

**Dewar College of Education and Human Services
Valdosta State University
Department of Kinesiology & Physical Education**

**KSPE 1010
Physical Fitness
1 Semester Hour**

Guiding Principles (DEPOSITS)

(Adapted from the Georgia Systemic Teacher Education Program Accomplished Teacher Framework)

Dispositions Principle: Productive dispositions positively affect learners, professional growth, and the learning environment.

Equity Principle: All learners deserve high expectations and support.

Process Principle: Learning is a lifelong process of development and growth.

Ownership Principle: Professionals are committed to and assume responsibility for the future of their disciplines.

Support Principle: Successful engagement in the process of learning requires collaboration among multiple partners.

Impact Principle: Effective practice yields evidence of learning.

Technology Principle: Technology facilitates teaching, learning, community-building, and resource acquisition.

Standards Principle: Evidence-based standards systematically guide professional preparation and development.

InTASC Model Core Teacher Standards*

(To be used for all teacher preparation program courses. Identify those that apply specifically to this course.)

Standard #4: Content Knowledge. The teacher understands the central concepts, tools of inquiry, and structures of the discipline(s) he or she teaches and creates learning experiences that make the discipline accessible and meaningful for learners to assure mastery of the content.

*Council of Chief State School Offices, (2013, April). InTASC model core teacher standards and learning progressions for teachers 1.0. Retrieved from http://www.ccsso.org/Documents/2013/2013_INTASC_Learning_Progressions_for_Teachers.pdf

NASPE Standards

Standard 2: Skill and Fitness Based Competence*

Physical education teacher candidates are physically educated individuals with the knowledge and skills necessary to demonstrate competent movement performance and health enhancing fitness as delineated in the NASPE K – 12 Standards.

Elements – Teacher candidates will:

2.1 Demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.

2.3 Demonstrate performance concepts related to skillful movement in a variety of physical activities.

GA PSC Standards

2.1 The program shall prepare candidates who have the knowledge and skills necessary to demonstrate competent movement performance, health-enhancing fitness and health literacy skills.

2.0101 The program shall prepare candidates who can demonstrate personal competence in motor skill performance for a variety of physical activities and movement patterns.

2.0103 The program shall prepare candidates who can demonstrate appropriate application of performance concepts related to skillful movement in a variety of physical activities.

INSTRUCTOR

Name: A variety of KSPE instructors lead students in the KSPE 1010 courses. Questions about your class should first be directed to your individual instructor. Unresolved questions may be presented to Dr. Jiri Stelzer, Ph.D

Office Number: 175 in the Department of Kinesiology & Physical Education

Telephone Number: 333-5906

Email Address: jstelzer@valdosta.edu

Office Hours: See specific instructor for office hours.

Website: NA

COURSE DESCRIPTION

Exercise sessions in the Fitness Center are designed to improve personal fitness including assessment, interpretation and discussion of physical fitness, and selected health-related fitness components. Note: students who desire to focus on developing muscle strength only or cardiovascular fitness only should enroll in a different course (e.g. weight training, fitness walking, aerobic dance. This is a circuit training course).

REQUIRED TEXTBOOKS / RESOURCE MATERIALS

Use the KSPE 1010 workbook (available at <http://coefaculty.valdosta.edu/jiri>). Click on courses, then physical fitness, and then booklet.

COURSE OBJECTIVES

Upon successful completion of this course, you will

1. Demonstrate an understanding of the components of health related physical fitness through classroom participation in fitness activities, labs, and lecture/discussion. (InTASC S4), (NASPE 2.1, 2.3)
 - a. **Activities/Assignments/Assessments: worksheet completion, outside activity and Fitness log completion, practical & written final exam, quizzes**
2. Create personal physical fitness goals. (InTASC S4)
3. Understand the importance of proper warm-up, cool-down, and stretching techniques.(InTASC S4)
4. Know the American College of Sports Medicine recommendations for cardiovascular endurance, muscular strength and endurance, and weight loss. (InTASC S4)
5. Know how to take your own pulse.

6. Know how to determine your exercising Target Heart Rate Zone. (InTASC S4)
7. Know how to self-prescribe aerobic exercise.
8. Know how to properly adjust weight training machines and use correct technique while performing resistance exercises.
9. Identify what muscle groups are used on each machine.
10. Develop a sense of accomplishment and a desire to continue exercising for health benefits.

