

Oakland University
EXS 1000 – CRN 10277
Strength Training and Health Enhancement
Winter 2018

Course Administrator: Mary Anne Mikus, M.S.

Email: mikus@oakland.edu

Course Instructor: Miranda Pelkey, B.S.

Email: mmpelkey@oakland.edu

Please use EXS 1000 & CRN as email subject

Office Hours: After class on Monday's and Friday's or by appointment.

Class Duration: January 3, 2018 – April 11, 2018

Meeting Place & Time: Elliot Hall 210 every Monday & Wednesday, 8:00 – 9:07 A.M.

Oakland University RAC, every Friday, 8:00 – 9:00 A.M.

The first Friday class meeting on January 5th will be in Elliot Hall 210.

Required Text: *Basic Weight Training for Men and Women*. 8th edition. Fahey T.D. McGraw Hill.

Course Description

Examination of lifestyle related to disease prevention and improved quality of life. Combines strength training exercise and health enhancement lectures.

Course Objectives

- Learn and apply basic principles of strength training and health enhancement
- Learn to apply the multidimensional concepts of wellness in our daily lives.
- Execute correct and safe techniques of machine and free weight resistance exercises
- Learn methods of designing and developing a strength training program
- Personal assessment of muscular fitness level.
- First hand exposure to a variety of training methodologies, techniques and programs.
- Understand the effects of exercise on the human body, and its role in the pursuit of health enhancement, disease prevention, and maintenance.
- Lifestyle factor modification for chronic disease prevention
- Introduction to nutrition, weight management, and body composition topics

Important Dates

- January 17, 2018- Last day to withdrawal from course with 100% tuition refund and receive no grade.
- March 14, 2018- Last day to withdrawal for a "W" grade.
- For more information visit this link <https://www.oakland.edu/registrar/important-dates/#tab-2>

Coursework

You are expected to **check your email on a daily basis** to ensure you receive all coursework and reminders on coursework emailed to you.

Assignments

Assignments are expected to be completed individually, unless directed otherwise, and turned in on their due date at the beginning of the class. Late assignments will not be accepted after the due date. Assignments will not be given via email, you must be in class to receive all assignment unless otherwise approved by the instructor.

Assignments will not be accepted if turned in by email or via another student.

Examinations

No make-up dates will be given to students, unless an unusual situation arises. In that situation, as the instructor, I will set up the make-up date. Please, contact me about your situation as soon as possible. Two (2) examinations will be given during the semester. **Each examination is worth 50 points.** Exams will contain multiple choice, matching, and/or essay questions. You must bring your own scantron (882-E, long green 50 questions per side). You are expected to bring any necessary materials to the exam but in extreme circumstances, if you need to borrow from another student it must be done before the exams are handed out. Any hats worn during exams must be removed or have the bill facing backward. All smart devices must be off and out of sight during exams. This includes phones, tablets, computers, smart watches, etc. Tardiness is not acceptable on exam days.

Exercise Log

You are required to keep a log of 3 workouts per week. For additional information, please refer to “Exercise Journal Example” handout.

Presentations

- 1- Exercise Flyer (20pts)- You will create a flyer on a certain assigned exercise and present it to the class. For additional information, please refer to the “Exercise Flyer” handout.
- 2- Group Project (40pts)- In a group of people you will present on a topic related to this course. For additional information, please refer to the “Group Project Assignment” handout.

Attendance/Class Participation

Ideally you will attend all lectures. Active participation (e.g. asking questions, note taking, etc.) is required to receive full credit for attendance. Every student will need their **OU Spirit ID** in order to enter the OU Rec and thus to attend class, forgetting or losing OU ID is not an excuse to miss work out days and will be considered an absence. If you arrive in class more than 10 minutes late or leave before class is dismissed, you will not get attendance points for the day. On days in the rec center, you must not arrive more than 15 minutes after beginning of class time or leave more than 15 minutes early. Either of these will result in no attendance points and no exercise journal points for the day.

Academic Dishonesty

At Oakland University there is **no tolerance for cheating**. Plagiarism is a form of cheating. A person can commit plagiarism unknowingly so it is very important that you understand what it entails. All members of the academic community at Oakland University are expected to practice and uphold standards of academic integrity. Academic integrity means representing oneself and one’s work honestly. Misrepresentation is cheating since it means the student is claiming credit for ideas or work not actually his or her own and is thereby seeking a grade that is not actually earned. All academic misconduct allegations are forwarded to the Dean of Students Office and adhere to the **student judicial system**.

Examples of Academic Dishonesty:

1. Cheating on assignments and examinations. This includes, but is not limited to, the following when not authorized by the instructor: the use of any assistance or materials such as books and/or notes, acquiring exams or any other academic materials, the use of any other sources in writing drafts, papers, preparing reports, solving problems, works completed for a past or concurrent course, completing homework or carrying out other assignments. No student shall copy from someone else’s work or help someone else copy work or substitute another’s work as one’s own. No student shall engage in any behavior specifically prohibited by an instructor in the course syllabus or class discussion.
2. Plagiarizing the work of others. Plagiarism is using someone else’s work or ideas without giving that person credit. By doing this, a student is, in effect, claiming credit for someone else’s thinking. This can

occur in drafts, papers and oral presentations. Whether the student has read or heard the information used, the student must document the source of information. When dealing with written sources, a clear distinction should be made between quotations, which reproduce information from the source word-for-word within quotation marks, and paraphrases, which digest the source of information and produce it in the student's own words. Both direct quotations and paraphrases must be documented. Even if a student rephrases, condenses or selects from another person's work, the ideas are still the other person's and failure to give credit constitutes misrepresentation of the student's actual work and plagiarism of another's ideas. Buying a paper or using information from the Internet without attribution and handing it in as one's own work is **plagiarism**.

