**Individual Fitness**

**HES 1221- 012**

**University of Oklahoma**

**Department of Health & Exercise Science**

**Fall 2015**

**INSTRUCTORS:** Natalie Janzen

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**OFFICE:** Exercise Physiology Lab 07

**OFFICE HOURS:** Tues/Thurs 3:00-4:00 PM or by appointment

**EMAIL:** Natalie.r.janzen-1@ou.edu

**Meeting Times and Venues**

Tuesday/Thursday 8:30 – 9:20 am Huston Huffman Center, Basketball Court #5

**Course Objectives**

* To improve physical fitness, focusing on the students’ individual goals.
* To understand and apply basic concepts and principles of physical fitness.
* To demonstrate the ability to design an exercise program that meets the students’ interests, needs, and capabilities.

**COURSE POLICIES:**

**1. Attendance/Participation:**

* **Attendance is MANDATORY!** 10 points will be taken from your total grade (outlined below) for every absence after two unexcused absences.Attendance will be taken within the first AND last ten minutes of the class period. If you are more than ten minutes late to class, forget your student ID (required for admittance into the HHC), dress inappropriately, or leave early from the class, it will be considered an absence.
* **If you have more than 6 absences, you will automatically fail.**
* **Meet at Basketball Court #5 for check-in/check-out.**
* Due to the nature of this course, if there is any known reason for that your participation should be limited (severe medical reasons), an alternate course should be taken.

**2. Dress Code**

* **Athletic attire** (t-shirts, shorts, sweats, athletic shoes, etc.)is required for every class period. HHC guidelines apply- NO sandals, NO dress shoes, NO jeans, NO revealing clothing. **Any student not dressed appropriately for class will not be permitted to work out, resulting in an absence for that day.**

**STUDENT EVALUATION CRITERIA:**

* This is a Pass/Fail (S/U) course.
* Students who do not complete assigned work by the end of the semester will be given a “U”. An “I” will not be given unless specific arrangements have been made prior to finals week.
* **Grading Scale: 70 out of 100 points / above 70% are required to pass the course.**

**Attendance 70 pts.**

**Semester Goals 15 pts.**

**Semester Evaluation 15 pts.**

**--------------------------------------------**

**Total 100 pts.**

**ASSIGNMENTS & DESCRIPTIONS:**

1. **Semester Goals Paper (15 points)**
   * **Due Thursday, 9/10 by 11:59 PM**. Submit your goal(s) that you would like to achieve for the semester. Submit your paper to the dropbox on d2l. There will be a 5-point penalty per day for late assignments. The goal(s) should be specific, measurable, attainable, and realistic. In a one-page, double-spaced, typed paper, outline the method by which you intend to accomplish these goals. Be specific!

*Some examples:*

*Lose/Gain weight* (be specific… 5 pounds? 10 pounds ? deadlines?)

*Improve strength* (how? … bench press, squat etc.)

*Improve cardiovascular fitness* (5k time, 1 mile time etc.)

*Improve muscular endurance* (push-ups, sit-ups, pull-ups, etc.)

***You are not limited to these specific goals! Be Creative!***

1. **Semester Evaluation Paper (15 points)**
   * **Due Tuesday, 12/8 by 11:59 PM**. In a one-page, double-spaced, typed paper, describe whether you met your goal or not. If so, why did your plan succeed? If not, why did your plan fail? What were potential barriers to success? Be specific! Submit your paper to the dropbox on d2l. There will be a 5-point penalty per day for late assignments.

**ADDITIONAL POLICIES:**

**1. Academic Misconduct Policy**:

Integrity in all aspects of scholarship is essential to the University’s mission. The Academic Misconduct Code sets forth the rights and responsibilities of all students on the Norman Campus regarding academic integrity, and provides the procedures to be followed in cases of suspected misconduct.  Academic misconduct is defined as any act which improperly affects the evaluation of a student’s academic performance or achievement. It specifically includes cheating, plagiarism, fabrication, fraud, destruction of property, and bribery or intimidation, as well as assisting others or attempting to engage in such acts.  It is the responsibility of each student to be familiar with the definitions, policies and procedures concerning academic misconduct; and unfamiliarity with the code alter none of a student’s rights or responsibilities there under. The Academic Misconduct Code is printed with the Student Code and is available on the Internet at <http://www.ou.edu/provost>. For more information, refer to the “The Student’s Guide to Academic Integrity”, which is located at <http://integrity.ou.edu/students_guide.html>.

**2. Students with Disabilities:**

The University of Oklahoma is committed to providing reasonable accommodation for all students with disabilities. Students with disabilities who require accommodations in this course are requested to speak with me as early in the semester as possible. Students with disabilities must be registered with the Office of Disability Services prior to receiving accommodations in this course. The Office of Disability Services is located in Goddard Health Center, Suite166, phone 405.325.3852 or TDD only 405.325.4173.

1. Religious Holiday Observances:

It is the policy of the University to excuse absences of students that result from religious observances and to provide without penalty for the rescheduling of examinations and additional required class work that may fall on religious holidays.

RESOURCES:

Strength Development:

<http://stronglifts.com/stronglifts-5x5-beginner-strength-training-program/>

Weight Training, Cardio, and Nutrition Resources:

<http://www.bodybuilding.com/>

Nutrition and Fitness Resources:

<http://www.muscleandfitness.com/nutrition>

Cardio Resources:

<http://www.bodybuilding.com/fun/workout/cardio.html>

IMPORTANT COURSE DATES

Individual Fitness - HES 1221, Fall 2015

Tuesday, 8/25 Introduction, Syllabus, PAR-Q, Activity Class Contract

Thursday, 9/10 Semester Goals Paper Due

11/25-11/29 Thanksgiving Vacation (No Classes)

Friday, 10/30 Last Day to Withdraw with an Automatic W

Tuesday, 12/8 Semester Evaluation Paper Due (Last Class Meeting)