SEMESTER, YEAR: Fall 2017

School of Health and Sports

DEPARTMENT:
Science Department of Kinesiology

FACULTY:
Mrs. Stephanie Verkouille
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COURSE NUMBER AND TITLE:
KIN 134 Faith Based Fitness

CREDIT: 2 SEMESTER HOURS

DEFINITION OF CREDIT HOUR: One credit hour is equivalent to fifteen hours of faculty instruction and a minimum of thirty hours of student reading and work on other assignments in addition to class time. Online classes involve equivalent amounts of time for instruction and coursework or otherwise demonstrate student mastery of concepts through assessments, which are appropriately mapped to course learning outcomes.

PREREQUISITE: None

COURSE DESCRIPTION:
This class is designed to assist the individual in pursuing the concept of whole person health based on Mark 12: 30-31 -- “Love the Lord your God with all your heart and with all of your mind and with all your soul and with all your strength. The second is this: Love your neighbor as yourself. There is no commandment greater than these.” The individual will learn how to make wise choices regarding nutrition and exercise that impact well-being, honor God, and focus on Jesus as the model for wellness.

OBJECTIVES: During this course, the student will...
1. Increase his/her knowledge of scripture related to Christ-likeness, wellness and wholeness.
2. Explain how emotional, spiritual, mental and physical components are interrelated parts of wellness.
3. Explain how wellness is a continuous process and make personal plans to enhance one’s own wellness.
4. Explain several guidelines for healthy eating and apply some of these principles to personal life.
5. Read and interpret food labels.
6. Outline the steps an individual takes before change occurs and identify his/her current level.
7. Explain why self-control is essential to one’s physical and spiritual well-being, and develop plans to assist oneself through difficult situations.
8. Explain how many diseases are due to lifestyle choices.
9. Identify five (5) components of health-related fitness and the importance of balance.
10. Explain the FITT principle and how it applies to cardiovascular exercise.
11. Explain various exercises, muscles used and correct performance of the exercise.
12. Explain factors affecting metabolism and calculate resting metabolic rate (RMR).
13. Discuss the effects of stress on the body and ways to minimize its negative impact on wellness.
14. Attend class and complete weekly readings, assignments and tests in a timely manner.
15. Set long-term and short-term goals for nutrition and exercise to improve personal wellness.
16. Maintain accountability journal and use it to monitor progress.
17. Participate in personal fitness assessment, evaluate current level and identify areas for improvement.
18. Participate to the best of one’s ability in all class physical activities and discussions.
19. Participate in various exercise activities outside of class.
20. Be an accountability partner for a classmate.

TEXTBOOK(S) AND OTHER MATERIALS:
Mat/ Towel for workouts
Access to MyFitnessPal

REQUIRED ACTIVITIES:
1. Regular attendance and participation in all class activities including:
   A. classroom discussions
   B. fitness evaluation
   C. cardiovascular exercise, strengthening and stretching activities
2. Assignments: The student is expected to complete all homework assignments and submit them on the assigned due date.
   Assignments include: a
   A. nutrition/exercise journal
   B. fitness self-evaluation
   C. nutrition self-evaluation and nutrition plan
   D. exercise plan
   E. review questions
   F. additional reading and summaries
3. Exams/quiz: Quizzes will cover information from the previous class session(s).

EVALUATION:
Attendance is 40% of final grade
MyFitnessPal is 30% of final grade
Written assignments, Fitness Evaluations, and Quiz together make 30% of final grade

ATTENDANCE POLICY:
This class is a participation class; therefore, regular attendance is required and included in a participation grade. Documented illness, a death in the family, or extenuating circumstances (as determined by the instructor) will result in an excused absence with make-up work assigned. It is the student’s responsibility to make arrangements for completing missed work.

DROP DATE: November 7

ADA STATEMENT:
It is the policy of the University of Mobile to provide reasonable accommodations for persons with disabilities as defined in Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. Eligibility for services requires prior documentation of the disability. The Student Support Services Coordinator, Mrs. Julia Lucy (442-2284), coordinates services for students with disabilities and is an accommodation resource for faculty and administration.

ONLINE COURSE SITE:
A course site for this section can be found in MyUM on the Academic tab, either under My Courses or in Canvas. Faculty members may assign online tests that require identification verification measures. These measures may require additional fees. In order to comply with the Higher Education Act, which requires verification of student identity in online work, all online coursework submitted to the faculty member must be completed by secure login and passcode or sent from the student’s official University E-MAIL ACCOUNT.
TUTORING AND WRITING ASSISTANCE:
Tutoring in a variety of areas and writing assistance are available free of charge to UM students through UM’s Student Success (located behind Weaver Hall). Utilize the link below to schedule an appointment with a tutor online or call Student Success at 251-442-2377. Walk-Ins will be served if tutors are available. https://umportal.umobile.edu/ICS/Campus_Life/Tutoring/ (Go to MyUM>Student Success.) Tutor.com (online tutoring service) is available to students enrolled in online sections within the online course sites.

COURSE OUTLINE: We will meet every Monday from 6pm-8pm. Class will consist of a variety of different types of fitness workouts as well as a time of lecture and discussion. We will meet in various locations for class depending of the type of workout for that week. Class location will be emailed to each student the week before.

FINAL EXAM SCHEDULING:  No Final Exam
Updated 8/09/17