSES

Weeks 14-15

Workouts

QUIZ 2 – TUESDAY, 04/13

**Tuesday, 04/18 - ALL MAKE-UPS MUST BE SUBMITTED!
NO EXCEPTIONS**

Thursday, 04/20 LAST DAY OF CLASS

The KHS (LFA) Divisional Secretary, Carol Salisbury, has moved to the Faculty Administrative Building (FAB). Her contact information is below:

Carol Salisbury – KHS Divisional Secretary

Address: 2152 FAB
Phone: 313-577-4249
Email: csalisbury@wyane.edu

If you are experiencing any problems during the semester, please contact Kristen Kaszeta.

Kristen Kaszeta - LFA Program Coordinator

Address: 261.1 Matthaai (second floor offices)
Phone: 313-577-6210
Email: au4972@wayne.edu

CLASS MAKE-UP SHEET

Make-up 1:

Date of missed class _____

Day and Time of Make-Up Class _____

Make-up Class Format _____

Instructor Signature _____

Make-up 2:

Date of missed class _____

Day and Time of Make-Up Class _____

Make-up Class Format _____

Instructor Signature _____

Make-up 3:

Date of missed class _____

Day and Time of Make-Up Class _____

Make-up Class Format _____

Instructor Signature _____