

PE 124 Fitness Walking CRN

CREDIT 1

COURSE FORMAT Online

INSTRUCTOR

SEMESTER

PREREQUISITES None

PHONE

DATES

OFFICE HOURS

EMAIL

COURSE DESCRIPTION

This course introduces the student to walking for health and fitness. Students will use a fitness tracker and report physical activity to meet progressive, weekly activity goals. Purchase the required fitness tracker and software license at: <https://cpass.wvu.edu/students/movbands>.

STUDENT LEARNING OUTCOMES

By the end of this course, you will be able to:

- Analyze current fitness levels by using appropriate assessments of health-related components of fitness.
- Establish and track a health enhancing level of daily physical activity and fitness walking.
- Demonstrate proper walking technique and adhere to safety precautions and attire recommendations for various types of walking for fitness enhancement.
- Calculate and apply heart rate data and target heart rate zones in relation to fitness walking.
- Recognize the three phases of a workout and apply them to a daily fitness walking routine.
- Apply components of the FITT principle into daily exercise.

PHYSICAL ACTIVITY LEARNING OUTCOMES

Each student will be evaluated on the following forms of evaluation:

- | | |
|---|------|
| 1. Health-related fitness (LO #1) | 40% |
| <p>Each student will be evaluated on the total number of moves completed within class and outside of class. The moves will be tracked by the Movband fitness tracker (Goals start at 12:01 AM on the start date and end at 11:59 PM per the end date on the table below). "Moves" will be reviewed/graded by the instructor through the engage platform dashboard. Although your physical activity should include FITNESS WALKING, all physical activity can count as moves toward meeting your goals. The 3-day Orientation (OMG Screenshot) will be an opportunity to become familiar with the band and its corresponding technology, and moves completed during for the MG1, MG2 and MG3 Screenshot assignments, will be calculated as part of the grade in this course. The move grades are each worth 25 points max, which is 40% of your final grade.</p> <p>NOTE: Movband reports are automatically visible to your instructor when you register your device, join your section's group, and sync your device using a computer or smartphone. It is suggested to sync often to ensure your moves are being documented properly. If you do not sync your fitness tracker by the due dates for each time frame (see course schedule), the report will show your instructor that you had "0" moves for the week. Completed moves that have not been synced by the due date will not be counted. If it does not sync correctly, contact support@engagemoves.com for assistance, screenshot your device for documentation, and let your instructor know immediately.</p> | |
| 2. Psychomotor domain assessment | 20% |
| Each student will be evaluated on daily physical activity. (LO #2) | |
| 3. Cognitive domain assessment | 20% |
| Each student will be evaluated on knowledge of class content. (LO #3) | |
| 4. Affective domain assessment | 20% |
| Each student will be evaluated on participation with reflective feedback. (LO#4) | |
| TOTAL: | 100% |

COURSE REQUIREMENTS

Daily physical activity requires: (1) proper attire including athletic shoes, (2) Movband and associated software, and (3) smartphone with free engage app for reporting. Alternative movement trackers are NOT permitted. Students must have DAILY computer and internet access to

check MIX email, access eCampus for required assignments, assessments, and updates, and to assure all movement data is accurately recorded and displayed in the online software platform. Learning materials are available at <https://cpass.wvu.edu/students/movbands>.

Physical activity, recorded and reported with a Movband and associated technology, is worth 40% of the grade. If you have already taken a PE course, and you still have your Movband, you can use it again in any additional PE course; however, the “token” software license, which links the Movband to the dashboard, is only good for 12 months from the date of purchase. For all details on the purchasing, pick up, set up, and grading regarding Movbands in CPASS physical education classes, visit: <https://cpass.wvu.edu/students/movbands>.

After you have made the purchases and physically have your device, go to <https://dashboard.movable.com/shop/customers/WVU> to make sure you have registered your Movband and are included in the class group. Contact your course instructor for assistance if needed.

IMPORTANT DATES FOR MAYMESTER 2022

<https://registrar.wvu.edu/calendars/add-and-drop-dates>

May 09, 2022: First day of class

May 11, 2022: Last day to add/drop

May 20, 2022: Last day to drop with a “W”

May 27, 2022: Last day of class

INSTRUCTOR EXPECTATIONS

In addition to following Course Policies (listed below), it is expected that students will:

- actively participate in weekly online discussions and coursework,
- submit all assignments on time,
- be courteous and professional always, and promptly communicate with instructor as needed,
- know that their contribution to the class is valued and expected.

EVALUATION & GRADING Grade Scale: 224 – 250 = A 199 – 223 = B 174 – 198 = C 149 – 173 = D <149 = F

Grade Book Abbreviation	Coursework	Due Date (by 11:59pm)	Points
Q1	Syllabus/Orientation Quiz		20
OMG	OMG Screenshot		25
D1	Introduce Yourself to Classmates		5
A1	Exercise History & Attitude Questionnaire		10
D2	Your Perfect Pair of Walking Shoes		5
A2	Heart Rate Calculations		10
MG1	MG1 Screenshot		25
D3	A Well-Rounded Fitness Walking Workout		5
A3	Warm-Up Dynamic Stretch Video		10
D4	Exercise to Enhance Walking Technique		5
A4	Proper Walking Technique Demonstration		10
MG2	MG2 Screenshot		25
D5	Fitness Walking Pace		5
A5	1-Mile Walk Test		10
RE	Reflective Essay		25
D6	Favorite Format & Static Stretches		5
MG3	MG3 Screenshot		25
DJ	Daily Journal (May 10-28)		25

Detailed instructions for each graded item are found within e-Campus.

