

Ab/Glute Conditioning

KINE-1101

Fall 2020 Section NH2 CRN-18201 1 Credits 10/19/2020 to 12/10/2020 Modified 10/13/2020

Meeting Times

This is an online class. There is not an assigned class time. All class activities will be conducted online using eCampus except for the Physical Exams scheduled during the semester. Access to a computer with an internet connection is essential in completing this class. Also a cell phone to download "Map My Fitness" App. <https://www.mapmyfitness.com>

Contact Information

Pamela O'Connor

pamela.oconnor@blinn.edu

Virtual Office Hours

- Wednesday 10:00 - 11:00 am
- I will be logged into eCampus during this time
- You can also email me throughout the semester on eCampus or pamela.oconnor@blinn.edu

Description

A fitness course emphasizing total body conditioning (concentrating on abdominal and gluteal muscle groups), proper technique, and overall physical and mental fitness.

Requisites

None

Core Curriculum Statement

This course is not a core curriculum course.

Outcomes

1. Demonstrate safe and proper techniques for various aerobic and anaerobic exercises.
2. Identify the key components of a physical fitness conditioning program.
3. Design an individualized and personalized physical fitness program to maintain or improve overall fitness.
4. Measure the key components of physical fitness through select criteria in each area.
5. Explain proper dietary guidelines set by United States Department of Agriculture.

Materials

Appropriate workout apparel/gear and water. A Phone that will allow you to download the "Map My Fitness" App.
<https://www.mapmyfitness.com> Access to a computer with an internet connection is essential in completing this class.

☰ Course Requirements

<https://www.blinn.edu/back-with-blinn/index.html>

The course will include but is not limited to class lectures, readings from course documents and physical training.

This is an **online course**. After the week, the workouts will be on your own time. Most weeks in the semester this class will not meet, except for assigned Physical Exam dates. During this time of instruction there will be lecture, psychomotor testing, and or psychomotor practice. The rest of the course will be completed on eCampus. Access to eCampus will be essential. There will be weekly assignments to be completed by a specific date and time to receive credit. All exams will also be given on eCampus.

✓ Evaluation

Type	Weight	Topic	Notes
			Course evaluation instruments shall consist of at least four major grades including the comprehensive final examination constituting 10 - 30 per cent of the student's grade and participation constituting a minimum 10 percent of the student's grade.
Class Activities/Participation	30%		Students will use the App "Map My Fitness" to complete their weekly activities. They will turn in their screenshots in the dropbox to show completed activities and receive their Participation points. Written assignments will be included.
Personalized Fitness Program Design	15%		Design a workout program specifically for you. Included should be a dietary outline and specific fitness goals. It must contain specific exercises that cover the key components of fitness and the FITT theory.
Training Principles and Demonstration	10%		At the end of the semester, students will demonstrate a training method or exercise they will teach to the class via video. It has to be an exercise or method that has not been already performed in class. Students are to know how to perform, teach, noted precautions and explain the muscle groups associated with the chosen exercise.
Physicals	15%		The students will be assessed over 4 standardized physicals that represent the activities and skills performed throughout the semester. Those physicals include the wall sit, curl ups, plank and sit and reach test. They will submit videos of the physicals showing the time and number of repetitions performed.
Exams	15%		Two exams will be given throughout the course of the semester. The exams will be given online. They will consist of material from handouts and lectures.
FINAL EXAM	15%		Comprehensive exam at the end of the semester. Refer to the Blinn College calendar for specific date and time.

Types of evaluations and related weights

Criteria

Letter Grades	%
A	90 or above
B	80-89.99
C	70-79.99
D	60-69.99
F	< 60

Breakdown

WRITTEN ASSIGNMENTS

Written assignments will be administered during the course of the semester covering material from the lectures. Each written assignment is worth ten points and is due on the date listed on eCampus. **Late work will not be accepted.**

PHYSICALS

Wall Sit Test. This is a simple test of lower body muscular strength and endurance. purpose: to measure the strength endurance of the lower body, particularly the quadriceps muscle group.

Established Standards, Norms and/or Criteria for Evaluation of Performance:

The standards for this test were only categorized into male and female. Here are the ratings for the combined leg scores:

Criteria	Excellent 20 points	average 15 points	below average 10 points	Poor 1 point
Time	MEN >120 seconds WOMEN >100 seconds	MEN 95.99 - 119- seconds WOMEN 75-99.9 seconds	MEN 70 - 94.99 seconds WOMEN 50-74.99 seconds	MEN < 69.99 seconds WOMEN <49.99 seconds
Overall Score	Level 4 11 or more	Level 3 8 or more	Level 2 5 or more	Level 1 0 or more

Curl Ups

This physical assess the core strength of the abdominal muscles.

