

Course Name Personalized Fitness

Course number and section: HPF 161 01

Number of Credits: 1 credit

Days/Times Class Meets: Asynchronous

Location/Venue: JC Weight Room or your local workout option

Instructor: Dan Roggenbaum

Contact Email: RoggembDanielJ@jccmi.edu

Online Office Hours: By appointment

Course Description

Personalized Fitness is a self-paced program in which students exercise independently. Instructor's guidance is available to develop an individualized plan to achieve personal health and fitness goals

Prerequisite(s)

None.

Course Goals

This course is about you and is designed for your success!

- Flexible workout hours are available to meet your ever-changing schedule.
- Individualized instruction is available at your request.
- This is an opportunity to work on goals of your choice.

Course Objectives

- To demonstrate working with health and fitness-related goals.
- To demonstrate improvement in one's level of fitness through a regular program of exercise.
- To appreciate a sense of personal responsibility for one's health and fitness.

Textbook

All materials can be found on JetNet.

Extras

- All participants are required to sign a release & waiver form which can be found on JetNet.
- Access to a Gym and/or Gym equipment is necessary. There are at home solutions, such as dumb bells and resistance bands. A walking trail can also provide exercise opportunities.
- JC Weight Training and Conditioning Center Workout Hours: Check at the Weight Room desk or the FH office for a current schedule. Children are not allowed in the JC Fieldhouse Weight Training and Conditioning Center.

Grading Procedure

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Orientation and Release & Waiver Form	15 pts
Goal and Prescription Worksheet	10 pts
Orientation Quiz	10 pts
Assignment One	20 pts
Assignment Two	20 pts.
Final Survey (on JetNet)	5 pts
Workouts (30 @ 4 pts each)	120 pts
Total	200 pts

Notes:

- Midterm grades are based on the completion of 15 workouts as well as all other assigned work required up to that point in the semester.
- To pass this class, a student must have completed at least one written assignment and attain at least 141 points.

Students who fail to complete at least one of the written assignments (Assignment One or Assignment Two) will receive no grade higher than a 1.5.

Grading Scale

4.0	181-200	2.5	151-160	1.0	121-130
3.5	171-180	2.0	141-150	0.5	111-120
3.0	161-170	1.5	131-140	0.0	≤ 110

Failure

- Students who fail to complete at least one of the written assignments (Assignment One or Assignment Two) will receive no grade higher than a 1.5.

- **If you are not participating on a regular basis, your instructor is required to drop you from the course. Two weeks of no participation will result in you being dropped from HPF 161.** It is your responsibility to inform your instructor of unusual workout patterns via email.
- Students who falsify workout information (length of workout, claim a workout when none was completed, etc.) will earn zero points for that workout and the matter may be reported to the Dean.

Academic Honesty Policy

Academic Honesty is defined as ethical behavior that includes student production of their own work and not representing others' work as their own, by cheating or by helping others to do so.

Plagiarism

Plagiarism is defined as the failure to give credit for the use of material from outside sources.

Plagiarism includes but is not limited to:

- Submitting other's work as your own
- Using data, illustrations, pictures, quotations, or paraphrases from other sources without adequate documentation
- Reusing significant, identical or nearly identical portions of one's own prior work without acknowledging that one is doing so or without citing this original work (self-plagiarism)

Cheating

Cheating is defined as obtaining answers/material from an outside source without authorization.

Cheating includes, but is not limited to:

- Plagiarizing in any form
- Using notes/books/electronic material without authorization
- Copying
- Submitting others' work as your own or submitting your work for others
- Altering graded work
- Falsifying data
- Exhibiting other behaviors generally considered unethical
- Allowing your work to be submitted by others

Accessibility

Jackson College understands that cultivating a broadly diverse community is crucial to our educational mission and to our foundational commitment to leadership and service. Jackson College is fully committed to ensuring our courses are accessible to everyone including those with disabilities. We are currently working to increase accessibility and usability of our course materials in order to meet or exceed the requirements of Section 508 of the Rehabilitation Act of 1973, the Americans with Disabilities Act of 1991 and Web Content Accessibility Guidelines (WCAG) 2.0. For more information about Jackson College's efforts to ensure accessibility please visit the [Jackson College accessibility web page](#).

If you have an accessibility need in any of our classes please e-mail the Center for Student Success at JCCSS@jccmi.edu or visit the [Center for Student Success web page](#).

At the Center for Student Success (CSS), we are committed to providing all students the opportunity to achieve academic success by providing a variety of support services free of charge to Jackson College students. This includes, but is not limited to, peer and faculty tutoring, mental health referral, temporary assistance with transportation, various workshops/seminars, and the TRIO program.

