



School of
Distance Education
Andrews University



SYLLABUS

FTES 138 Cardio Development

202241

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School of Distance Education

Self-Paced Courses

This course follows a self-paced online format. This format allows you to set your own pace of study. While you have 180 days from your start date to complete the course with Andrews University, it is your responsibility to meet any deadlines set by your home institution. The last day to withdraw with a full refund is 15 days after your start date. See [more withdrawal details here](#).

Instructor Contact

Please refer to course in LearningHub for the teacher contact information.

Communication with the Instructor

It is important to remember that while the Internet is available 24 hours a day, your instructor is not. You can expect that your instructor will respond to e-mail message to you within 2 business days during the week and may not be available to respond on weekends.

Other Assistance

| | | |
|---|--|----------------------|
| Username and password assistance | helpdesk@andrews.edu | (269) 471-6016 |
| Technical assistance with online courses | dlit@andrews.edu | (269) 471-3960 |
| Exam requests and online proctoring | sdeexams@andrews.edu | Call: (269) 471-6566 |
| Distance Student Services - any other questions | sdestudents@andrews.edu | Text: (269) 397-4477 |

Part 1: Course Information

Course Description

A study of basic-fitness concepts and principles focused on cardiovascular endurance and flexibility. Students will be required to develop a personalized exercise program for physical fitness based on their current fitness level. Weekly independent workouts are required.

Required Text/Materials

- Pedometer
- Resistance bands, dumb bells, jump rope & yoga mat

Credit Hour and Commitment

This course is offered for 1 semester credit. In a face-to-face 15 week semester class, that typically requires 1 hour of classroom time per week, and 2 hours of homework per week for a total of about 45 hours. This class is delivered **online in 16 weeks**; so you should plan to spend about three hours a week on this class, including working out, reading, accessing instructional materials, interacting with your instructor, and completing homework. *Due to the physical fitness nature of the course, you must plan to take 16 weeks to complete the course. The course cannot be completed faster than that.*

Student Learning Outcomes

Upon successful completion of this course, you the student should be able to:

- SLO1: Evaluate his or her current level of physical fitness.
- SLO2: Develop a regular exercise program, in pursuit of a wholesome way of life.
- SLO3: Identify the three principles of physical fitness and how they are applied to overall wellness.
- SLO4: Discuss the significance of developing a regular exercise program that will increase muscular strength, cardiovascular fitness, and flexibility.
- SLO5: Execute the three principles of physical fitness at least three times a week.
- SLO6: Plan for the future by setting goals.

Part 2: Course Methods and Delivery

Methods of Instruction

Methods of instruction include assigned readings from the course material, reflections on readings, video presentations, blogs, and homework assignments. This course also has a midterm and final exam. Regular participation in the course is essential to good performance.

Technical Requirements

- Computer: PC (Win 10 or newer) or MAC (10.14 or better)
- A webcam with microphone, and speakers (or plug in headset)
- Internet: 2.4 Mbps or faster DSL, cable or Wi-Fi connection
- Browser: Current version of Chrome or Firefox
- Software: Office 2013 or newer ([Office 365 available here](#))

LearningHub Access

This course is delivered online through LearningHub at <http://learninghub.andrews.edu>. Your username and password are your Andrews username and password. You need to activate your username and password to access LearningHub.

Please do this online here: <https://vault.andrews.edu/vault/pages/activation/information.jsp> if you haven't already. If you need assistance, call or email us: (296) 471-6016 or helpdesk@andrews.edu.

If you need technical assistance at any time during the course, or to report a problem with LearningHub, please email dlit@andrews.edu or call (269) 471-3960.

Part 3: Course Requirements

Important Note: Activity and assignment details will be explained in detail within each learning module. If you have any questions, please contact your instructor.

Your Schedule

In LearningHub, you will access online lessons, course materials, and resources. This course is self-paced. You must complete the course within 180 days. This is the Consortium policy. You may have a stricter deadline imposed by graduation, financial aid, or other restrictions.

Start by creating a schedule for completion of the course.

- Determine your deadline. Do you need a transcript sent to your home institution?
- Working from your deadline, count backwards. Allow 2 weeks after you take your final exam for your final grade to be calculated. Allow another 2 weeks for the transcript to be processed and sent.
- Now use the suggested 16-week schedule to create a schedule for yourself that ensures completion 4 weeks before your deadline.

