

**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 1230 – SCULPT, STRETCH AND TONE**
CRN 31859 – Sec. 002
- COURSE CREDIT:** 02 hours
- TERM/YEAR:** **SUMMER 2017**
- COURSE LOCATION:** 109 Matthaei Building
- TIME:** M/W 10:30 a.m. – 12:10 p.m.
- INSTRUCTOR:** **Bella Hall**
- E MAIL:** az5807@wayne.edu or bellanhall@gmail.com
- OFFICE HOURS:** Before or after class
- TELEPHONE:** (313) 577-4249
- COURSE DESCRIPTION:** A total-body resistance exercise program using hand weights, ankle weights, rubber tubing, the adjustable step and other flexible sources of resistance. High-repetition exercises concentrating on proper technique, body alignment, muscular development, and sound biomechanical principles.
- COURSE OUTCOMES:** Upon completion of this course, students will be able to:
1. Describe the main superficial muscles of the body.
 2. Demonstrate and practice proper body alignment.
 3. Monitor one's heart rate.
 4. Define aerobic fitness and discuss how it is measured.
 5. Describe the five basic elements of a fitness program.
 6. Develop muscle strength and endurance through weight training.

7. Properly utilize stretching and flexibility training.
8. Develop a level of muscular fitness and maintain it.

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. Total points from quiz. **15 + 56 pts from attendance = 71**
2. **Attendance and Participation -- MOST IMPORTANT!!** Regular attendance and participation is necessary in order to improve aerobic fitness. **Total Points = 71**
 - 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!!**

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:

A	= 67 - 71 points	(94 - 100%)
A-	= 65 - 66 points	(91 - 93%)
B+	= 62 - 64 points	(87 - 90%)
B	= 60 - 61 points	(84 - 86%)
B-	= 58 - 59 points	(81 - 83%)
C+	= 55 - 57 points	(77 - 80%)
C	= 53 - 54 points	(74 - 76%)
C-	= 50 - 52 points	(71 - 73%)
D+	= 48 - 49 points	(67 - 70%)
D	= 45 - 47 points	(64 - 66%)
D-	= 43 - 44 points	(61 - 63%)
F	= < 42	(<61%)

This point system begins on the first day of class, Wednesday, June 28, regardless of when the student registers.

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 TUESDAY, AUGUST 15, 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.

COURSE PARTICIPATION VERIFICATION:

As an undergraduate or graduate student enrolled in classes 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 administrative 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.

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 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 (Tues, July 1, 2014) without instructor or departmental signatures. Due to the shortness of the Spring/Summer semesters, the KHS division will adhere to the same policy. **There will be no students admitted to LFA classes AFTER Wednesday, July 5, 2017 @ 5 p.m.**

CLASS POLICIES:

1. A **maximum** of **THREE** make-ups will be allowed during the semester. **These makeups must be done within 14 days of the missed class.** Students are also allowed to participate in 1 extra class within our LFA schedule of classes free, to insure that you're working out 3 days a week. Sculpt, Stretch & Tone, Step Aerobics, Step and Tone, Weight Training and Zumba™ are the formats you're allowed to use for make-ups. 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

NOTE: Students may use lockers with their own locks, but locks **must** be removed after use each day.
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:

DAY	DATE	TOPIC
W	06/28	Review Class Outline
M	07/03	Student Routine (NO CLASS DUE TO JULY 4th HOLIDAY)
W	07/05	Student Routine
M	07/10	Student Routine
W	07/12	Student Routine
M	07/17	Student Routine
W	07/19	Student Routine
M	07/24	Student Routine
W	07/26	Student Routine
M	07/31	Quiz Review, Student Routine
W	08/02	QUIZ
M	08/07	Student Routine
W	08/09	Student Routine, Deadline for Submitting Make-Ups
M	08/14	LAST DAY

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

1) Carol Salisbury (The KHS Divisional Secretary)

Address: 2152 FAB

Phone: 313-577-4249

Email: csalisbury@wayne.edu

2) If you are experiencing any problems during the semester, please contact Kristen Kaszeta, the LFA Program Coordinator:

Kristen Kaszeta

Address: 261.1 Matthaai (second floor offices)

Phone: 313-577-6210

Email: au4972@wayne.edu