

Course Name and Number: EXS 0010 Concepts of Physical Fitness

Term Offered: Summer

Credits: 1

Instructor: Laurie Jensen

Instructor Email: ljensen@carthage.edu

Phone #: 262-818-3876

Instructor Office Location and Office Hours: [Laurie Jensen Information](#)

Course Description

This is an experience that presents basic knowledge and methods relevant to maintaining and developing good health, fitness and overall wellness.

Hybrid Course

A hybrid course includes both scheduled Zoom class time (**Zoom ID #445 091 5166**) and significant online out-of-classroom components that replace regularly scheduled class meeting time.

Communication

Please post all course-related questions in the General Q & A Discussion forum so that the whole class may benefit from our conversation. Please email me for matter of a personal nature. I will reply to course-related questions and email within 24-48 hours.

Learning Resources

A book is not needed for this course. All materials you need will be provided on Schoology site.

Schoology

This course will use an online portal where you will interact with your classmates and with your instructor. In the course Schoology site you will access learning materials such as syllabus, class discussions, assignments and quizzes.

Minimum Technology Requirements Computer Requirements:

- Operating System: Windows 7+ or Mac OS X 10.6+
- Computer Processor: 2+ GHz Dual Core or Intel
- Computer Memory: 512 MB
- Available Disk Space: 500 MB

Software Requirements:

- Microsoft Office

Recommended Browsers:

- Google Chrome

Browsers Plugins:

- Adobe Reader X
- Adobe Flash Player 10+

Student Learning Outcomes

This course fulfills the core [Carthage College Institutional Learning Outcomes \(ILO\)](#) requirement for the Self-knowledge, Personal Ethics and Civic Engagement category. To become aware of one's wellness and physical fitness is critical to living life to optimal fulfillment.

The goals and objectives for the class are as follows:

- To help the students assess his/her own physical fitness
- To offer the students the information and techniques to help him/her move toward living a healthier lifestyle.
- To increase the students understanding of issues involving physical fitness and healthful living.

Evaluation of Student Performance: How will grades be calculated Students will receive a satisfactory grade (S) if they:

- Complete pre-course work (as explained) by due date
- Complete all course assignment by due date
- Attend all Zoom meetings for the duration of the class time

Statement Regarding Students with Disabilities

Accommodations for students with disabilities are determined and approved by [Learning Accessibility Services \(LAS\) at Carthage College](#). If you, as a student, believe you are eligible for accommodations but have not obtained approval please contact the LAS. The LAS notifies students and faculty members of approved academic accommodations and coordinates implementation of those accommodations. While not required, students and faculty members are encouraged to discuss details of the implementation of individual accommodations.

Student Evaluation of Teaching

Course evaluation results are extremely important and are used to help me improve this course and the learning experience of future students. Course evaluation results are not made available to instructors until after grades are posted.

Course Policies

Discussion Participation

Students are expected to participate in all discussions.

Guidelines for a Productive Hybrid Course

Students are expected to conduct themselves in the course (for example, in the classroom, on discussion boards and in email) in compliance with the university's regulations regarding civility.

Civility is an essential ingredient for academic discourse. All communications for this course should be conducted constructively, civilly, and respectfully. Differences in beliefs, opinions, and approaches are to be expected. In all you say and do for this course, be professional. Please bring any communications you believe to be in violation of this class policy to the attention of your instructor.

Active interaction with peers and your instructor is essential to success in this hybrid course, paying particular attention to the following:

- Unless indicated otherwise, please review the readings and other instructional materials for each week before participating in the discussion board.
- Read your posts carefully before submitting them.
- Be respectful of others and their opinions, valuing diversity in backgrounds, abilities, and experiences.
- Challenging the ideas held by others is an integral aspect of critical thinking and the academic process. Please word your responses carefully, and recognize that others are expected to challenge your ideas. A positive atmosphere of healthy debate is encouraged.

Incompletes

Incomplete (I) grades will be granted only in emergency cases (usually only for a death in the family, major illness or injury, or birth of your child). .

Attendance

Students must attend both days to complete this course. If you miss one day, an Incomplete will NOT be granted.

Course Schedule

Day	Topic	Readings	Assignments (C = in-class; O =online)	Due Dates
Precourse	Dietary Intake & Caloric Expenditure		MyFitnessPal logging (O) MyFitnessPal worksheet (O) Informed Food Choice Worksheet (O)	Log the week of August 2-8 August 13 August 19
Precourse	Wellness & Physical Activity	Videos (O) PowerPt (O)	Wellness & Fitness Worksheets (O) Quiz (O) Wellness List (O) My Family Health Portrait (O) Discussion Board (O)	August 14 August 19 August 2
1	Components of Fitness		Discussion Board (O)	August 20 8am
2	Nutrition	Videos (O)	Quiz (O)	August 21 8am

Post Zoom Class			Wellness Change Plan Self-Reflection	August 23
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