MODULE 1 LEARNING OBJECTIVES

By the end of this module, you will be able to:

1. Identify important elements of the PE-124 course structure, policies, learning activities, and grading/assessments.
2. Assess readiness for physical activity by completing the PARQ+ questionnaire.
3. Evaluate your exercise history and attitude.
4. Acquire and use the Movband and associated technology to sync movement data to the software platform.

MODULE 2 LEARNING OBJECTIVES

By the end of this module, you will be able to:

1. Select proper attire and footwear.
2. Calculate Maximum Heart Rate (MHR) and Target Heart Rate Zones (THRZ).
3. Properly utilize the Movband and associated technology to track and report daily movement.

MODULE 3 LEARNING OBJECTIVES

By the end of this module, you will be able to:

1. Evaluate the three phases of a workout.
2. Demonstrate a dynamic stretch you would use during a warm-up before your walk.
3. Properly utilize the Movband and associated technology to track and report daily movement.

MODULE 4 LEARNING OBJECTIVES

By the end of this module, you will be able to:

1. Demonstrate proper posture and proper walking technique.
2. Locate and discuss a recorded strength training move that complements a fitness walking exercise program.
3. Identify and evaluate a strength training video that is beneficial as part of a comprehensive exercise program to enhance fitness walking speed and/or endurance.
4. Identify muscle groups targeted during recorded training sessions.
5. Properly utilize the Movband and associated technology to track and report daily movement.

MODULE 5 LEARNING OBJECTIVES

1. By the end of this module, you will be able to:
2. Walk one mile as fast as possible on a flat, measured distance and record data to assess cardiorespiratory fitness.
3. Assess your heart rate in beats per minute during a structured fitness walking workout.
4. Collect and compile personal fitness data to create a 20-week walking exercise plan.
5. Properly utilize the Movband and associated technology to track and report daily movement.

MODULE 6 LEARNING OBJECTIVES

1. By the end of this module, you will be able to:
2. Perform, describe, and evaluate a fitness workout to determine if it follows the FITT formula for cardiovascular and/or muscular conditioning.
3. Locate and evaluate a video demonstration of a static stretch.
4. Evaluate fitness tracking technology.
5. Describe how FITT and intensity assessments are utilized during physical activity.

Properly utilize the Movband and associated technology to track and report daily movement.

COURSE POLICIES

Communication: Contacting the instructor: It is your responsibility to check your email and/or eCampus about announcements or matters related with this course at least once per day. If you need to communicate with me directly, send me an e-mail to the instructor. If a phone call is more convenient, please email me and we can set up an appointment time to talk on the phone or set up a zoom meeting. I will make my best effort to answer you within 18 hours.

Online Course Attendance: This course will be conducted entirely online. There will be no set class meeting times, but you will be required to complete assignments with specific due dates. It is your responsibility to complete the work on time, which may require you to complete the work early (as the course materials are available) if you plan to travel or participate in national holidays, religious observances, or University-approved activities. If you need to request an exception due to a personal or medical emergency, contact the instructor directly as soon as you are able. The instructor's ability to accommodate you is dependent on the earliest possible notification. Such requests will be considered on a case-by-case basis.

Class Civility: When communicating online, it can be easy to overlook the fact that you are talking with and about other human beings in a public forum. Though I hope and expect that we will have spirited discussion and debate in this course, personal attacks of any kind will not be tolerated. Exactly what constitutes a personal attack is left solely up to the discretion of the instructor.

Students who engage in personal attacks will be subject to one of two courses of action: 1) a score of zero for the week's discussion for the first offense; and 2) a letter grade of "F" and/or dismissal from the class for the second offense. If you have an issue with a classmate, please contact the instructor rather than confronting the student directly.

WVU is committed to providing students, faculty, staff, and job applicants with a work and educational environment free from all forms of harassment. Therefore, harassment, in any manner or form, is expressly prohibited. Visit <https://studentconduct.wvu.edu/campus-student-code#heading-number--6> for more information.

Coursework/Grades: Submit all work by the due dates. You may complete most coursework in advance, but late work will not be accepted. Students are responsible for assuring ALL points awarded are correct and should notify the instructor immediately if a grade is in question.

Institutional Policies: Students are responsible for reviewing [policies](#) including those regarding covid 19, inclusivity, academic integrity, incompletes, sale of course materials, sexual misconduct, adverse weather, as well as student evaluation of instruction, days of special concern/religious holiday statements, and any new policies as announced.

Movband and associated technology malfunctions: It is YOUR responsibility to contact support@engagemoves.com for assistance and troubleshooting immediately. An unreported malfunctioning fitness tracker is not an excuse for missing activity. Copy your instructor on all email communications with the software company.

IT Support: For all matters, the first point of contact is the ITS Service Desk. Please visit it.wvu.edu/help, call (304) 293-4444 or email ITSHelp@mail.wvu.edu to create a ticket for your problem.

Please note that the specifics of this Course Syllabus can be changed at any time, and you will be responsible for abiding by any such changes. All changes will be communicated with you via email, course announcement and/or course discussion forum.

ELECTRONIC SIGNATURE REQUIREMENT IN MODULE 1 QUIZ

WVU is committed to the highest standards of academic integrity. In accord with University guidelines, we will take vigorous action against students who engage in cheating, plagiarism, forgery, misrepresentation, fraud, or other dishonest practices. Guilty students will receive an F in the course and an Academic Dishonesty Form sent to the dean, chair, and Office of Student Conduct and a copy placed in the student academic file, and possible expulsion from the University.

"I have read this PE 124 syllabus, understand its implications (and have sought clarification for those parts that were unclear to me), and

will abide by it.”

Signature _____ Date _____

Any necessary syllabus changes/updates will be posted in eCampus.

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