

PE 153 Mind-body Fitness

CREDIT 1 SEMESTER Maymester 2022 DATES 05/09/2022 – 05/27/2022 COURSE FORMAT Online
PREREQUISITES None OFFICE HOURS Virtual by appointment. INSTRUCTOR Marla Gladstone EMAIL
mdg0021@mix.wvu.edu

COURSE DESCRIPTION

This course introduces the student to a variety of mind-body exercise options to promote health, fitness, and well-being. Students will use a fitness tracker and report physical activity to meet progressive, 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:

- Establish and track a health enhancing level of daily physical activity.
- Demonstrate proper movement technique and adhere to safety precautions and attire recommendations for various types of mindbody fitness activities
- Calculate and apply heart rate data and target heart rate zones in relation to mind-body exercise.
- Recognize the three phases of a workout and apply them to participation in mind-body formats.
- 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%
 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 MIND-BODY FITNESS FORMATS, all physical activity can count as moves toward meeting your goals. The 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.

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.

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

Use this link to update list below <https://registrar.wvu.edu/calendars/add-and-drop-dates>

May 09, 2022: First day of class
indicated. May 20, 2022: Last day to drop with a “W”

May 11, 2022: Last day to add/drop
May 27, 2021: Last day of class

Add holidays as

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	May 11, 2021	20
OMG	OMG Screenshot	May 12, 2021	25
D1	Introduce Yourself to Classmates	May 12, 2021	5
A1	Exercise History & Attitude Questionnaire	May 13, 2021	10
D2	Finding Mind-Body Fitness Locations	May 13, 2021	5
A2	Heart Rate Calculations	May 16, 2021	10
MG1	MG1 Screenshot	May 17, 2021	25

D3	Yoga to Improve Components of Fitness	May 18, 2021	5
A3	Yoga Pose Demonstration	May 18, 2021	10
D4	Pilates Facts of Interest	May 20, 2021	5
A4	Pilates Exercise Demonstration	May 20, 2021	10
MG2	MG2 Screenshot	May 22, 2021	25
D5	Meditation Resources	May 23, 2021	5
A5	Breathing Techniques	May 23, 2021	10
RE	Reflective Essay	May 27, 2021	25
D6	Benefits of Mind-body Formats	May 27, 2021	5
MG3	MG3 Screenshot	May 27, 2021	25
DJ	Daily Journal (May 10-28)	May 27, 2021	25

Detailed instructions for each graded item are found within eCampus.

MODULE 1 LEARNING OBJECTIVES

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

1. Identify important elements of the PE-153 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. Define the five health-related components of fitness and examine their relationship with mind-body fitness activities.
2. Select proper attire and equipment for participation in various mind-body activities.
3. Recall general safety precautions for mind-body fitness formats.
4. Calculate Maximum Heart Rate (MHR) and Target Heart Rate Zones (THRZ).
5. Properly utilize the Movband and associated technology to track and report daily movement and exercise intensity.

MODULE 3 LEARNING OBJECTIVES

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

1. Recognize significant events in the history of yoga.
2. Identify common yoga classes currently offered in the fitness industry.
3. Recall equipment utilized in yoga classes.
4. Demonstrate proper form of a postural yoga pose.
5. Properly utilize the Movband and associated technology to track and report daily movement and exercise intensity.

MODULE 4 LEARNING OBJECTIVES

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

1. Recognize significant events in the history of Pilates.
2. Identify common Pilates exercises offered in a Pilates Mat class.
3. Recall specialized equipment utilized for Pilates training.
4. Demonstrate a Pilates Mat exercise.
5. Properly utilize the Movband and associated technology to track and report daily movement and exercise intensity.

MODULE 5 LEARNING OBJECTIVES

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

1. Recognize significant events in the history of meditation.
2. Identify common meditation terms that are integral to incorporating mindfulness into mind-body fitness activities (and daily life).
3. Examine how breathing can benefit general mind-body health and preparations for focused work or exercise.
4. Properly utilize the Movband and associated technology to track and report daily movement and exercise intensity.

MODULE 6 LEARNING OBJECTIVES

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

1. Identify benefits of exercise through a variety of mind-body fitness formats.
2. Examine how breathing and music can be beneficial to mind-body fitness classes.
3. Recognize factors that can influence flexibility and how training can help in movement and minimizing pain/injury.
4. Demonstrate how to successfully complete the sit-rise test.
5. Properly utilize the Movband and associated technology to track and report daily movement and exercise intensity.

MOVEMENT GOALS CHART This “goals chart” is optional. If you choose to include it, please use the chart found at <https://cpass.wvu.edu/students/movbands/move-goals> that corresponds to the length of the course you are teaching.

Goal Name Duration	Movement Goal Total & Per Day	0 points	7 points	13 points	19 points	25 points
OMG 4 days	This is your time to master using the Movband and associated software. Full points will be earned for successfully uploading data for moves accrued on any 3 days during the movement goal timeframe.					
MG1 5 days	40,000+ total 8,000 per day	<10,000	10,000 - 19,999	20,000 - 29,999	30,000 - 39,999	40,000+
MG2 5 days	45,000+ total 9,000 per day	< 11,250	11,250 - 22,499	22,500 - 33,749	33,750 - 44,999	45,000+
MG3 5 days	50,000+ total 10,000 per day	<12,500	12,500 - 24,999	25,000 - 37,499	37,500 - 49,999	50,000+

COURSE POLICIES

Communication: Contacting the instructor: It is your responsibility to check your e-mail 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 mdg0021@mix.wvu.edu.

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 Universityapproved 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're 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-studentcode#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 e-mail, 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 153 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.