1 Minute Sit Up Test (Men)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent 20 points	>49	>45	>41	>35	>31	>28
Good 17 points	44-49	40-45	35-41	29-35	25-31	22-28

Above Avg 14 points	39-43	35-39	30-34	25-28	21-24	19-21
Average 10 points	35-38	31-34	27-29	22-24	17-20	15-18
Below Avg 8 points	31-34	29-30	23-26	18-21	13-16	11-14
Poor 5 points	25-30	22-28	17-22	13-17	9-12	7-10
Very Poor 2 points	<25	<22	<17	<13	<9	<7

1 Minute Sit Up Test (Women)

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent 20 points	>43	>39	>33	>27	>24	>23
Good 17 points	37-43	33-39	27-33	22-27	18-24	17-23
Above Avg 14 points	33-36	29-32	23-26	18-21	13-17	14-16
Average 10 points	29-32	25-28	19-22	14-17	10-12	11-13
Below Avg 8 points	25-28	21-24	15-18	10-13	7-9	5-10
Poor 5 points	18-24	13-20	7-14	5-9	3-6	2-4
Very Poor 2 points	<18	<13	<7	<5	<3	<2

Plank Test

The plank test is a simple fitness test of core muscle strength, and can also be used as a fitness exercise for improving core strength. purpose: The plank test measures the control and endurance of the back/core stabilizing muscles.

MALE

FEMALE

PTS	TIME		PTS	TIME	
	minutes			minutes	
20	2:00		20	1:45	

17	1:50	17	1:35
14	1:40	14	1:25
11	1:30	11	1:15
8	1:20	8	1:05
5	<1:00	5	<1:00

SIT & REACH

	men		women
	POINTS	inches	inches
super	20	> +10.5	> +11.5
excellent	17	+6.5 to +10.5	+8.0 to +11.5
good	14	+2.5 to +6.0	+4.5 to +7.5
average	11	0 to +2.0	+0.5 to +4.0
fair	8	-3.0 to -0.5	-2.5 to 0
poor	5	-7.5 to -3.5	-6.0 to -3.0
very poor	2	-8.0	< -6.0

Blinn College Policies

All policies, guidelines, and procedures in the [Blinn College Catalog \(http://catalog.blinn.edu/\)](http://catalog.blinn.edu/), [Blinn College Board Policies \(http://pol.tasb.org/Home/Index/1204\)](http://pol.tasb.org/Home/Index/1204), and the [Blinn College Administrative Regulations \(https://www.blinn.edu/administrative-regulations/\)](https://www.blinn.edu/administrative-regulations/) are applicable to this course.

[Specific information on civility, attendance, add/drop, scholastic integrity, students with disabilities, final grade appeal, alternative retailers, campus carry and proctoring arrangements and cost. \(http://www.blinn.edu/syllabus-policies/\)](http://www.blinn.edu/syllabus-policies/)

Notice of any action taken under these protocol and procedures, by Blinn College or its employees, may be delivered by hand, through the U.S. Postal Service, or electronically to the student's Blinn Buc e-mail account. Notice shall be deemed received upon actual receipt, on deposit in the U.S. Mail, or upon entering the information processing system used by Blinn College for Blinn Buc e-mail accounts, whichever first occurs.

Information about the changes Blinn has made to the Fall semester: [Back with Blinn \(https://www.blinn.edu/back-with-blinn/index.html\)](https://www.blinn.edu/back-with-blinn/index.html).

* Course Policies

What is attendance for my class?

Face to Face:

It is your responsibility to be on time. You will be marked tardy after 5 minutes of the classes starting.

Blended:

1. face to face: It is your responsibility to be on time. You will be marked tardy after 5 minutes of the classes starting.
2. online portion: Attendance is based on assignment completion. To be counted present for the online portion, you must complete all assignments before the weekly deadline.

"Attendance in a blended course is counted both in the face to face and online portions.

Online:

Attendance is based on assignment completion. To be counted present for the online portion, you must complete all assignments before the weekly deadline.

"Attendance in an online course is counted as one week of absences. Two incomplete weeks of assignments will result in an administrative drop.

Attendance Policy

Class attendance is essential for student success; therefore, students are required to attend all classes promptly and regularly. A record of attendance is maintained from the first day of classes and/or the first day the student's name appears on the roster through final examinations.

