**College of Education – Department of Kinesiology**

**EXSA 1247.001**

**Exercise and Weight Management**

**Spring 2014**

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**Office Hours**: By Appointment

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**Section Information:** EXSA 1247 001

**Time and Place of Class Meetings:** Course is online. Refer to Blackboard for course directives.

**Description of Course Content:** Students will be given guidelines for the design of individual exercise and nutritional programs. Tutorials related to aerobic fitness, weight loss, and development of muscle mass, muscle strength, and joint flexibility will be posted on my website. This information will be used to maximize your individual exercise and weight management program. This class will rely heavily on the use of technology to track exercise adherence. For this class, you will be outfitted with a Fitbit activity monitor and instructed to input a dietary intake logs. This will allow you to track your daily and long term “Caloric Balance” (intake – expenditure).

**PLEASE NOTE: this course is a SELF-GUIDED LEARNING EXPERIENCE. It is NOT a traditional online course!**

**Due to the nature of the course design, students will be tracking their own individual progress on a DAILY basis. This course is NOT designed to be completed quickly; rather it is a daily learning experience, resulting in weekly reports that will be uploaded on the UTA elearn system (Blackboard). Each student will set individual goals, participate in new fitness experiences and network with classmates via discussion boards in order to learn how to incorporate health, nutrition and physical fitness concepts into his/her lifestyle.**

**Specific Competencies:**

1. Design a personally relevant progressive exercise-training program that will improve aerobic fitness, muscle performance, and flexibility.

2. Explain the need for lifetime physical activity and weight control as they relate to health enhancement and disease risk reduction.

3. Evaluate results of fitness evaluations for identification of strengths, weaknesses, and need for change.

4. Use proper technique in performing at least one resistance training exercise for each of the major muscles or muscle groups.

5. Demonstrate appropriate upper body and lower body stretches using static, dynamic, and PNF stretching techniques

6. Describe the roles of carbohydrates, fats, and proteins, for support of exercise training, reducing health risk factors, and maintaining target body weight.

7. Plan your own nutritious, healthy, and balanced meals with special attention to the demands of physical activity and good health.

**Student Learning Outcomes:**

1. Construct an energy balance plan designed to achieve negative calorie balance.

2. Implement guidelines for developing aerobic fitness, muscle strength and endurance, flexibility, and improvements in body composition in a personally relevant exercise training program.

3. Explain the need for lifetime physical activity and weight control as they relate to health enhancement and disease risk reduction.

4. Explain the benefits of achieving and maintaining high levels of aerobic and muscular fitness through the lifespan.

5. Evaluate results of fitness evaluations for identification of strengths, weaknesses, and need for change.

6. Design an 8-week progressive exercise-training program that is likely to improve

aerobic fitness, muscle performance, and flexibility.

7. Describe the roles of carbohydrates, fats, and proteins, for support of exercise training, reducing health risk factors, and maintaining target body weight.

8. Assess your personal dietary intake for total caloric intake and the percentages of carbohydrates, fats, and proteins

9. Formulate a personal plan for adequate vitamin, mineral, and fiber intake.

10. Using data on percent body fat and body mass index, contrast underweight, desirable weight, overweight, and over-fat in the context of health risk and physical performance.

**Required Course Materials:** Each student is required to either check out a Fitbit for the semester through the Department of Kinesiology, at no charge. You may purchase your own Fitbit if you wish to do so.

**Descriptions of major assignments and examinations:** This course is a self guided learning discovery and requires DAILY monitoring. This is NOT like online classes that you may have taken previously, in which you can do the bulk of the work in one time period. Weekly assignments will be due every Friday.

**Attendance:** As this class is online, attendance does not apply. However, ADHERENCE does apply!

**Grading**: Adherence to Weekly Lesson Uploads (15 at 4 points each) 60 points

Discussion Board Assignments: (3 at 10 points each) 30 points

Achievement of Personal Goal 10 points

***Total = 100 points***

**Adherence to Weekly Lesson Uploads: 60 points**

Students must upload their weekly lesson assignments to receive a grade for attendance. Each weekly lesson upload is worth 4 points. **No late uploads will be accepted**!

**Discussion Board Assignments: 30 points**

You will be required to post 3 discussion board assignments during the semester. These must be 300-500 words and written in complete sentences, with correct grammar.

**No late work will be accepted!**

**Achievement of personal goal(s): 10 points**

We will agree on a safe exercise/nutritional program designed to help you reach your personal goals. Based on your end of semester results, we will determine if, by adhering to your program, you achieved your goal. This will include completion of the following:

**“Creating a Negative Caloric Balance” Personal Fitness Program:** This will be a personal exercise program designed *by* you *for* you as pertaining to your personal health-fitness-weight management goals. Specific details will follow.

**TYPICAL GRADING SCALE:**

A (90% - 100%) .........................90-100 points

B (80% - 89%) .......................... 80-89 points

C (70% - 79%) ......................... 70-79 points

D (60% - 69%) ......................... 60-69 points

Students are expected to keep track of their performance throughout the semester and seek guidance from available sources (including the instructor) if their performance drops below satisfactory levels.