COURSE ACTIVITIES/ASSIGNMENTS/REQUIREMENTS

1. Meet the minimum Attendance/Participation in classes
2. Work sheet completion
3. Outside activity and Fitness log completion
4. Practical & Written Final Exam
5. Quizzes
6. Follow the Fitness Center Dress Code

Fitness Log

Students are attempting to establish training or conditioning affects. To accomplish this, students will be required to complete at least one fitness activity outside of class each week. Students may perform more than one activity but all activities should be geared toward the individuals established fitness goals. Individual instructors will establish when these are periodically checked or collected. In general they should be in a notebook, clean, neat, college caliber, and should contain the date, name, intensity and duration of the selected activity.

Practical & Written Final Exam

Your final exam will be composed of a practical section which may include exercise performance or identifying strength training machines and what muscles they work, how to set them up, and cues for proper performance. The second component of the final exam will be a comprehensive written exam (may be T/F, Short answers, M/C, Matching, fill in the blank, etc.).

Fitness Center Dress Code

The Dress Code will be strictly enforced. All of the following criteria must be met for each class session or you will not be admitted into the Fitness Center and your non participation will be considered an unexcused absence. The Dress Code is for your safety and the longevity of our equipment. If you have a question about something you would like to wear to class, ask your instructor if it is appropriate before you wear it.

1. You must bring a towel to EVERY CLASS!
2. Close-toed, closed heeled shoes with rubber soles must be worn. No boots, high heels, flip-flops, and other shoes the staff determines to be inappropriate.
3. T-shirts must be worn that do not inhibit your movement. No halter-tops, half shirts, or sports bras may be worn. T-shirts may not have offensive language or pictures on them.
4. Shorts (of appropriate length), sweatpants, wind pants, tights, spandex may be worn. Jeans, jean shorts, dress pants, dressy shorts and skirts are not acceptable. If the clothes have a zipper, it is inappropriate.
5. Belts or any other metal buckles, buttons, zippers, etc. that may puncture your skin or the upholstery are not allowed. No hats or head coverings are allowed.

6. Personal jewelry should be removed (long necklaces, rings, large earrings, etc). The fitness center staff will advise you if your jewelry poses a hazard.

COURSE EVALUATION

You will be given the opportunity to earn points in four different areas: Course Work Sheets (find in the workbook), Quizzes (may be written or physical assessments and may be announced or un-announced), your Fitness Log (find on the web site), the Final Exams (practical and written) and attendance. Assignments will not be accepted late. Missed quizzes or exams may not be made up unless it's a documented and excusable absence as determined by the course instructor.

Grading

14 Work Sheets	28%
2 Quizzes	10%
13 Fitness Logs (weeks 2-14)	13%
Practical Final Exam	19%
Attendance	10%
Final Exam	20%
Total	100%

Final Grading Scale

90-100 -- A
80-89 -- B
70-79 -- C
60-69 -- D
Below 60 -- F Attendance Policy

ATTENDANCE POLICY

Attendance is required. According to the Board of Regents, students missing 20% or more of classes are subject to being withdrawn by the instructor and receive a grade of F for the course. Therefore, students missing seven (7) or more classes will automatically receive a failing grade for the course, despite all other points earned. Every student is allowed 2 absences which will include illness, etc. without penalty. (Of course, the two allowed will still count toward the seven addressed above.) Every absence after the two allowed will result in a 2 points deduction from your grade. Make-up attendance or alternative assignments will be given only in extraordinary circumstances and will be determined by the instructor and at the sole discretion of the instructor. These assignments may or may not exactly duplicate the original and will not entitle other students to the same alternatives since they may not have experienced the same situations. Students arriving to class after attendance has been taken will receive an absence and may or may not be admitted to class at the discretion of the instructor (admittance to class does not mean you will be counted as in attendance but you may participate in quizzes, etc. for that day to prevent further harm to your grade opportunities).

PROFESSIONALISM

Professional Improvement Plan

The purpose of the Professional Improvement Plan (PIP) process is for faculty to identify students who may need remediation or intervention to successfully complete the professional requirements for their program of study. For more information see the Professional Improvement Plan Process, linked below:

<http://www.valdosta.edu/colleges/education/deans-office/documents/professional-improvement-plan-11.22.13.doc>

DEWAR COLLEGE OF EDUCATION & HUMAN SERVICES POLICY ON PLAGIARISM

<http://www.valdosta.edu/colleges/education/deans-office/policy-statement-of-plagiarism.php>

ACCESSIBILITY STATEMENT

Valdosta State University is an equal opportunity educational institution. It is not the intent of the institution to discriminate against any applicant for admission or any student or employee of the institution based on the age, sex, race, religion, color, national origin, disability, or sexual orientation of the individual. It is the intent of the institution to comply with the Civil Rights Act of 1964 and subsequent Executive Orders as well as Title IX, Equal Pay Act of 1963, Vietnam Era Veterans Readjustment Assistance Act of 1974, Age Discrimination in Employment Act of 1967, and the Rehabilitation Act of 1973.

