



SUL ROSS
KINESIOLOGY DEPARTMENT

PE 1150-W01
Wellness/Fitness Assessment
Spring 2020

Dr. Billy Jack Ray
Assistant Professor - Kinesiology

Office: Grace-Pierce 101
Phone: 432/837-8444 office
Email: billy.ray@sulross.edu
Office Hours: MW 9-11 & 1-3, TR 9-11 & 2-4, and F 9-2. **By appointment** (email to set an appointment)
Meeting: Online with Blackboard components
Required Text: None

Course Description and Purpose:

Human wellness is a state of health that allows an individual to participate fully in life. Having the energy and enthusiasm to undertake activities of all types after a full day's work is the desire of every individual. Wellness is personal and, once achieved, the individual is rewarded by an enhanced lifestyle. The holistic approach of this wellness class will teach students techniques for acquiring wellness as well as, techniques for maintaining an improved quality of life. Students will understand what makes activity purposeful and why certain activities are selected in place of others. The student will also understand how the body functions and how to make responsible choices based upon a wide range of factors: understanding one's feelings and personal values, the ability to cope with stress and problems in general will be discussed.

Marketable Skills – The following marketable skills are met in this course:

- **Creativity –**
- **Collaboration –**
- **Communication – Critical Thinking –** students will be introduced to the idea of needing to critically decipher a multitude of real-world scenarios
- **Career Readiness –** students will be introduced to skills necessary to thrive in their chosen profession

Student Program Outcome:

Competency 006

The teacher understands major body systems, principles of physical fitness development and training and the benefits of a healthy, active lifestyle.

Texas Education Standard

Standard II

The physical education teacher understands principles and benefits of a healthy, physically active lifestyle and motivates students to participate in activities that promote this lifestyle.

Course Objectives:

1. Develop a cognitive understanding of the concept of total wellness and how this holistic approach can benefit a quality of life and well-being.
2. Examine wellness in the context of each of the 7 major wellness components.
3. Develop an understanding of the major systems of the body.
4. Define physical fitness and examine the effects of activity on: the cardiovascular system, strength, muscular endurance, flexibility, and body composition.
5. Participate in self-evaluation and wellness testing for each of the 7 major wellness components.

Methods/Techniques

Lecture, video, cognitive and affective lab experiences.

Grading Requirements

1. Labs- (100 Total Points) We will joint **MapMyFitness** and log in wellness experiences per two weeks. Twenty points will be awarded per two weeks. **See grading below in Grading Scale.**

2. Final Exam- One test (**20 points**) will be given based on material covered in the text and lectures.

Grading Scale

90-100	%	A	90 - 100pts. -
80-89	%	B	80 --89 pts.-
70-79	%	C	70 - 79 pts.-
60-69	%	D	60 -69 pts.
0-59	%	F	50 -59 pts.

Tentative Course Outline (Class meeting and log in to MapMyFitness)

Week 1

8 log-ins (worth 2 pts. each) + 2 responses (worth 2 pts.) = 20 pts)

Week 2

8 log-ins (worth 2 pts. each) + 2 responses (worth 2 pts.) = 20 pts)

Week 3

8 log-ins (worth 2 pts. each) + 2 responses (worth 2 pts.) = 20 pts)

Week 4

8 log-ins (worth 2 pts. each) + 2 responses (worth 2 pts.) = 20 pts)

Week 5

8 log-ins (worth 2 pts. each) + 2 responses (worth 2 pts.) = 20 pts)

Final Exam = One page reflection typed on MapMyFitness experience

(+20 Points if needed)

Accidents & Injuries

In the case of bodily or personal property damage, the Kinesiology Department will not be held responsible. The student must report any field experience related injury or illness to the Instructor immediately. Any expense incurred due to injury or illness will be the student's responsibility.

Academic Integrity Statement

Academic integrity represents the choice to uphold ethical responsibility for one's learning within the academic community, regardless of audience or situation.

Academic Civility Statement

Students are expected to interact with professors and peers in a respectful manner that enhances the learning environment. Professors may require a student who deviates from this expectation to leave the face-to-face (or virtual) classroom learning environment for that particular class session (and potentially subsequent class sessions) for a specific amount of time. In addition, the professor might consider the university disciplinary process (for Academic Affairs/Student Life) for egregious or continued disruptive behavior.

Academic Affairs Service Statement

Sul Ross faculty, staff, and students are expected to model responsible citizenship through service activities that promote personal and academic growth while enhancing the university, local, regional, national, and global communities. These activities will foster a culture of academic/public engagement that contributes to the achievement of the university's mission and core values.

Academic Excellence Statement

Sul Ross holds high expectations for students to assume responsibility for their own individual learning. Students are also expected to achieve academic excellence by:

- Honoring the core values of Sul Ross.
- Upholding high standards of habit and behavior.
- Maintaining excellence through class attendance and punctuality.
- Preparing for active participation in all learning experiences.
- Putting forth their best individual effort.
- Continually improving as independent learners.
- Engaging in extracurricular opportunities that encourage personal and academic growth.
- Reflecting critically upon feedback and applying these lessons to meet future challenges.

ADA Statement

Sul Ross State University is committed to equal access in compliance with the Americans with Disabilities Act of 1973. It is the student's responsibility to initiate a request for accessibility services. Students seeking accessibility services must contact Mary Schwartze, M. Ed., L.P.C., in Counseling and Accessibility Services, Ferguson Hall, Room 112. The mailing address is P.O. Box C-122, Sul Ross State University, Alpine, Texas 79832. Telephone: 432-837-8691. E-mail: mschwartze@sulross.edu.