AU FTES 138: Cardio Development  
Consortium of Adventist Colleges and Universities

**Self-Paced Courses**
This course follows a self-paced online format. You have 180 days from your selected start date to complete the course. The last day to withdraw with a full refund is 15 days after your start date.

**Instructor Contact**
Please refer to course in Learning Hub 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**

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Username and password assistance</td>
<td><a href="mailto:helpdesk@andrews.edu">helpdesk@andrews.edu</a></td>
<td>(269) 471-6016</td>
</tr>
<tr>
<td>Enrollment and cancellations</td>
<td><a href="mailto:sndergister@andrews.edu">sndergister@andrews.edu</a></td>
<td>(269) 471-6323</td>
</tr>
<tr>
<td>Bookstore</td>
<td><a href="http://bookstore.mbsdirect.net/andrews.htm">http://bookstore.mbsdirect.net/andrews.htm</a></td>
<td></td>
</tr>
<tr>
<td>Technical assistance with Learning Hub</td>
<td><a href="mailto:dlit@andrews.edu">dlit@andrews.edu</a></td>
<td>(269) 471-3960</td>
</tr>
<tr>
<td>Technical assistance with your Andrews account</td>
<td>andrews.edu/hdchat/chat.php</td>
<td></td>
</tr>
<tr>
<td>Exam requests</td>
<td><a href="mailto:sdeexams@andrews.edu">sdeexams@andrews.edu</a></td>
<td>(269) 471-6566</td>
</tr>
</tbody>
</table>

Any other questions: sde@andrews.edu, (800) 782-4769 or (269) 471-6570

**Part 1: Course Information**

**Course Description**
This course is an activity course that focuses on the three areas of physical fitness. It will include the following components: cardio endurance and development, muscular strength training, flexibility, personal fitness program development, and physical fitness assessment. The course will also provide students with many alternative ways to workout using modern methods and exercises.

**Course Learning Outcomes**
Upon successful completion of the course the student will be able to:
- Evaluate his or her current level of physical fitness.
- Develop a regular exercise program, in pursuit of a wholesome way of life.
- Identify the three principles of physical fitness and how they are applied to overall wellness.
- Discuss the significance of developing a regular exercise program that will increase muscular strength, cardiovascular fitness, and flexibility.
- Execute the three principles of physical fitness at least three times a week.
- Plan for the future by setting goals.

**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.

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.

Course/Technical Requirements
- Internet connection (DSL, LAN, or cable connection desirable).

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. (269) 471-6016 or email helpdesk@andrews.edu if you need assistance.
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 Learning Hub, 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 15-week schedule to create a schedule for yourself that ensures completion 4 weeks before your deadline.
Submit your course plan to your instructor within Learning Hub 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 performed. Students are not allowed to perform 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 perform 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’ posts, 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.

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. To learn how to submit a video assignment, go to LearningHub under the section titled, “Course Overview” and click on How to Submit a Video Assignment.

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 Learning Hub 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:**

<table>
<thead>
<tr>
<th>Module</th>
<th>Topic</th>
<th>Assignments</th>
<th>Due</th>
</tr>
</thead>
</table>
| Intro  |       | • Writing Expectations | Schedule  
• Tell About Me  
• Academic Honesty  
• Lab 1: PAR-Q  
• Activity Log 1 |
| Module 1 | • Introduction & Orientation  
• Assessing current activity level & preparing for physical activity | • PAR-Q Form (Lab 1)  
• Activity Log #1 | • Lab 2:  
Activity Log 2 |
| Module 2 | • Identify the three components of physical fitness and how they relate to the FITT Principle | • Lab 2  
• Activity Log / SC #2 | • Lab 3:  
Heart Rate  
Activity Log 3 |
| Module 3 | • Counting target heart rate and ratings of perceived exertion | • Lab 3  
• Activity Log #3 | • Lab 4A: Fitness Calculator  
• Lab 4B: Video  
• Activity Log 4 |
| Module 4 | • Body Composition  
• The importance of cardiovascular fitness | • Fitness Calculator Worksheet  
• Cardiovascular Video  
• Activity Log / SC #4 | • Lab 5: ST Article  
Activity Log 5 |
| Module 5 | • The importance of strength training | • Read Strength Training Article  
• Activity Log #5 | • Lab 6: Muscular Strength Assessment  
Activity Log 6  
Lab 7: Flexibility  
Activity Log 7 |
| Module 6 | • Evaluating muscular strength | • Lab 6  
• Activity Log / SC #6 | • Lab 8:  
Activity Log 8 |
| Module 7 | • The importance of flexibility | • Read Flexibility Article  
• Activity Log #7 | • Lab 9:  
Activity Log 9 |
| Module 8 | • Midterm Video 1  
• Maintenance  
• Avoiding strength plateaus  
• Maintenance  
• The importance of maintaining physical activity  
• Maintenance | • Video 1  
• Activity Log / SC #8  
• Fit Facts – Strength Plateaus  
• Activity Log #9  
• Start Pedometer Challenge | • Video 1  
• Activity Log 1  
Lab 9: Fit Facts  
Activity Log 9 |
| Module 9 | • Midterm Video 1  
• Maintenance  
• Avoiding strength plateaus  
• Maintenance  
• The importance of maintaining physical activity  
• Maintenance | • Continue Pedometer Challenge  
• Maintenance Worksheet  
• Activity Log / SC #10 | • Lab 10: Maintenance  
Activity Log 10 |
| Module 10 | • Maintenance | • Continue Pedometer Challenge  
• Activity Log #11 | • Activity Log 11 |
| Module 11 | • Maintenance | • Continue Pedometer Challenge  
• Activity Log / SC #12 | • Activity Log 12 |
| Module 12 | • Maintenance | • Activity Log #13 | • Lab 13: Pedometer Challenge  
Activity Log 13 |
| Module 13 | • Planning for the future and setting goals | • Activity Log / SC #14 | • Activity Log 14 |
| Module 14 | • Maintenance | | • Lab 14:  
Evaluation Paper  
Activity Log 15 |
| Module 15 | • Maintenance | | • Lab 14:  
Evaluation Paper  
Activity Log 15 |
| Module 16 | • FINAL EXAM – VIDEO 2 | | |
**Suggested schedule for completion in 8 weeks:**