3. Cheating on lab reports by falsifying data or submitting data not based on the student's own work.
4. Falsifying records or providing misinformation regarding one's credentials.
5. Unauthorized collaboration on assignments. This is unauthorized interaction with anyone in the fulfillment of academic requirements and applies to in-class or take-home coursework. Individual (unaided) work on exams, lab reports, homework, computer assignments and documentation of sources is expected unless the instructor specifically states in the syllabus or verbally that it is not necessary. Collaboration can also include calculating homework problems with another person, having another help to rewrite a paper, sharing information/sources with others and checking coursework with others.
6. Resubmission of original work. When an instructor assigns coursework, the instructor intends that work to be completed for his/her course only. Work students may have completed for a course taken in the past, or may be completing for a concurrent course, must not be submitted in both courses unless they receive permission to do so from both faculty members.

Other policies

Usage of laptops and tablets is permitted during lecture presentations (not exams, see above) for note taking purposes only. Cell phones are not allowed for note taking and should be put out of sight. Texting during class is not permitted.

Familiarize yourself with evacuation and safety procedures displayed in the classroom in case of an emergency. Emergency procedures can also be found at www.oakland.edu/ready

Disabilities

If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible. If you need help regarding the issue, such as documenting the disability, you may contact the Disability Support Services at (248) 370-3266 located at 103A North Foundation Hall.

Grading

Examinations	(50 points each)	100 points
Assignments	(10 points each)	50 points
Exercise Journal		60 points
Presentations		60 points
Attendance/Participation		30 points
Total		300 points

Grading Scale

Exercise Science Undergraduate Grading Scale of the School of Health Sciences of Oakland University.

<u>100-92%</u>	<u>4.0</u>	<u>75%</u>	<u>2.9</u>	<u>64%</u>	<u>1.8</u>
<u>91-90%</u>	<u>3.9</u>	<u>74%</u>	<u>2.8</u>	<u>63%</u>	<u>1.7</u>
<u>89-88%</u>	<u>3.8</u>	<u>73%</u>	<u>2.7</u>	<u>62%</u>	<u>1.6</u>
<u>87-86%</u>	<u>3.7</u>	<u>72%</u>	<u>2.6</u>	<u>61%</u>	<u>1.5</u>
<u>85-84%</u>	<u>3.6</u>	<u>71%</u>	<u>2.5</u>	<u>60%</u>	<u>1.4</u>
<u>83-82%</u>	<u>3.5</u>	<u>70%</u>	<u>2.4</u>	<u>59%</u>	<u>1.3</u>

81-80%	3.4	69%	2.3	58%	1.2
79%	3.3	68%	2.2	57%	1.1
78%	3.2	67%	2.1	56%	1.0
77%	3.1	66%	2.0	<56%	0.0
76%	3.0	65%	1.9		

Please note that the schedule is tentative and therefore a subject to change. You will be contacted about any changes made to the schedule.

Week	Week of	Lecture Topics & Assignments	Assignment Due
1	January 3 rd & 5 th	Introduction to EXS 1000 Ch. 1 – Basic Weight Training OU Rec Center Overcoming Barriers Assignment	
2	January 8 th , 10 th , & 12 th	WORKOUT PERIOD BEGINS 3X PER WEEK Ch. 2 & 3 – Muscle Structure & Function Assign Exercise Flyer Muscle Anatomy & Planes of Motion Assignment	Overcoming Barriers Assignment
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
3	January 17 th & 19 th	NO CLASS ON MONDAY JANUARY 15TH Ch. 4 – Warm-up, Flexibility, & Stretching	Muscle Anatomy & Planes of Motion Assignment
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
	January 17 th	Last Day to Withdraw From a Course with 100% Tuition Refund Last Day to Add a Class	
4	January 22 nd , 24 th , & 26 th	Ch. 8 – Chest Exercises Ch. 9 – Back Exercises	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
5	January 29 th , 31 st , & February 2 nd	Ch. 10 – Shoulder Exercises Ch. 11 – Arm Exercises Exercise Lab	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
6	February 5 th , 7 th , & 9 th	Ch. 5&6 – The Basics of Weight Training Exercise Lab <i>Bigger, Faster, Stronger</i>	Exercise Lab (Due Wednesday)
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
7	February 12 th , 14 th , & 16 th	Exam 1 Review EXAM 1	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
8	February 19 th , 21 st , & 23 rd	NO CLASS FOR WINTER BREAK	
9	February 26 th , 28 th , & March 2 nd	Ch. 7 – Nutrition & Rest Return Exams Group Presentation Sign-up	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
10	March 5 th , 7 th , & 9 th	Ch. 14 – Measure & Evaluation Ch. 15 – Formula for Success Measure & Evaluation Assignment	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL

11	March 12 th , 14 th , & 16 th ,	Ch. 16 – Planning Your Own Weight Training Program Ch. 17- Advanced Weight Training Exercise Prescription Assignment	Measure & Evaluation Assignment
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
12	March 19 th , 21 st , & 23 rd	Ch. 12 – Leg Exercises Ch. 13 – Core Exercises	Exercise Prescription Assignment
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
13	March 26 th , 28 th , & 30 th	Ch. 8 – Joy of Fitness	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
14	April 2 nd , 4 th , & 6 th	Exam 2 Review EXAM 2	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
15	April 9 th , 11 th , & 13 th	Wrap up group activity Class time to work on presentations Return Exam 2 Group Presentations	
		OU REC CENTER WORKOUT	EXERCISE JOURNAL
16	April 16 th	Group Presentations	