Term Information

Effective Term: Autumn 2014
Previous Value: Spring 2014

Course Change Information

What change is being proposed? (If more than one, what changes are being proposed?)
Expansion and clarification of exclusions

What is the rationale for the proposed change(s)?
To include previously missing exclusions of courses that otherwise would result in duplication of KNSFHP 1150.01

What are the programmatic implications of the proposed change(s)?
(e.g. program requirements to be added or removed, changes to be made in available resources, effect on other programs that use the course)?
None

Is approval of the request contingent upon the approval of other course or curricular program request? No

Is this a request to withdraw the course? No

General Information

Course Bulletin Listing/Subject Area: Kinesiology: Sprt, Ftms&Hlth Pr
Fiscal Unit/Academic Org: Department of Human Sciences - D1251
College/Academic Group: Education & Human Ecology
Level/Career: Undergraduate
Course Number/Catalog: 1150.01
Course Title: Lifetime Fitness and Wellness Strength Training
Transcript Abbreviation: Fit Well Strength
Course Description: Online course that promotes principles of fitness and wellness over the lifespan.
Semester Credit Hours/Units: Fixed: 2

Offering Information

Length Of Course: 14 Week, 7 Week, 12 Week (May + Summer)
Flexibly Scheduled Course: Never
Does any section of this course have a distance education component? Yes
Is any section of the course offered 100% at a distance
Grading Basis: Letter Grade
Repeatable: No
Course Components: Laboratory
Grade Roster Component: Laboratory
Credit Available by Exam: No
Admission Condition Course: No
Off Campus: Sometimes
Campus of Offering: Columbus, Newark

Prerequisites and Exclusions
**Prerequisites/Corequisites**

**Exclusions**  
Not open to students with credit for KNSFHP 1147, 1148.04 or 1149.04 1150.02, or EduPAES 1147, 1148.04, 1149.04, 1150.01, 1150.02 or 150.

**Previous Value**  
Not open to students with credit for 1148.04 or 1149.04, or EduPAES 1148.04, 1149.04, 1150.01 or 1150.02.

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**Cross-Listings**

Cross-Listings

**Subject/CIP Code**

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<thead>
<tr>
<th>Subject/CIP Code</th>
<th>31.0599</th>
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<tbody>
<tr>
<td>Subsidy Level</td>
<td>General Studies Course</td>
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<tr>
<td>Intended Rank</td>
<td>Freshman, Sophomore, Junior, Senior</td>
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**Requirement/Elective Designation**

The course is an elective (for this or other units) or is a service course for other units

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**Course Details**

**Course goals or learning objectives/outcomes**

- Increase knowledge of health and fitness.
- Develop skills in weight training for increasing muscular strength and endurance.
Content Topic List

- Intro to Wellness, fitness, and lifestyle management;
- strength workout
- Principles of Physical Fitness;
- strength workout
- Cardiorespiratory Endurance:
- strength workout
- Muscular Strength and Endurance;
- strength workout
- Flexibility;
- strength workout
- Low Back Health;
- strength workout
- Body Composition;
- strength workout
- Creating a Complete Fitness Program;
- Strength workout
- Nutrition;
- Strength workout
- Weight Management;
- Strength workout
- Stress Management;
- Strength workout
- Cardiovascular Health;
- Strength workout

Attachments

- 1150.01 Strength Training Online 2.25.14.doc: Course Syllabus

(Syllabus. Owner: Shiebler, Charles L)

Comments

Workflow Information

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<thead>
<tr>
<th>Status</th>
<th>User(s)</th>
<th>Date/Time</th>
<th>Step</th>
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<tr>
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<td>Shiebler, Charles</td>
<td>06/11/2014 10:10 AM</td>
<td>Submitted for Approval</td>
</tr>
<tr>
<td>Approved</td>
<td>Folden Jr, H Eugene</td>
<td>06/11/2014 05:51 PM</td>
<td>Unit Approval</td>
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<tr>
<td>Pending Approval</td>
<td>Achterberg, Cheryl L, Warnick, Bryan R., Odum, Sarah A., Zircher, Andrew Paul</td>
<td>06/11/2014 05:51 PM</td>
<td>College Approval</td>
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The Ohio State University  
The Department of Human Sciences  
KN SFHP 1150.01 –Lifetime Fitness and Wellness: Strength Training  
(2 credits)

Instructor: ___________________________  Class Number: ___________________________

