Midwestern State University  
College of Health Sciences & Human Services  
Department of Athletic Training & Exercise Physiology

EXPH 1061: Online Conditioning Activities  
-X20 and -X21

Term: Spring 2013

Faculty: Coach Venera Flores-Stafford  
Office: D.L. Ligon Room 134D (940) 397-4471  
venera.flores@mwsu.edu  
Office Hours: Call for an appointment  
Availability: I will be available to meet live (face-to-face) with any interested students on Wednesday February 20, 2013 from 11am to 12pm in D.L. Ligon Coliseum Rm 131.

Health Insurance Recommendation

Participation in this course may lead to accidents. All students are strongly encouraged to have health insurance coverage. Information is available through the Midwestern State University Student Health Center. [http://healthcenter.mwsu.edu/](http://healthcenter.mwsu.edu/)

It is important for the students to realize that if they are not insured under their parents or individually that they can still receive some coverage from the school during the months that classes are in session.

Course Description: This online conditioning class is designed to provide information and motivation for improving your overall fitness. The purpose of this course is to provide the student with a manner of fulfilling the requirements of a physical education course outside of the classroom. If you have not already adopted a physically active lifestyle, it is suggested that you enroll in a class that meets regularly on campus.

Objectives:
1. To establish specific personal fitness goals and outline the methods by which the goals will be achieved.
2. To learn basic human anatomy and principals related to general aerobic and resistance training.
3. To design an individualized workout plan.
4. To keep a detailed training log.
5. To become familiar with the web sites of nationally recognized organizations.
6. To have fun and learn about your fitness potential!

Required Textbook: None

Recommended Textbooks: Weight Training for Life 9th ed., by James L. Hesson, ISBN 9780495559092 and Strength Training Anatomy or Women’s Strength Training Anatomy by Frederic Delavier
### Grading:

**GRADING PROCEDURES:**

1. Assignments 25 pts.
2. Discussions 90 pts.
3. Exams: Midterm 100 pts. Final 100 pts.
4. Nutrition/Training Logs 120 pts

**1. Assignments** – A total of **9 assignments (25 points each except the last assignment is worth 50 points)** variety of assignments (i.e. finding your target heart rate, nutrition log) will be given over the semester. They will be posted on D2L at least one week prior to the due date. Once the assignments close they will NOT be reopened. Please be sure to note when assignments will close (Every Sunday by 10pm).

2. **Exams** – A midterm and a final **(100 points each)** will be given. They will be posted on D2L and will be based on articles and information on D2L that you will have to read and research.

3. **Discussions** – **10 points will be earned** from participating in the discussions which will be posted on D2L. 5 points for a response to my question and 5 points for a response to another student’s response. Responses must be composed of at least two complete sentences; anything less will not be accepted. Responses must directly relate to the issue at hand; if you disagree with another student, back it up with reason.

4. **Nutrition/Training Log** -- You must keep a detailed nutrition and training logs for 12 weeks (the semester is 15 weeks, you may omit entries for the first and last weeks of the semester), and this will be worth **120 points**, or 10 points per weekly entry.

5. **Extra Credit** -- Extra credit assignments may be given at the discretion of the instructor. Please **DO NOT** ask for it. There is already a curve built into the grading scale.

### Grading Scale:

**GRADING SCALE:**

- A = 594 pts. – 660 pts.
- B = 528 pts. – 593 pts.
- C = 462 pts. – 527 pts.
- D = 429 pts. – 461 pts.
- F = 428 pts or below

March 18, 2013 at 4pm, is the last day to withdraw from a class.

### Course Expectations:

It is possible that everyone will earn an ‘A’ in this class. It is not difficult to do, but it does have to be earned. If you don’t research the assigned material you will more than likely have difficulty with the quiz and test questions. If you don’t submit your work on time your grade will suffer. Rule of thumb: don’t wait until the last minute; that is when your worst computer problems will happen. The excuses, “my computer froze, the network connection died” etc. will not be accepted. You will be given ample time to complete the assignments.
When you look at the Calendar it may seem that there is a lot of work to do in the first few weeks. The assignments are neither difficult nor lengthy, but they are necessary measures for a successful program.

You are expected to

- Complete all assignments and participate in discussions.
- Read all the necessary material. It is nothing very difficult. The material has been chosen to enhance your knowledge base and make you aware of credible online resources. Please do not use Wikipedia as a source. Use online journals, magazines, and experts in the field.
- Be honest in your measurements and training logs.
- Follow the University’s Academic Policy.

Course Policies:

Students should refer to the current MSU Student Handbook and Activities Calendar for university policies related to academic dishonesty, student responsibilities, rights, and activities.

Academic integrity is expected of all students. Cheating in any form (including plagiarism) will not be tolerated and may result in disciplinary action. Remember the MSU Student Creed,

“As an MSU student, I pledge not to lie, cheat, steal, or help anyone else to do so.”

*Participation is mandatory. Make up examinations will be provided within one (1) week of return to class, provided the absence is excused. A total of three absences will be allowed without penalty. After the third absence, your attendance portion of your grade will be dropped by 10 points with each additional absence.

Plagiarism

By enrolling in this course, the student expressively grants MSU a “limited right” in all intellectual property created by the student for the purpose of this course. The “limited right” shall include, but shall not be limited to, the right to reproduce the student’s work product in order to verify originality and authenticity, and educational purposes.

AMERICANS WITH DISABILITIES ACT

Midwestern State University does not discriminate on the basis of an individual’s disability and complies with Section 504 of the Americans with Disabilities Act (ADA) in its admission, accessibility, and employment of individuals in programs and activities. It is the policy of Midwestern State University that no otherwise qualified person with a disability be excluded from the participation in, be denied the benefits of, or be subject to discrimination in any educational program or activity at the University. MSU provides academic accommodations and auxiliary aids to individuals with disabilities as defined by law, who are otherwise qualified to meet academic employment and requirements.

Any student who feels she/he may need an accommodation based on the impact of a disability should contact the Disability Support Services office to discuss your specific
needs. Please contact Disability Support Services at 940-397-4140 in room 168 Clark Student Center to coordinate reasonable accommodations for students with documented disabilities.