Submit your course plan to your instructor within LearningHub AND discipline yourself to make regular progress.

Assessment Descriptions.

Assigned Readings: Readings are drawn from online materials. The course schedule below lists the reading assignments and their due dates.

Labs: There are 12 labs for this course. Seven of the labs are from assigned readings and five of the labs are assessment labs (PAR-Q, Muscular Strength, Heart Rate, Pedometer, & Goals). All labs can be found and downloaded from LearningHub.

Activity Logs: There are 15 activity logs for this course. An activity log must be submitted each week. Students must name the workout they chose and give a brief description of activities preformed. Students are not allowed to preform the same workout more than three times. Students have three options to choose from:

1. The instructor's workouts. These workouts are Word Documents. They are placed in an organized folder labeled "Workouts".
2. Instructional videos. A variety of instructional videos have been placed in an organized folder labeled "Videos".
3. Student Choice (SC). SC is only offered every other week. Students are allowed to preform their own workouts but they must give a detailed account of what they did.

This is an activity class therefore working out on a weekly basis is crucial. All activity logs can be found and downloaded from LearningHub.

Blogs: This course contains 7 blogs. The successful student is expected to post a short essay to each blog as they appear in the course. Since it is easier to just post essays rather than attach them as Word documents, posted essays of an approximate length of 250-300 words are acceptable. While in a self-paced version, it is not practical to require students to reply to other students' post, such interaction is encouraged and improves the learning environment.

Exams: This course contains a midterm and a final exam. This is a hands-on activity class. There are no textbooks or weekly quizzes. To ensure the student is obtaining knowledge and learning new methods there will be two video presentations.

The midterm will consist of a 10-15 minute video presentation of a workout the student has developed for himself or herself. In video 1 the student must implement the 3 components of physical fitness. The student will demonstrate they have proper knowledge of each exercise. Both exams must be taken under the supervision of a proctor.

The final exam will be a 10-15 minute instructional video. In video 2 the student will act as a fitness instructor. The viewer, in this case the professor, should be able to follow along with the workout.

For more details see rubric.

Evaluation Paper: Submit a typed, one-page (double-spaced, 12 font, Times New Roman) report responding to the following questions:

1. How do you feel about working out on a regular basis?
2. What positive effects have you noticed?
3. What were your obstacles and how can you overcome them?
4. Which changes do you want to make to your current plan?
5. How do you plan to continue making your fitness a priority?

Please write at a 'college level'. Check your spelling and grammar and have someone proofread it before you turn it in.

Rubrics

Please refer to course in LearningHub for rubrics.

Exams

There is a midterm and final exam. Video 2 must be submitted on time in order to receive a final grade.

Suggested schedule for completion in 16 weeks:

| Modules | Lessons | Assigned Reading | Assignments |
|----------------|---|---|---|
| Intro | These items will need to be completed before you will have access to the rest of the course | Orientation Course Overview Introductions Academic Integrity | Schedule Introduce Yourself Academic Integrity Quiz Academic Integrity Statement |
| 1 | Assessing current activity level & preparing for physical activity | | Lab 1: PAR-Q Activity Log 1 Discussion Forum 1 |
| 2 | Identify the three components of physical fitness and how they relate to the FITT Principle | Physical Fitness & FITT principle PowerPoint lesson | Lab 2 Activity Log 2 |
| 3 | Counting target heartrate and ratings of perceived exertion | American Heart Association Link | Lab 3: Heart Rate Activity Log 3 Discussion Forum 2 |
| 4 | Body Composition The importance of cardiovascular fitness | | Lab 4A: Fitness Calculator Lab 4B: Breaking Bad Habits Activity Log 4 |
| 5 | The importance of strength training | Read Strength Training Article | Lab 5: ST Article Activity Log 5 |
| 6 | Evaluating Muscular strength | Read Lab 6 Muscular Strength Assessment | Lab 6: Muscular Strength Assessment Activity Log 6 |
| 7 | The importance of flexibility | Read Flexibility Article | Lab 7: Flexibility Activity Log 7 |
| 8 | Midterm Maintenance | | Midterm Video Activity Log 8 |
| 9 | Avoiding Strength Plateaus Maintenance | Read Strength Plateaus article | Lab 9: Fit Facts Activity Log 9 Start Pedometer Challenge |
| 10 | The importance of maintaining physical activity Maintenance | | Activity Log 10 Discussion Forum 3 Continue Pedometer Challenge |
| 11 | Maintenance | | Activity Log 11 Discussion Forum 4 Continue Pedometer Challenge |
| 12 | Maintenance | | Activity Log 12 Discussion Forum 5 Continue Pedometer Challenge |
| 13 | Maintenance | | Lab 13: Pedometer Challenge Activity Log 13 Discussion Forum 6 |
| 14 | Maintenance | | Activity Log 14 Discussion Forum 7 |
| 15 | Planning for the future and setting goals | | Lab 14: Goals Personal Fitness Evaluation Paper Activity Log 15 |
| 16 | FINAL EXAM – VIDEO 2 | | |