**Expectations for Out-of-Class Study:**  Beyond the time required to complete each weekly lesson, students enrolled in this course should expect to spend at least an additional 56-9 hours per week of their own time in course-related activities, including working out and exercise.

**Grade Grievances:** Any appeal of a grade in this course must follow the procedures and deadlines for grade-related grievances as published in the current undergraduate / graduate catalog. [Some instructors opt to cut and paste the relevant policy here. For undergraduate courses, see <http://wweb.uta.edu/catalog/content/general/academic_regulations.aspx#10>.

**Drop Policy:** Students may drop or swap (adding and dropping a class concurrently) classes through self-service in MyMav from the beginning of the registration period through the late registration period. After the late registration period, students must see their academic advisor to drop a class or withdraw. Undeclared students must see an advisor in the University Advising Center. Drops can continue through a point two-thirds of the way through the term or session. It is the student's responsibility to officially withdraw if they do not plan to attend after registering. **Students will not be automatically dropped for non-attendance**. Repayment of certain types of financial aid administered through the University may be required as the result of dropping classes or withdrawing. For more information, contact the Office of Financial Aid and Scholarships (<http://wweb.uta.edu/ses/fao>).

**Americans with Disabilities Act:** The University of Texas at Arlington is on record as being committed to both the spirit and letter of all federal equal opportunity legislation, including the *Americans with Disabilities Act (ADA)*. All instructors at UT Arlington are required by law to provide "reasonable accommodations" to students with disabilities, so as not to discriminate on the basis of that disability. Any student requiring an accommodation for this course must provide the instructor with official documentation in the form of a letter certified by the staff in the Office for Students with Disabilities, University Hall 102. Only those students who have officially documented a need for an accommodation will have their request honored. Information regarding diagnostic criteria and policies for obtaining disability-based academic accommodations can be found at [www.uta.edu/disability](http://www.uta.edu/disability) or by calling the Office for Students with Disabilities at (817) 272-3364.

**Academic Integrity:** All students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

*I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.*

*I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.*

Instructors may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System *Regents’ Rule* 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

**Student Support Services**:UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring, major-based learning centers, developmental education, advising and mentoring, personal counseling, and federally funded programs. For individualized referrals, students may visit the reception desk at University College (Ransom Hall), call the Maverick Resource Hotline at 817-272-6107, send a message to resources@uta.edu, or view the information at [www.uta.edu/resources](http://www.uta.edu/resources).

**Electronic Communication:** [Suggested language] UT Arlington has adopted MavMail as its official means to communicate with students about important deadlines and events, as well as to transact university-related business regarding financial aid, tuition, grades, graduation, etc. All students are assigned a MavMail account and are responsible for checking the inbox regularly. There is no additional charge to students for using this account, which remains active even after graduation. Information about activating and using MavMail is available at <http://www.uta.edu/oit/cs/email/mavmail.php>.

**Student Feedback Survey:** At the end of each term, students enrolled in classes categorized as lecture, seminar, or laboratory shall be directed to complete a Student Feedback Survey (SFS). Instructions on how to access the SFS for this course will be sent directly to each student through MavMail approximately 10 days before the end of the term. Each student’s feedback enters the SFS database anonymously and is aggregated with that of other students enrolled in the course. UT Arlington’s effort to solicit, gather, tabulate, and publish student feedback is required by state law; students are strongly urged to participate. For more information, visit <http://www.uta.edu/sfs>.

**Final Review Week:** A period of five class days prior to the first day of final examinations in the long sessions shall be designated as Final Review Week. The purpose of this week is to allow students sufficient time to prepare for final examinations. During this week, there shall be no scheduled activities such as required field trips or performances; and no instructor shall assign any themes, research problems or exercises of similar scope that have a completion date during or following this week *unless specified in the class syllabus*. During Final Review Week, an instructor shall not give any examinations constituting 10% or more of the final grade, except makeup tests and laboratory examinations. In addition, no instructor shall give any portion of the final examination during Final Review Week. During this week, classes are held as scheduled. In addition, instructors are not required to limit content to topics that have been previously covered; they may introduce new concepts as appropriate.

**Course Orientation (OPTIONAL, BUT HIGHLY RECOMMENDED)**

**Wed., Aug. 22 3:00-4:30 p.m. OR Thurs., Aug. 23 11:00 a.m.-12:00 p.m.**

**Course Schedule**

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| --- | --- |
| Assignment | Due Date |
| Lesson 1Lesson 2Lesson 3Lesson 4Lesson 5Lesson 6Lesson 7Lesson 8Lesson 9Lesson 10Lesson 11Lesson 12Lesson 13Lesson 14Lesson 15 | **1-17-14****1-24-14****1-31-14****2-7-14****2-14-14****2-21-14****2-28-14****3-7-14****3-21-14 \*no assignment due****3-28-14 during Spring Break****4-4-14****4-1-14****4-18-14****4-25-14****5-2-13** |

 “*As the instructor for this course, I reserve the right to adjust this schedule in any way that serves the educational needs of the students enrolled in this course. – Tyler Garner*