Office: ___________________________  Class Location: _______________  Online

Office Hours: ___________________________  Meeting Time: _______________  N/A

Email Address: ___________________________  Semester, Year: ___________________________

Mailbox: ___________________________

SFHP Website:  http://sfhp.ehe.osu.edu/

Course Website:  http://carmen.osu.edu  http://mhlearningsolutions.com/osupaes


PURCHASE OPTIONS:

PRINTED (hard copy): Available through such locations as campus bookstores or www.shopmcgrawhill.com have this package (book and ConnectPlus) in stock. ConnectPlus is required for the course. Connect is accessed online with a code card that is packaged with the book. Do not throw away this code as you will need it to log in.

DIGITAL: If you choose to use an entirely digital book (this is the most cost efficient option) you can only purchase this digital version of *Fitwell* with Connect at www.shopmcgrawhill.com. Please use ISBN: 0073523704

If you drop the course and purchased Connect through the www.shopmcgrawhill.com website, you have 10 days from the date of purchase to request a refund from McGraw-Hill. Your order confirmation from them will have directions on how this can be accomplished.

Course Description

This is a web-based course for promoting learning of self-regulation skills to support adherence to strength training activity. The online nature of the course provides flexibility to the student for participating in activities on his/her schedule, at locations of his/her choosing.
Relationship to Other Courses

This is a basic activity course in the Sport, Fitness, and Health Program. It is open to any student at The Ohio State University. There are no prerequisites for this course.

Course Objectives

By the end of the semester, students enrolled will have had an opportunity to:

1. Attain the skills necessary to adhere to a long-term plan of strength training
2. Be aware of the benefits of and gain a better appreciation for strength training
3. Develop an understanding of the influence of training intensity, duration, and frequency on improving fitness
4. Use skills necessary to maintain a strength-training regime

Off-Campus Field Experience

This is an online course, and by its nature includes opportunities for the student to exercise at his or her own pace, at locations of his or her choosing. These opportunities may occur at a variety of on- or off-campus locations.

TENTATIVE Topical Outline

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Assignment(s)</th>
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<tbody>
<tr>
<td>Week 1</td>
<td>Course introduction; Intro to wellness, fitness, and lifestyle management</td>
<td>Chapter 1; Notice of Risk; PAR-Q</td>
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<tr>
<td>Week 2</td>
<td>Principles of physical fitness; strength workout</td>
<td>Chapter 3; Lab-1 &amp; Lab-3 (Internet activity); Activity Log #1</td>
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<td>Week 3</td>
<td>Cardio-respiratory endurance; strength workout</td>
<td>Chapter 4; Lab-4 (Choose 1.5 mile run/walk test); Activity Log #2</td>
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<td>Week 4</td>
<td>Muscular strength and endurance; strength workout</td>
<td>Chapter 5; Lab-5; Activity Log #3</td>
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<td>Week 5</td>
<td>Flexibility; strength workout</td>
<td>Chapter 6; Lab-6; Activity Log #4</td>
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<td>Week 6</td>
<td>Low back health; strength workout</td>
<td>Chapter 6; Activity Log #5</td>
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<tr>
<td>Week 7</td>
<td>Midterm exam; strength workout</td>
<td>Activity Log #6</td>
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<tr>
<td>Week 8</td>
<td>Body composition; strength workout</td>
<td>Chapter 7; Lab-7; Activity Log #7</td>
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<td>Week 9</td>
<td>Creating a complete fitness program</td>
<td>Activity Log #8</td>
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<tr>
<td>Week 10</td>
<td>Nutrition; strength workout</td>
<td>Chapter 8; Lab-8; Activity Log #9</td>
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<tr>
<td>Week 11</td>
<td>Nutrition; strength workout</td>
<td>Chapter 8; Activity Log #10</td>
</tr>
<tr>
<td>Week 12</td>
<td>Weight management; strength workout</td>
<td>Chapter 9; Activity Log #11</td>
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<tr>
<td>Week 13</td>
<td>Stress management; strength workout</td>
<td>Chapter 10; Lab-10; Activity Log #12</td>
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<tr>
<td>Week 14</td>
<td>Cardiovascular health; strength workout</td>
<td>Chapter 11; Activity Log #13</td>
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<tr>
<td>Week 15</td>
<td>Final exam</td>
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**Course Requirements/Evaluation**

