CR COLLEGE OF THE REDWOODS

Figure 1 logo

Syllabus for KINS-66 Concept of Physical Fitness and Exercise

Course Information

Semester & Year: Fall 2022
Course ID & Section #: KINS-66-V3821
Instructor's name: Marla Gleave
Location: On-Line only, no classroom meetings are required.
Number of proctored exams: 0
Course units: 3

Instructor Contact Information

Office location or *Online: On-line office hours by appointment. Please email to arrange phone discussion.
Office hours: by appointment. Email to schedule.
Phone number: by appointment. Email to schedule.
Email address: marla-gleave@redwoods.edu

Textbook: Principles and Labs for Fitness & Wellness, 15th edition. Authors are Hoeger, Hoeger, Fawson & Hoeger. Cengage Learning ISBN number is 9780357020258

Other Materials: It is best to use a computer for all your course work and submissions as just using your phone to write essays, reports, and take part in the discussion forum becomes very difficult to navigate and at times difficult to submit.

RUNKEEPER phone app: this app will be used to track your 2 weekly cardiorespiratory exercise sessions. Details of this requirement will be stated in the Week 3 Module. If you are currently using an exercise tracking/reporting app, you can continue to use it and do not have to switch to RunKeeper.

Catalog Description

A course designed to introduce the principles of cardiorespiratory fitness, body composition, flexibility, and muscular strength/endurance. Physiological adaptations to exercise and reduction to disease risk are studied as are the basic principles of nutrition and how nutrition affects performance and fitness.

- *This course fulfills the CSU-GE Area E: Lifelong Learning requirement.*
- *This course is also a required course for the CR Personal Trainer Certificate of Recognition.*

Course Student Learning Outcomes *(from course outline of record)*

1. Create, analyze, and perform personal fitness goals in the areas of cardiorespiratory fitness, body composition, flexibility, muscular strength, and muscular endurance.
2. Create and analyze various exercise prescriptions related to the F.I.T.T. Principle and other Principles of Exercise.

3. Explain assessment techniques of resistance training, cardiorespiratory fitness, body composition measurements, and flexibility.
4. Explain the combined role of nutrients and exercise physiology in energy expenditure, weight management, and degenerative diseases.

Prerequisites/co-requisites/ recommended preparation

None.

Accessibility

College of the Redwoods is committed to making reasonable accommodations for qualified students with disabilities. If you have a disability or believe you might benefit from disability-related services and accommodations, please contact your instructor or Disability Services and Programs for Students (DSPS). Students may make requests for alternative media by contacting DSPS based on their campus location:

- Eureka: 707-476-4280, student services building, 1ˢᵗ floor
- Del Norte: 707-465-2324, main building near library
- Klamath-Trinity: 530-625-4821 Ext 103

If you are taking online classes DSPS will email approved accommodations for distance education classes to your instructor. In the case of face-to-face instruction, please present your written accommodation request to your instructor at least one week before the needed accommodation so that necessary arrangements can be made. Last minute arrangements or post-test adjustments usually cannot be accommodated.

Student Support

Good information and clear communication about your needs will help you be successful. Please let your instructor know about any specific challenges or technology limitations that might affect your participation in class. College of the Redwoods wants every student to be successful.

Evaluation & Grading Policy: Estimated that 250 points possible throughout the semester.

Final Grade scale:

A= 95-100%

A-= 90-94%

B+ = 86-89%

B = 83-85%

B- = 80-82%

C+ = 75-79%

C = 70-74%

D = 60-69%

F = 59% and below

Course Requirements:

Weekly Requirements and how to navigate CANVAS to find the weekly information:

- Each week a new module will open and the module will contain links for the lesson, discussion, and assignments due. The module will open every Monday morning with due dates on Thursday and/or Sunday. Be sure to read each weeks Module on Monday so you know what is expected of you by Thursday night first deadline. The module will close each Sunday night.
- Weekly discussion deadlines will be Thursday for your initial post and Sunday for your response. Not every week will have a discussion, but the majority of the weeks will.
- Most weeks you need to complete a task and reading by Thursday, as the discussion post for the week will be directly related to the task/information. It is recommended that you read the lesson each Monday so that you can time-manage your week, not only for this course, but for all courses you are taking.
- Rubrics for Discussions: For the weeks a discussion occurs, you will earn points for creating your initial post using terms and concepts per the assignment (up to 8 points possible) by the Thursday night deadline, responding to a classmate by the Sunday night deadline using the guidelines identified in that week's discussion requirements (up to 2 points possible). Of these possible 10 discussion points, you will lose points for being either late on your Thursday post, your Sunday post, or late on both. Loss of points will also occur if you do not address all the discussion details in the thought and depth of thinking required.