Students with disabilities who are experiencing barriers in this course may contact the Access Office for assistance in determining and implementing reasonable accommodations. The Access Office is located in Farber Hall. The phone numbers are 229-245-2498 (V), 229-375-5871 (VP) and 229-219-1348 (TTY). For more information, please visit <http://www.valdosta.edu/access> or email: access@valdosta.edu.

STUDENT OPINION OF INSTRUCTION

At the end of the term, all students will be expected to complete an online Student Opinion of Instruction survey (SOI) that will be available on BANNER. Students will receive an email notification through their VSU email address when the SOI is available (generally at least one week before the end of the term). SOI responses are anonymous, and instructors will be able to view only a summary of all responses two weeks after they have submitted final grades. While instructors will not be able to view individual responses or to access any of the responses until after final grade submission, they will be able to see which students have or have not completed their SOIs, and student compliance may be considered in the determination of the final course grade. These compliance and non-compliance reports will not be available once instructors are able to access the results. Complete information about the SOIs, including how to access the survey and a timetable for this term is available at <http://www.valdosta.edu/academic/OnlineSOIPilotProject.shtml>.

Other Important Information

Food and Drinks

Students are allowed to bring water to class in plastic containers. Food is not allowed in the Fitness Center. No chewing gum is allowed. Water can be obtained from the sink in the Fitness Center as needed. All bottles should leave class with the student or be placed in, the trash.

Leaving Class

Students are not allowed to leave the Fitness Center once the door has been closed at the start of class. No bathroom breaks are allowed so please use the restroom before class. In the case of a medical or personal emergency please see the Fitness Staff for help. Never leave the Fitness Center without notifying the Fitness Staff for any reason. Medical emergencies will be dealt with on a situation-to-situation basis. If you leave the Fitness Center during a workout you may be marked absent.

Locker rooms and Restrooms

Locker rooms are available in the PE Complex, located in the opposite hallway from the Fitness Center. If you choose to use a locker you must bring your own lock, report your locker number to the Athletic Department secretary and remove your lock at the end of the day. If you keep your belongings in a locker overnight, your lock will be cut off and your belongings removed and disposed of. Do not use the PE Complex Restrooms for changing clothes before class. Use the locker rooms for changing clothes. There is also no room in the fitness center for book bags; these should be left in a locker or other secure place of the students' choice. The fitness center is not responsible for lost or damaged items.

Weeks	Dates	Tasks
1	11th – 17th August	Introduction, Forms Machines Introduction
2	18th– 24th	Goal Setting: pg. 4-5; Worksheet 1
3	25th – 31th	Measuring Exercise Intensity: pg.6-9 Worksheet 2
4	1st – 7th September 2 nd September Labor day Holiday	Rating of Perceived Exertion Scale: pg. 10-11 Worksheet 3
5	8th – 14th	Components of Physical Fitness pg. 12-16 Worksheet 4
6	15th – 21th	Self-prescribing Aerobic Exercise: pg. 17
7	22th – 28th	Muscular Flexibility: pg. 18-21 Worksheet 5
8	29th– 5th Sep/Oct Last day to withdraw	Muscular Strength part 1 pg. 22-27 Worksheet 6, 7
9	6th – 12th October	Muscular Strength part 2 pg. 28-34 Worksheet 8, 9
10	13th – 19th	Dietary Guidelines: pg. 35-41 Worksheet 10
11	20th – 26th	Dietary Guidelines: pg.42-43 Worksheet 11

12	27th – 2nd Oct/Nov	Body Mass Index (BMI): pg. 44-45 Worksheet 12
13	3rd – 9th November	Body Composition: pg. 46-48 Worksheet 13
14	10th – 16th	Key to Safe and Effective Weight Loss: pg. 49-51 Worksheet 14 Practical Final Exam
15	17th – 23th Fitness Log (18th December)	Practical Final Exam Written Final Exam (20th December)
16	24th – 30th	Thanksgiving Holiday
17	Dec 2nd	Last Fall class/grades will be given