

**Oakland University**

**EXS 1100 CRN:10279**

**Cardiovascular Fitness Training and Health Enhancement**

**Winter 2018**

**Course Administrator:** Mary Anne Mikus, M.S.

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**Office Hours:** Tuesday and Thursday, 12pm-1pm or by appointment

**Class Location:** Tuesday, 8:00am-9:47am, Elliot Hall 206

Thursday, 8:00am-9:47am, Recreation and Athletics Center (unless notified otherwise)

**Class Duration:** January 4, 2018-April 17, 2018

**Required Text:** Fit & Well. Core Concepts and Labs in Physical Fitness and Wellness. 12th edition. Fahey, Insel, & Roth. McGraw Hill Education.

**Course Description**

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

**Course Objectives**

- Learn the basic principles of cardiovascular training and health enhancement
- Learn methods of designing and developing a cardiovascular training program
- Personal assessment of cardiovascular level
- Understand the stages of behavior change, behavior modification and the importance of self-efficacy
- Understand the effects of exercise on the human body and its role in the pursuit of health enhancement and maintenance.
- Learn stress management techniques
- Understand basic nutrition principles and how to apply them
- Understand and be able to identify major risk factors for cardiovascular disease
- Learn to apply the multidimensional concepts of wellness in our daily lives
- Learn lifestyle factor modification for chronic disease prevention
- Introduction to nutrition, weight management, and body composition topics

**Coursework**

You are expected to check your email on a daily basis to ensure that you receive all coursework (e.g. assignments, handouts, lecture notes, group projects, etc.) and reminders on coursework emailed to you. Please be prepared before coming to every lecture and ensure that the chapter reading and assignments are completed.

## **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 and will be given zero credit.

## **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 to take the exam. 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 blank scantron (882-E, long green 50 questions per side)

## **Exercise Log**

You are required to keep a log of each of your workouts. You are required to complete three (3) workouts per week. One of the workouts is to be performed during class of each Thursday at the Recreation Center. The other two workouts can be performed at a time and place of your choosing. All workouts must be recorded in an exercise journal in order to receive credit. A physical copy of your exercise journal is to be turned in to me every Thursday at the beginning of class; at that time, I will initial all three workouts for credit. Please, be as detailed as possible when recording workouts (e.g. time of workout, place, level of exhaustion prior/after workout, etc.) and their progression. Exercise journals should be created based on the FITT principle for cardiovascular fitness training. For additional information, please refer to "Exercise Journal Example" handout.

## **Group Project**

In a group of 3-4 people you will present on a topic related to this course. Each presentation should be at least 12 minutes but no longer than 20 minutes in duration. Q & A is to be a part of this time window. As a group, you are to present on the objectives, history, characteristics, as well as the pros and cons of the topic. Involvement, requirements, goals, and effectiveness or lack thereof should all be discussed in each presentation. For additional information, please refer to the "Group Project Assignment" handout.

## **Attendance/Class Participation**

Every student is expected to attend all lectures during the given semester. 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, to attend class, and to turn in their exams.

## **Academic Dishonesty**

At Oakland University there is absolutely 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. You are expected to produce individual, unaided, original work (unless informed otherwise). For more information on what plagiarism entails, please refer to the Academic Conduct Policy at the end of this syllabus.

## **Other policies**

Usage of laptops and tablets is permitted during lecture presentations and for note taking purposes only. Cell phones are not allowed for note taking and should be put out of sight during class time. It is helpful to familiarize yourself with the evacuation and safety procedures displayed in the classroom in case of an emergency. Emergency procedures can also be found at [www.oakland.edu/ready](http://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 12 North Foundation Hall.

**Grading Scale**

Examinations	(50 points each)	100 points
Assignments	(10 points each)	50 points
Exercise Journal		60 points
Presentation		50 points
<u>Attendance/Participation</u>		40 points
<b>Total</b>		<b>300 points</b>

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

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

**Important Winter 2018 Dates Link: <https://www.oakland.edu/registrar/important-dates/> - tab-2**

## Class Schedule:

January 4	Intro to EXS 1100 ☺ Chapter 1- Wellness, Fitness, and Lifestyle Management PAR-Q Questionnaire & Overcoming Barriers	
January 9	Chapter 2- Principles of Physical Fitness	<b>PAR-Q Overcoming Barriers Assignment</b>
January 11	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
January 16	Chapter 3- Cardiorespiratory Fitness	
January 17	LAST DAY TO ADD A CLASS	
January 18	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
January 23	Chapter 11- Cardiovascular Health	
January 25	1.5 MILE PRE-TEST OU REC CENTER	<b>Exercise Journal</b>
January 30	Chapter 4- Muscular Strength and Endurance Chapter 5- Flexibility and Low-Back Health Exam 1 Review	<b>Chapter 11 Assignment</b>
February 1	OU REC CENTER WORKOUT	<b>Exercise Journal 1.5 Mile Pre-Test</b>
February 6	EXAM 1	
February 8	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
February 13	Return Exam 1 Chapter 8-Nutrition & Rest Group Presentations Sign-up	
February 15	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
February 20	NO CLASS, WINTER BREAK	
February 22	NO CLASS, WINTER BREAK	
February 27	Chapter 6- Body Composition Body Composition Assignment	
March 1	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
March 6	Chapter 9- Weight Management	<b>Body Composition Assignment</b>
March 8	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
March 13	Chapter 7- Putting Together a Complete Fitness Program	
March 15	1.5 MILE POST-TEST OU REC CENTER	<b>Exercise Journal</b>
March 20	Chapter 10- Stress	<b>1.5 Mile Post-Test</b>
March 22	OU REC CENTER WORKOUT	
March 27	Exam 2 Review	
March 29	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
April 2	LAST DAY TO DROP A CLASS	
April 3	EXAM 2	
April 5	OU REC CENTER WORKOUT	<b>Exercise Journal</b>
April 10	Group Project Day, Return Exams	
April 12	Group Presentations	
April 17	Group Presentations	

# Academic conduct policy

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.