Other Course Requirements and Assignments:

- Individual Exercise Prescription Portfolio: Throughout the semester various assignments will be given with the objective for the student to develop their own personal exercise and nutrition portfolio. Assignments spread throughout the semester will include target heart rate calculations, 15 exercise sessions of which an app called RUNKEEPER will be used, nutrition analysis, body composition analysis, and various labs from the textbook. Points for all these assignments will be approximately 100 points. More details on each assignment will be explained in the week they are assigned. You can currently find more details on the portfolio in the resources module and it will also be stated again during week 3 of the semester.
- Case Studies: For some chapters, in lei of quizzes or exams, a case study analysis of a mock client will be required. Within this analysis you will be required to correctly use terms and concepts from the chapter. Details of each mock client assignment will be explained in detail during the week assigned.
- Chapter Labs: various labs located at the back of chapters will be assigned. Not all labs will be completed, only those that I identify as needed.
- Quizzes and Exams: Each chapter will have either a case study as its quiz or a true quiz of approximately 10-25 points. There is one major exam of up to 50-60 points related to Chapter 6. A study guide will be supplied for the major Chapter 6 exam.

Weekly Discussion Forum Grading Format:

- For the weeks a discussion occurs, you will earn points for creating your initial post using terms and concepts per the discussion directions (up to 8 points possible) by the Thursday night deadline, and
- Responding to the discussion by the Sunday night deadline using the guidelines identified in that week's discussion requirements (up to 2 points possible). Some weeks you respond to a classmate and other weeks you have the opportunity to respond to yourself and improve your Thursday night post.
- Of these possible 10 discussion points, you will lose points for being either late on your Thursday post, your Sunday post, or late on both. Loss of points will also occur if you do not address all the discussion details in the thought and depth of thinking required.

Student Commitment:

This online class will require at least as much time as you dedicate to a traditional lecture class. Plan to need at least 4-6 hours a week to read the weekly lesson and the textbook chapter information, take part in discussions, submit homework assignments, do research on various assignments, and complete chapter quizzes. Some weeks will be more intensive then others. Time Management for not only this course, but all you courses, is important to your success.

Computer Skills: Online courses require computer skills. Before beginning, make sure you can:
- navigate the course Learning Management System (Canvas),
- receive and respond to your CR email,
- upload and download files using Canvas, and
- use a word processor (such as Microsoft Word).

It is very difficult to take part in a lecture class solely using your phone as the ability to craft answers to homework questions, write article reviews, etc is compromised.

Technology Requirements:
- It is also highly recommended that you download the free CANVAS student app to your phone. This will allow you to quickly read instructor announcements, check your grade, and either send or reply to a canvas email.
- The CANVAS student app will allow you access to all your classes, not just KINS-65.

Student Resources: There are instructions on how to log in to Canvas, the basics of using Canvas, and additional support for taking an online course at College of the Redwoods on the CR-Online web page.

Weekly CANVAS Format and Deadlines:

Each week a new module will open on Monday morning and close on Sunday night. The module will contain links for the weekly lesson, discussion, assignments, and quiz due. Be sure to pay attention to due dates throughout the week.

The majority of weeks you will need to complete a task and/or reading by Thursday as the discussion post for the week will be directly related to the task/information. It is recommended that you open and view the module each Monday so that you can see what is required throughout the week. This will allow you to time-manage your week, not only for this course, but for all courses you are taking.

Important note about CANVAS showing deadlines: CANVAS does not allow instructors to set two deadlines within the same week for discussions and/or assignments. The deadline you will see in your Canvas TO DO area will only show the ending deadline. Know that in this class, your first discussion post is always due on a THURSDAY night and your response will be due on Sunday nights. It is the Sunday night date that will show in your TO DO section. This goes for all your classes, not just KINS-66, so be sure you read and understand all mid-week deadlines in ALL your classes so you don't lose points.

Admissions deadlines & enrollment policies

Fall 2022 Dates

- *Classes begin: 8/20/22*
- *Last day to add a class: 8/26/22*
- *Last day to drop without a W and receive a refund: 9/02/22*
- *Labor Day Holiday (all campuses closed): 09/05/22*
- *Census date: 9/06/22 or 20% into class duration*
- *Last day to petition to file P/NP option: 09/16/22*
- *Last day to petition to graduate or apply for certificate: 10/27/22*
- *Last day for student-initiated W (no refund): 10/28/22*
- *Last day for faculty-initiated W (no refund): 10/28/22*
- *Veteran's Day (all campuses closed): 11/11/22*
- *Fall Break (no classes): 11/21/22 – 11/25/22*
- *Thanksgiving Holiday (all campuses closed): 11/23/22 – 11/25/22*
- *Final examinations: 12/10/22 – 12/16/22*
- *Semester ends: 12/16/22*
- *Grades available for transcript release: approximately 01/06/23*

Students who have experienced extenuating circumstances can complete & submit the ***Excused Withdrawal Petition*** to request an Excused Withdrawal (EW) grade instead of the current Withdrawal (W) or non-passing (D, F & NP) grades. The EW Petition is available from the Admissions and Records Forms Webpage. Supporting documentation is required.