Completing Assignments

All assignments for this course will be submitted electronically through LearningHub unless otherwise instructed. Assignments and exams must be completed **within 180 days** of course registration date. This timeframe is subject to change depending on deadlines set by your home institution.

Part 4: Grading Policy

Graded Course Activities

| Percent % | Description |
|-----------|------------------------|
| 35 | Labs |
| 35 | Activity Logs |
| 20 | Exams |
| 5 | Blog |
| 5 | Evaluation Paper |
| 100 | Total Percent Possible |

Viewing Grades in LearningHub

- Click into the course.
- Click on the **Grades** link in the Settings Box to the left of the main course page.

Letter Grade Assignment

| Letter Grade | Percentage |
|--------------|------------|
| A | 93-100% |
| A- | 90-92% |
| B+ | 88-89% |
| B | 83-87% |
| B- | 80-82% |
| C+ | 78-79% |
| C | 73-77% |
| C- | 70-72% |
| D | 60-69% |
| F | 0-59% |

Part 5: Course Policies

Withdrawal and Incomplete Policies

The current withdrawal policy can be found online at <https://www.andrews.edu/distance/students/gradplus/withdrawal.html>. The incomplete policy is found online at <http://www.andrews.edu/web/msc/moodle/public/incompletes.html>.

Maintain Professional Conduct Both in the Classroom and Online

The classroom is a professional environment where academic debate and learning take place. Your instructor will make every effort to make this environment safe for you to share your opinions, ideas, and beliefs. In return, you are expected to respect the opinions, ideas, and

beliefs of other students—both in the face-to-face classroom and online communication. Students have the right and privilege to learn in the class, free from harassment and disruption.

Academic Accommodations

Students who require accommodations may request an academic adjustment as follows:

1. Read the Andrews University Disability Accommodation information at <https://www.andrews.edu/services/sscenter/disability/>
2. Download and fill in the disability form at <http://www.andrews.edu/services/sscenter/disability/accommodationsreqform.pdf> . Preferably type answers. To save a digital copy, 1) print to file and save or 2) print and scan. Email the completed form and disability documentation (if any) to success@andrews.edu or fax it to (269) 471-8407.
3. Email sdestudents@andrews.edu to inform the School of Distance Education that a disability has been reported to Student Success.

Commitment to Integrity

As a student in this course, and at the university, you are expected to maintain high degrees of professionalism, commitment to active learning, participation in this course, and integrity in your behavior in and out of this online classroom.

Commit to Excellence

You deserve a standing ovation based on your decision to enroll in, and effectively complete this course. Along with your pledge of “commitment to Integrity” you are expected to adhere to a “commitment to excellence.” Andrews University has established high academic standards that will truly enhance your writing and communication skills across the disciplines and in diverse milieu with many discourse communities in the workplace.

Honesty

Using the work of another student or allowing work to be used by another student jeopardizes not only the teacher-student relationship but also the student’s academic standing. Lessons may be discussed with other students, tutors may help to guide a student’s work, and textbooks, encyclopedias and other resource materials may be used for additional assistance, but the actual response must be the student’s own work.

Exams must be completed in the presence of an approved supervisor without the assistance of books, notes, devices or outside help unless otherwise specified in the exam directions. The student should have no access to the exam either before or after it is taken. A student who gives information to another student to be used in a dishonest way is equally guilty of dishonesty.

Any violation of this policy will be taken before the Higher Education Academic and Curriculum Committee for appropriate punitive action.