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Notice of Risk</td>
<td>6 points</td>
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<tr>
<td>PAR-Q</td>
<td>6 points</td>
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<tr>
<td>Lab Assignments (8)</td>
<td>104 points</td>
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<tr>
<td>Activity Logs (13)</td>
<td>104 points</td>
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<tr>
<td>Midterm Exam</td>
<td>40 points</td>
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<tr>
<td>Final Exam</td>
<td>40 points</td>
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<td><strong>TOTAL POSSIBLE POINTS</strong></td>
<td><strong>300 points</strong></td>
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**Grading Scale**

- 278 - 300 = A
- 269 - 277 = A-
- 260 - 268 = B+
- 251 - 259 = B
- 239 - 250 = B-
- 230 - 238 = C+
- 221 - 229 = C
- 209 - 220 = C-
- 200 - 208 = D+
- 179 - 199 = D
- 178 - below = E
*Students who have arranged through their College to take this course under the Pass/Nonpass grading option must achieve a minimum of 60% to receive a Passing (P) grade.

**Assignment Description**

1. **Notice of Risk**
   During the first week of class, students must complete a Notice of Risk Form. Once complete, the total points possible will be awarded. To complete this assignment, go to the Quiz section of Carmen. Carmen will not auto grade this assignment therefore, a score will not be posted until it is manually graded by the instructor.

2. **PAR-Q**
   During the first week of class, students must complete the PAR-Q form. Once complete, the total points possible will be awarded. To complete this assignment, go to the Quiz section of Carmen. Carmen will not auto grade this assignment, therefore, a score will not be posted until it is manually graded by the instructor.

3. **Lab Assignments**
   Lab worksheets can be accessed through the McGraw-Hill website. Students will complete the worksheet online and submit it through the same McGraw-Hill website from which access was gained. These are the same labs found in the text at the conclusion of each chapter. Please note that not every lab in the book is assigned. Refer to the course schedule for the required labs. Completed labs must be submitted no later than **11:59 PM on the Saturday** of the week it was assigned. Each lab is worth 13 points.

4. **Activity Logs**
   Students are expected to complete and submit weekly activity logs. Activity Logs must be downloaded from the content area, completed, and uploaded to the corresponding dropbox on the course website. Please note that the activity log file will remain the same for the entire semester, students will simply use a different worksheet within the document for each new week. Activity logs must include the following: date, exercise, weight, repetition, comments, and answers to any other questions found on the activity logs. All files uploaded to Carmen should include the student’s LAST NAME within the document itself and in the name of the file. Completed activity logs must be uploaded to the corresponding dropbox no later than **11:59 PM on the Saturday** of the week it was assigned. Each activity log is worth 8 points.

5. **Final Exam**
   The exam will be given during Final Exam Week. The test will consist of all material from the midterm onward. The format is yet to be determined.

**Classroom Policies**

1. **Assignments**
   There will be specific periods in which the lessons, labs, and activity logs are available and when
they are due. Students are required to complete assignments by the dates listed on the weekly instructions under the Content area on Carmen. **WORKSHEETS AND LOGS WILL NOT BE AVAILABLE AFTER THESE DATES!** Students are required to complete assignments by the dates listed on the class calendar and under the assignment icon on Carmen. **No late assignments will be accepted. Each assignment is due by 11:59pm on the listed date (Assignments/Logs/Exams will always be due on a Saturday).** The instructor will have weekly assignments graded and posted within 1 week of the due date. If a grade is not posted, it is recommended to contact the instructor immediately by email.

2. **Attendance & Participation**
   Students will have access to and complete weekly assignments via Carmen. Instructors are able to monitor who logs on, how they navigate the site, and how long they spend on the site.

3. **Excused Absences**
   An excused absence means that the student will be given an opportunity to make up work that he or she missed. There are four situations, which constitute an “excused absence” from the class meeting time. They are:
   1) Students who participate in a documented University sanctioned event
   2) Students who have a documented death in the family
   3) Students who are observing a religious holiday
   4) Students who are too ill or injured to participate in class

   In accordance with Faculty Rule 3335-7-15, students who will be participating in University sanctioned events must provide the instructor with a copy of the scheduled events and those classes of which will be missed. This documentation must be on University letterhead, signed by the coach/supervisor, and given to the instructor within the first two weeks of the quarter. Students who have missed class due to a death in the family must provide documentation of the death (death certificate, obituary, etc.). Students who will be observing a religious holiday must provide date/event written notification to the instructor within the first two weeks of the quarter. Students who are too ill or injured to participate in class must provide written documentation from a physician stating that the student cannot participate in class. Any excused absences must be made up within two weeks of the absence and the student must submit an official “SFHP Course Make Up Form.” Failure to complete an “SFHP Course Make Up Form” and the necessary activity within two weeks will result in that absence becoming an unexcused absence. The make up form is available from the instructor. There will be no make-up of unexcused absences.