Student and instructor initiated drop dates and drop policies:

Faculty Initiated Drop Policies: A student can be dropped from the course by their instructor in a manner of three different ways and three different deadlines.

1. A student who does not attend the first week of classes will be faculty dropped by Friday noon of the first week of the semester in order to make roster room for a wait-listed student.
2. A student who attends the first class or the first week but then fails to attend the second week of the semester will be faculty dropped by the end of the 2nd week (CENSUS date) of the semester in order to fulfill the college policy of confirming the course roster per California Community College Chancellor's Office census roster reporting requirements.
3. **Excessive Absence Policy:** Redwoods Community College District has an excessive absence policy which allows instructors to drop a student after the census date and anytime throughout the end of the 10th week of the semester. Each instructor is able to define their own excessive absence criteria. For the purpose of this class, excessive absence is defined as a student not attending class for two consecutive weeks without communication with the instructor on reason for absence and creating a plan on returning to class. **For the Fall 2022 semester, the end of the 10th week is October 28 2022. A Withdraw (W) will appear on the official student transcript.**

Student Initiated Withdraw from course:
1. Students can withdraw themselves anytime from the start of the course until the Friday of the second week of the course and not have a Withdraw (W) stated on their official college transcript. A refund, minus Student Services fees, will occur.
2. Students may also withdraw themselves between the start of week 3 and the end of week 10 (October 28, 2022) but this timeframe will result in a Withdraw (W) stated on their official college transcript and NO refunds.
3. **It is advised that a student meet with a CR counselor prior to withdrawing from a course to understand any repercussions that a Withdraw on their official transcript may create.**

Academic dishonesty

In the academic community, the high value placed on truth implies a corresponding intolerance of scholastic dishonesty. In cases involving academic dishonesty, determination of the grade and of the student's status in the course is left primarily to the discretion of the faculty member. In such cases, where the instructor determines that a student has demonstrated academic dishonesty, the student may receive a failing grade for the assignment and/or exam and may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the College Catalog and on the College of the Redwoods website.

Disruptive behavior

Student behavior or speech that disrupts the instructional setting will not be tolerated. Disruptive conduct may include, but is not limited to: unwarranted interruptions; failure to adhere to instructor's directions; vulgar or obscene language; slurs or other forms of intimidation; and physically or verbally abusive behavior. In such cases where the instructor determines that a student has disrupted the educational process, a disruptive student may be temporarily removed from class. In addition, the student may be reported to the Chief Student Services Officer or designee. The Student Code of Conduct (AP 5500) is available on the College of the Redwoods website. Additional information about the rights and responsibilities of students, Board policies, and administrative procedures is located in the College Catalog and on the College of the Redwoods website.

Inclusive Language in the Classroom

College of the Redwoods aspires to create a learning environment in which all people feel comfortable in contributing their perspectives to classroom discussions. It therefore encourages instructors and students to use language that is inclusive and respectful.

Setting Your Preferred Name in Canvas

Students have the ability to have an alternate first name and pronouns to appear in Canvas. Contact Admissions & Records to request a change to your preferred first name and pronoun. Your Preferred Name will only be listed in Canvas. It does not change your legal name in our records. See the Student Information Update form.

Canvas Information

If using Canvas, include navigation instructions, tech support information, what Canvas is used for, and your expectation for how regularly students should check Canvas for your class.
Log into Canvas at https://redwoods.instructure.com
Password is your 8 digit birth date
For tech help, email its@redwoods.edu or call 707-476-4160
Canvas Help for students: https://www.redwoods.edu/online/Help-Student
Canvas online orientation workshop: https://www.redwoods.edu/online/Home/Student-Resources/Canvas-Resources

Community College Student Health and Wellness

Resources, tools, and trainings regarding health, mental health, wellness, basic needs and more designed for California community college students, faculty and staff are available on the California Community Colleges Health & Wellness website.

Wellness Central is a free online health and wellness resource that is available 24/7 in your space at your pace.

Students seeking to request a counseling appointment for academic advising or general counseling can email counseling@redwoods.edu.