In addition, the CSS staff is committed to adapting the College's general services to meet the individual needs of otherwise qualified students with disabilities, for the purpose of providing equal access to all programs and facilities.

Course Management

I - Incomplete:

The JC Incomplete Grade Policy can be found at the following addresses on the JC website:

<https://www.jccmi.edu/wp-content/uploads/2015/11/1003.pdf>

Makeup Policy

Direct all reports and communications about health issues or grading to your instructor. If you think you'll have trouble completing the course requirements, communicate with your instructor. Most situations can be worked out one way or another. Let your instructor know as soon as they occur.

Help

For students seeking help with their course work, contact the Center for Student Success if your concerns are for written work. Contact your instructor with questions on workouts.

Academic Advising

It is important to contact a Center for Student Success professional prior to the start of the semester in order to receive accommodations in a timely manner. While we will make every effort to coordinate accommodations in a timely manner, failure to self-identify prior to the start of the semester may delay notification to instructors and timeliness of acquiring accommodations. Accommodations do not automatically carry over to the next semester. Please e-mail JCCSS@jccmi.edu or visit the [Accommodations for Students with Disabilities](#) web page

Student Responsibilities

Students are responsible to plan and follow through with their personalized workout plan. This can take many forms.

- Access to a Gym and/or Gym equipment is necessary.
- There are at home solutions, however, such as dumb bells and resistance bands. A walking trail can also provide exercise opportunities.
- For those near JC's Central Campus, use of the Victor Cuiss Fieldhouse Weight Training and Conditioning Center is available. You will need to check open hours.

Attendance- Participation Policy

Regular class participation (in this case, working out) and keeping up on the assignments is strongly correlated with survival in college. It is my recommendation that you plan to do your assignments and write

your papers BEFORE the last day they are due. If problems occur, there is time to fix them before the deadline.

In compliance with Federal Title IV funding requirements, as well as college initiatives, I will be monitoring student participation on a regular basis and officially reporting student activity throughout the term to assure compliance with college policy and federal regulations. It is imperative that you log in to the course and actively participate within the first couple of days of the term to validate your enrollment in the course. After that, not actively participating in class may result in you being withdrawn from the course. Being withdrawn from a course can have an impact on financial aid, billing, athletic eligibility, and housing status. As a college student you are responsible for how your participation impacts your academic progress; the accountability lies with you.

Caveat

Please note: The format and timing of this course may need to change due to unforeseen circumstances. In particular: school closings, instructor illness, weather, or other situations that may arise.

If you are working out on the JC Central Campus, you will be required to complete a Reintegration Video Training course in JetNet prior to being admitted to campus.

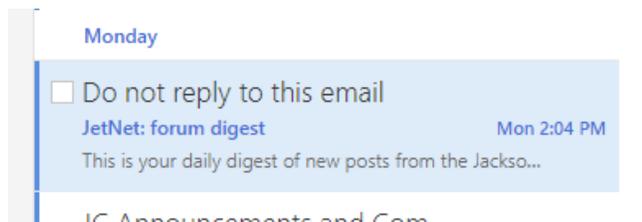
All COVID safety protocols in place are based on current guidelines and will be enforced while students are on campus.

Important Dates:

MONDAY 09/06/2021	LABOR DAY HOLIDAY-NO CLASSES
WEDNESDAY 11/24- SUNDAY 11/28/2021	THANKSGIVING HOLIDAY-NO CLASSES
SATURDAY 12/18/2021	END OF FALL SEMESTER

Forums

Each week, a forum announcement will be sent out with tips and reminders. **Read this** so you can stay on track. Find it within the daily 'Forum Digest' that comes to you in your JC email. It looks like this:



Calendar

* Calendar timelines and assignments can be changed should circumstances require it.

WEEK	RESPONSIBILITIES
1 8/30-9/5	<ol style="list-style-type: none"> 1. Review Syllabus and HPF 161 Orientation Powerpoint <ol style="list-style-type: none"> a. Complete the Health Questionnaire and the Goals & Prescription Worksheet by the end of Week 2. 2. Complete Orientation Quiz by the end of Week 2 3. Complete 2-3 40 minute Workouts maintaining your log. 4. Submit workout logs at the end of this week.
2 9/6-9/12	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week. 3. If you have not done so, complete the Goals and Prescription Worksheet and the Orientation Quiz.
3 9/13-9/19	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
4 9/20-9/26	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
5 9/27-10/3	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
6 10/4-10/10	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
7 MID-TERM 10/11-10/17	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week. 3. SUBMIT ASSIGNMENT 1
8 10/18-10/24	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
9 10/25-10/31	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
10 11/1-11/7	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
11 11/8-11/14	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
12 11/15-11/21	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
13 11/22-12/5	<p>NOTE: THIS INCLUDES THANKSGIVING HOLIDAY – KEEP UP YOUR WORKOUTS.</p> <ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week.
14 12/6-12/12	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week. 3. SUBMIT ASSIGNMENT 2
15 12/13-12/18	<ol style="list-style-type: none"> 1. Complete 2-3 40 minute Workouts maintaining your log. 2. Submit workout logs at the end of the week. 3. COMPLETE THE HPF 161 COURSE EVALUATION BY 12/18