4. **PAR-Q**
   Because of the potential risk associated with certain activities, all students enrolled in this course are required to complete the Physical Activity Readiness Questionnaire (**PAR-Q**). The student’s PAR-Q must be completed prior to their participating in any class activity. Furthermore, if any question on the PAR-Q is answered with a ‘Yes’, the student must provide additional documentation from a physician, which gives the student permission to participate in the class.
**Academic Misconduct**

The Ohio State University’s *Code of Student Conduct* (Section 3335-23-04) defines academic misconduct as: “Any activity that tends to compromise the academic integrity of the University, or subvert the educational process.” Examples of academic misconduct include (but are not limited to) plagiarism, collusion (unauthorized collaboration), copying the work of another student, and possession of unauthorized materials during an examination. Ignorance of the University’s *Code of Student Conduct* is never considered an “excuse” for academic misconduct.

If I suspect that a student has committed academic misconduct in this course, I am obligated by University Rules to report my suspicions to the Committee on Academic Misconduct. If COAM determines that you have violated the University’s *Code of Student Conduct* (i.e., committed academic misconduct), the sanctions for the misconduct could include a failing grade in this course and suspension or dismissal from the University. For additional information, see the Code of Student Conduct. [http://studentaffairs.osu.edu/resource_csc.asp](http://studentaffairs.osu.edu/resource_csc.asp)

**ODS Statement**

Any student who feels s/he may need an accommodation based on the impact of a disability should contact one of the instructors privately to discuss specific needs. The Office of Disability Services is relied upon for assistance in verifying the need for accommodations and developing accommodation strategies. Please contact the Office for Disability Services at 614-292-3307 (V) or 614-292-0901 (TDD) in room 150 Pomerene Hall to coordinate reasonable accommodations; [http://www.ods.ohio-state.edu/](http://www.ods.ohio-state.edu/). Please make sure that students know they will be expected to follow Americans with Disabilities Act Guidelines for access to technology.

**Statement on Diversity**

The College of Education and Human Ecology affirms the importance and value of diversity in the student body. Our programs and curricula reflect our multicultural society and global economy and seek to provide opportunities for students to learn more about persons who are different from them. Discrimination against any individual based upon protected status, which is defined as age, color, disability, gender identity or expression, national origin, race, religion, sex, sexual orientation, or veteran status, is prohibited.

The Department of Human Sciences is committed to maintaining a community that recognizes and values the inherent worth and dignity of every person; fosters sensitivity, understanding, and mutual respect among its members; and encourages each individual to strive to reach his or her own potential. In pursuit of its goal of academic excellence, the department seeks to develop and nurture diversity, believing that it strengthens the organization, stimulates creativity, promotes the exchange of ideas, and enriches campus life. The Department of Human Sciences prohibits discrimination against any member of the department’s community on the basis of race, religion, color, sex, age, national origin or ancestry, marital status, parental status, gender identity, sexual orientation, ability status, health status, or veteran status.
Grievances and Solving Problems

According to University Policies, available from the Division of Student Affairs, if you have a problem with this class, “You should seek to resolve a grievance concerning a grade or academic practice by speaking first with the instructor or professor: Then, if necessary, with the department chairperson, college dean, and provost, in that order. Specific procedures are outlined in Faculty Rule 3335-7-23, which is available from the Office of Student Life, 208 Ohio Union.” “Grievances against graduate, research, and teaching assistants should be submitted first to the supervising instructor, then to the chairperson of the assistant’s department.”

Technology

The use of Carmen is employed in this course for receiving the syllabus, online lessons, assignment distribution and submission, quizzes and exams, activity logs, and communication (via Carmen email). Web Address: www.carmen.osu.edu; you will need an OSU username and password to access the site. Your password for Carmen will be the same password that you use for email, etc.

Software Requirements: You will need Microsoft Word and Microsoft Excel to complete the worksheets and activity logs. You will also need reliable internet access. These requirements are nonnegotiable.