Emergency procedures / Everbridge

College of the Redwoods has implemented an emergency alert system called Everbridge. In the event of an emergency on campus you will receive an alert through your personal email and/or phones. Registration is not necessary in order to receive emergency alerts. Check to make sure your contact information is up-to-date by logging into WebAdvisor https://webadvisor.redwoods.edu and selecting 'Students' then 'Academic Profile' then 'Current Information Update.'

Please contact Public Safety at 707-476-4112 or security@redwoods.edu if you have any questions. For more information see the Redwoods Public Safety Page.

In an emergency that requires an evacuation of the building anywhere in the District:
- Be aware of all marked exits from your area and building
- Once outside, move to the nearest evacuation point outside your building
- Keep streets and walkways clear for emergency vehicles and personnel

Do not leave campus, unless it has been deemed safe by the campus authorities.

Del Norte Campus Emergency Procedures

Please review the Crescent City campus emergency map for campus evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information see the Redwoods Public Safety Page.

Eureka Campus Emergency Procedures

Please review the campus emergency map for evacuation sites, including the closest site to this classroom (posted by the exit of each room). For more information on Public Safety go to the Redwoods Public Safety Page It is the responsibility of College of the Redwoods to protect life and property from the effects of emergency situations within its own jurisdiction.

In the event of an emergency:

1. Evaluate the impact the emergency has on your activity/operation and take appropriate action.
2. Dial 911, to notify local agency support such as law enforcement or fire services.
3. Notify Public Safety 707-476-4111 and inform them of the situation, with as much relevant information as possible.
4. Public Safety shall relay threat information, warnings, and alerts through the Everbridge emergency alert system, Public address system, and when possible, updates on the college website, to ensure the school community is notified.
5. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet, (evacuation to a safe zone, shelter in place, lockdown, assist others if possible, cooperate with First Responders, etc.).
6. If safe to do so, notify key administrators, departments, and personnel.
7. Do not leave campus, unless it is necessary to preserve life and/or has been deemed safe by the person in command.

Klamath Trinity Campus Emergency Procedures

Please review the responsibilities of, and procedures used by, the College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to communicate to faculty, staff, students and the general public during an emergency. It is the responsibility of College of the Redwoods, Klamath-Trinity Instructional Site (KTIS) to protect life and property from the effects of emergency situations within its own jurisdiction.
1. In the event of an emergency, communication shall be the responsibility of the district employees on scene.
    a. Dial 911, to notify local agency support such as law enforcement or fire services.
    b. If safe to do so, notify key administrators, departments, and personnel.

c. If safe to do so, personnel shall relay threat information, warnings, to ensure the school community is notified.

d. Contact Jolene Gates 530-625-4821 to notify of situation.

e. Contact Hoopa Tribal Education Administration office   530-625-4413

f. Notify Public Safety 707-476-4111.

2. In the event of an emergency, the responsible district employee on scene will:

a. Follow established procedures for the specific emergency as outlined in the College of the Redwoods Emergency Procedure Booklet.

b. Lock all doors and turn off lights if in lockdown due to an active shooter or similar emergency.

c. Close all window curtains.

d. Get all inside to safe location Kitchen area is best internal location.

e. If a police officer or higher official arrives, they will assume command.

f. Wait until notice of all is clear before unlocking doors.

g. If safe to do so, move to the nearest evacuation point outside building (Pooky's Park), directly behind the Hoopa Tribal Education Building.

h. Do not leave site, unless it has been deemed safe by the person in command. Student Support Services (required for online classes)

Student Support Services

The following online resources are available to support your success as a student:

- CR-Online (Comprehensive information for online students)
- Library Articles & Databases
- Canvas help and tutorials
- Online Student Handbook

Counseling offers assistance to students in need of professional counseling services such as crisis counseling.

Learning Resource Center includes the following resources for students

- Academic Support Center for instructional support, tutoring, learning resources, and proctored exams. Includes the Math Lab & Drop-in Writing Center
- Library Services to promote information literacy and provide organized information resources.
- Multicultural & Diversity Center

Special programs are also available for eligible students include

- Extended Opportunity Programs & Services (EOPS) provides financial assistance, support and encouragement for eligible income disadvantaged students at all CR locations.
- The TRiO Student Success Program provides eligible students with a variety of services including trips to 4-year universities, career assessments, and peer mentoring. Students can apply for the program in Eureka or in Del Norte
- The Veteran's Resource Center supports and facilitates academic success for Active Duty Military, Veterans and Dependents attending CR through relational advising, mentorship, transitional assistance, and coordination of military and Veteran-specific resources.
- Klamath-Trinity students can contact the CR KT Office for specific information about student support services at 530-625-4821