Student Written Responsibilities

ASSIGNMENTS and REFLECTIONS

There are two written assignments. Students are required to complete at least one of them if they wish to pass the class.

- Each assignment is worth 20 points.
- Assignments are to be **SUBMITTED VIA JetNet** BY DUE DATE (as identified in Orientation). Assignments submitted as hard copy or via email WILL NOT BE ACCEPTED.
- Assignments are to be formatted as .rtf (Rich Text Format)
- NO LATE ASSIGNMENTS
- **Correct spelling, punctuation and grammar are to be used or points will be deducted. (Use your spelling and grammar checker if need be.)**

Assignment One

Complete ONE of these options:

1. Read and report on an article from a medical journal, or reputable health or fitness magazine related to your goal **OR** on a topic of interest
- OR**
2. Visit and report on health or wellness related website related to your goal **OR** related to an area of interest

The website must be one that is maintained by a reputable organization such as a university, a hospital or a fitness, nutrition or health association such as The American Heart Association. Ask your instructor for assistance, if needed.

FORMAT OF REPORT:

- One page (minimum), double spaced, size 12 font.
- Saved as .rtf (Rich Text Format)
- Submitted via JetNet (Instructions for submitting on JetNet can be found in the Resource Materials on JetNet.)

Your Report should be set out in the following parts to receive full points:

Part 1: A brief summary of the information found in the article or on the website (4 pts)

Part 2: Identify four concepts or ideas that you found interesting and explain why in a sentence or two for each concept. (4 pts)

Part 3: Share in what ways (at least 2 ways) your research was helpful or not helpful to you. (4 pts)

Part 4: Share how you are using the information in your life and/or work outs. (4 pts)

Part 5: Citation (4 pts)

- For journal or magazine: Cite title of article, author, journal or magazine from which it was obtained and the date published.
- For website: List the exact URL, the organization that manages the site and the date that you visited it.

Assignment Two

Type a 1 page (minimum) summary of your experience. Discuss the following aspects, setting out as described here.

1. **YOUR PLAN:** What was your original plan? Did it change over the semester? Is so, how did it change and why? (5 points)
2. **DID YOU REACH YOUR GOAL?** (10 points)
In answering this, include responses to the following:
 - a. Answer **YES or NO (Did you or didn't you reach your goal?)**
 - b. **What helped you? What were your wins, gains or benefits?**
 - c. **What got in the way? What were the challenges and difficulties?**
 - d. **Did anything unusual, ambiguous or surprising occur?**
3. **MOVING AHEAD (5 points)**
How do you feel now? What, if anything, will you continue? What might you think about doing instead or in addition?

Remember to take some time to celebrate the progress you have made!

Submitting Assignments

To find Microsoft WORD on a computer:

<ul style="list-style-type: none">➤ At the bottom of the screen, look for "Frequently Used >>".➤ Click on it, and on the drop down menu, find 'Microsoft WORD 2013'➤ Click on this to open it.	<ul style="list-style-type: none">➤ Click on  in the task bar at the bottom of the screen➤ Click on the Word tile OR➤ Type Word; the program should show up on the right side of the screen to click on
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- Word process your assignment.
 - ✓ Use the Spelling and grammar tool in the Review Tab to check spelling and grammar
 - ✓ Save your document onto your computer or flash drive in a place you can find it
 - ✓ Save it as Rich Text Format (.rtf). This can be found in the 'SAVE AS type' drop down menu under the space where you give your paper a title

Then go into your course in JetNet

- Find the assignment name and click on it.
- Below the description, you will find a "BROWSE" button. Click on BROWSE and you can look into your computer or flash drive to locate your assignment.
- Click on your saved assignment to highlight and you will see it appear in the BROWSE box.
- Click on SUBMIT and your assignment has been submitted

Final Evaluation (online)

The final Evaluation can be found online in the resources in the last two weeks of classes. It is anonymous. Simply answer the questions as completely as possible. This will help us assess the usefulness and quality of the course this semester.