



Welcome to the Online Course of Introduction to Exercise Science MOVP 0100-005 Fall 2011

Instructor: Laura O'Neil

Office Hours: Online availability Mon & Wed 3-6 pm and by appointment

Email: loneil@wsc.ma.edu - Email responses will be provided within a 24 hour time frame Monday through Friday, and within a 48 hour time frame over the weekends.

Course Description (3 credits)

Through exploration, observation, and experimentation students will examine the cardiorespiratory, musculoskeletal and nervous systems of the body and the impact of exercise on the functioning of these systems. The effect of changing one's own personal exercise habits on risk factors for cardiovascular disease, longevity and quality of life will be explored.

This course is asynchronous: This kind of distance education is characterized by an emphasis on "learning on demand" or "as needed communication" between students and faculty from multiple locations at times convenient to participants.

Course Content

The course will include the principles and guidelines necessary in the pursuit of a healthy lifestyle. The following topics will be included:

- The personal and societal value of establishing lifelong patterns of physical fitness
- The health-related components of physical fitness (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition)
- The principles of exercise training
- Nutrition, weight control, and ergogenic aids (food or nutrition products thought to enhance performance)
- Stress management
- Self-assessment of the health related components of physical fitness will be used to design an individual exercise program

Required Textbook

Corbin, C., Welk, G., Corbin, W., & Welk, K., 2009. *Concepts of Physical Fitness: Active Lifestyles for Wellness* (15th Edition). Boston, MA: WCB McGraw-Hill (or 14th Edition is acceptable).

Course Objectives

As a result of this course, students will be able to understand and/or demonstrate the following:

1. Understand the meaning and importance of exercise and fitness in public and personal health
2. The ability to examine one's personal attitude towards exercise and wellness
3. Understand and utilize self-management skills to adopt and maintain a healthy lifestyle
4. Develop an understanding of one's own current fitness status
5. The ability to distinguish between safe exercises and those that may be considered questionable
6. Understand the principles of weight control, including methods of determining body fat percentage, and the role of exercise nutrition
7. Understand basic nutrition, including the types and amounts of foods and how they affect health and wellness
8. An understanding of the effect of exercise on the musculoskeletal, cardiorespiratory, and nervous systems
9. Understand how proper stress management techniques can help to reduce the impact of stress on one's life
10. An ability to evaluate, interpret, and summarize current fitness and health research articles from scholarly literature
11. The issues related to being an informed consumer of health and fitness products

Basic Assumptions

- Students are physically able to participate in a minimum level of physical activities
- Students have a limited knowledge and understanding in assessing their own fitness level
- Students have limited experience in developing individual fitness programs
- Students possess some knowledge of fitness and the benefits derived from fitness
- Students are interested in taking self-responsibility for their own fitness and health

Lab Options

On your own at the WSC Wellness Center in Ely, Woodward Fitness Center, or another fitness center where you are a member.

Student Expectations

1. Weekly reading assignments and additional assignments will be necessary for class online discussions.
2. Make-up quizzes, labs, other assignments, and exams are permitted only in the event of advanced notice and instructor permission. Late assignments without prior approval of the instructor will result in a grade of zero.

Course Evaluation

Exams, quizzes, discussions, papers, and labs

Grading Scale

A	100-94	C	76-74
A-	93-90	C-	73-70
B+	89-87	D+	69-67

B	86-84	D	66-64
B-	83-80	D-	63-60
C+	79-77	F	59 and Below

Students with Special Needs

If you have a documented physical, learning, or psychological disability on record, please contact me so we may accommodate your individual needs.

Academic Dishonesty

Students will be held accountable for the academic integrity of his/her work. Violations of academic integrity include:

1. Not providing credit by appropriately citing resource materials
2. Cheating on examinations or assignments by unauthorized collaboration with other students
3. Presenting the same written work as the requirements for more than one course without the permission of the instructors involved.
4. Any student suspected of academic dishonesty will be reported to the Dean of Students. Sanctions may include receiving a failing grade for the examination, assignment, or course, being placed on probation, or being dismissed from Westfield State University

Technology

- It is the student's responsibility to address any technology related issues through CIT (x8142) or Computer Services (xHELP).
- *NOTE: Student must have a valid working email address on file with the instructor. If a student has any special needs please contact the instructor directly for accommodations.*

Weekly Assignments and Activities – All work is assigned on TUESDAY and is due the following TUESDAY at midnight, unless otherwise stated.

Weekly Activities and Assignments During each week of the course you will be able to go to this area to learn what you are expected to do to fulfill your course obligations. It is at this location that you will find a folder for each week of the course. In this folder will be your weekly assignments. *All work is assigned on Tuesday and is due the following Tuesday at midnight, unless otherwise stated.*

Discussion forums In this area you will post discussions. In certain weeks you will be responsible for discussion postings. A main post (your answer), which should be at least 300 words is due by Saturday evening at midnight and a reply post to another student's post is due by Tuesday at midnight.

Student Lounge This is an area where students can go to discuss anything they want.

Disclaimer: *Please note that this is a generic interaction plan and the official course syllabus will be available to you once the course begins. Some things in the final course syllabus may be different. However the text book is accurate.*