<table>
<thead>
<tr>
<th>Module</th>
<th>Topic</th>
<th>Assignments</th>
<th>Due</th>
</tr>
</thead>
</table>
| Intro  | • Introduction & Orientation | • Writing Expectations | • Schedule  
• Tell About Me  
• Academic Honesty |
| Module 1 | • Assessing current activity level & preparing for physical activity  
• Identify the three components of physical fitness and how they relate to the FITT Principle | • PAR-Q Form (Lab 1)  
• Activity Log #1  
• Lab 2  
• Activity Log #2 | • Lab 1: PAR-Q  
• Activity Log 1  
• Lab 2:  
• Activity Log 2 |
| Module 2 | • Counting target heart rate and ratings of perceived exertion  
• Body Composition  
• The importance of cardiovascular fitness | • Lab 3  
• Activity Log #3  
• Fitness Calculator Worksheet  
• Cardiovascular Video  
• Activity Log / SC #4 | • Lab 3: Heart Rate  
• Activity Log 3  
• Lab 4A: Fitness Calculator  
• Lab 4B: Video  
• Activity Log 4 |
| Module 3 | • The importance of strength training  
• Evaluating muscular strength | • Read Strength Training Article  
• Activity Log #5  
• Lab 6  
• Activity Log / SC #6 | • Lab 5: ST Article  
• Activity Log 5  
• Lab 6: Muscular Strength Assessment  
• Activity Log 6 |
| Module 4 | • The importance of flexibility  
• **Midterm Video 1**  
• Maintenance | • Read Flexibility Article  
• Activity Log #7  
• Video 1  
• Activity Log / SC #8 | • Lab 7: Flexibility  
• Activity Log 7  
• Video 1  
• Activity Log 8 |
| Module 5 | • Avoiding strength plateaus  
• Maintenance  
• The importance of maintaining physical activity  
• Maintenance | • Fit Facts – Strength Plateaus  
• Activity Log #9  
• **Start Pedometer Challenge**  
• Continue Pedometer Challenge  
• Maintenance Worksheet  
• Activity Log / SC #10 | • Lab 9: Fit Facts  
• Activity Log 9  
• Lab 10: Maintenance  
• Activity Log 10 |
| Module 6 | • Maintenance  
• Maintenance | • Continue Pedometer Challenge  
• Activity Log #11  
• Continue Pedometer Challenge  
• Activity Log / SC #12 | • Activity Log 11  
• Activity Log 12 |
| Module 7 | • Maintenance  
• Maintenance | • Activity Log #13  
• Activity Log / SC #14 | • Lab 13: Pedometer Challenge  
• Activity Log 13  
• Activity Log 14 |
| Module 8 | • Planning for the future and setting goals  
• **FINAL EXAM VIDEO 2** | • Lab 14  
• Evaluation Paper  
• Activity Log #15 | • Lab 14: Goals  
• Evaluation Paper  
• Activity log 15 |

**Completing Assignments**

All assignments for this course will be submitted electronically through Learning Hub 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

<table>
<thead>
<tr>
<th>Percent %</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>35</td>
<td>Labs</td>
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<tr>
<td>35</td>
<td>Activity Logs</td>
</tr>
<tr>
<td>20</td>
<td>Exams</td>
</tr>
<tr>
<td>5</td>
<td>Blog</td>
</tr>
<tr>
<td>5</td>
<td>Evaluation Paper</td>
</tr>
<tr>
<td>100</td>
<td>Total Percent Possible</td>
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</tbody>
</table>

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

Letter Grade Assignment

<table>
<thead>
<tr>
<th>Letter Grade</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A</td>
<td>93-100%</td>
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<tr>
<td>A-</td>
<td>90-92%</td>
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<tr>
<td>B+</td>
<td>88-89%</td>
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<tr>
<td>B</td>
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<tr>
<td>C-</td>
<td>70-72%</td>
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<tr>
<td>D</td>
<td>60-69%</td>
</tr>
<tr>
<td>F</td>
<td>0-59%</td>
</tr>
</tbody>
</table>

Part 5: Course Policies

Incomplete Policy
An Incomplete (I) indicates that the student’s work is incomplete because of illness or unavoidable circumstances and not because of negligence or inferior performance. Students will be charged an incomplete fee for each incomplete grade issued.

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.

**Commit to Integrity**
As a student in this course (and at this university) you are expected to maintain high degrees of professionalism, commitment to active learning and participation in this class and also integrity in your behavior in and out of the classroom.
http://bulletin.andrews.edu/content.php?catoid=10&navoid=1073

**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.