Students who accrue **one week** worth of absences during the semester will be sent an e-mail through their Buc account requiring them to contact their instructor and immediately schedule a conference to discuss their attendance issues. Students who accumulate **two weeks** worth of unexcused absences will be administratively withdrawn from class.

There are four forms of excused absences recognized by the institution:

1. Observance of religious holy days - Students should notify their instructor(s) no later than the 15th day of the semester concerning the specific date(s) for absences for any religious holy day(s);
2. Representing the College District at an official institutional function;
3. Dual credit students representing the high school or independent school district at an official institutional function; and
4. Military service.

Examples of **unexcused** absences include, but not limited to: illness, doctor appointments, hospitalization, personal business, court appearance, vehicle breakdowns, or other unrelated business is not excused. Exams for another class, or other school related business is not excused.

Students: you must report an absence to your instructor, using your Blinn College email account (@buc.blinn.edu) within 24 hours of the class period missed for consideration to be excused. Your instructor will require official documentation to determine whether the absence is excused or unexcused. Absences will not be excused at a later date if this procedure is not followed. Classes missed because you were Administratively Withdrawn from the class due to absences is not an excused absence.

What if I get dropped and I want back in the course?

If you are dropped after missing 2 weeks worth of class, you may appeal.

Students wishing to appeal an administrative withdrawal should consult their instructor first and fill out a **Blinn College Student Reinstatement form**. If the faculty member agree to the reinstatement request then the student and faculty completes the upper portion of the form and it is submitted to the Division Operations Coordinator.

If the faculty member does not agree to the Reinstatement Form and the student has the right to appeal. The **APPEAL** process is outlined on the bottom of the Reinstatement form.

It is the student's responsibility to initiate each step of the appeals process. The designee for Health and Kinesiology is Dr. Shelly Peacock. Contact her by your by @buc.blinn.edu e-mail, for an appointment to discuss the appeal. Her email address is shelly.peacock@blinn.edu This whole process (including decision) must be completed in 5 school days.

Whose responsibility is it to drop a course?

It is the student's responsibility to officially drop a class he or she is no longer attending. ([Blinn College Board Policy ECC Local](#)). Students interested in dropping a course or withdrawing from school may do so by logging into myBlinn and clicking on "add/drop +/-" link, and then selecting the current registration term and "webdrop" from the action drop down menu. The final step is scrolling to the bottom of the page and clicking submit. Students should contact Enrollment Services at 979-830-4800 for assistance with webdrop or to drop due to: severe illness, care for a sick, injured, or needy person, death of a close relative/relation, military duty, military duty of a close relative/relation, or change in work schedule.

What is the acceptable behavior in class?

The Health and Kinesiology department has the expectation that you will do the following:

1. Complete D2L training by the first day of class.
2. Participate in the course and activities.
3. Focus on the presented materials and not other subject matter.
4. When communicating face to face or online, it is done in a respectful and appropriate manner.

The Incivility Protocol is detailed in the [Blinn College Catalog \(http://catalog.blinn.edu/\)](http://catalog.blinn.edu/) and in [Blinn College Board Policy FLB \(LOCAL\) \(http://www.blinn.edu/board-policy-updates/FLB\(LOCAL\).pdf\)](http://www.blinn.edu/board-policy-updates/FLB(LOCAL).pdf) .

Can I turn in my assignments late?

- If you miss any of the assignments you will be given a grade of "0" for that assignment. I will NOT go back and reopen assignments.
- Assignments/Tests missed due to the official Blinn College excused absence policy are eligible for make-up. Verification of these absences is mandatory.
- Participation points may be made up outside class.

What other things do I need to know?

Student E-Mail Account

Blinn College has a student e-mail account for every student. It is the student's responsibility to check this e-mail account daily for important information.

Computer/eCampus Related Problems

If you experience eCampus problems you must submit a Help Desk Ticket.https://support.blinn.edu/CherwellPortal/IT?_=#4c515cec#0

Save the correspondence that you have with the Distance Education Department. If the problem was Blinn's fault (e.g. eCampus was down, etc.) then the assignment will be extended for you. You must notify us of this problem and present to us the correspondence that you had with the Distance Education Department before the semester ends. We will not be able to help you after the semester ends.

Computer Access

Computer access on the Bryan Campus is in The Library, The Learning Center (second floor of Library) and in the Open Computer Lab in the Health Building, room H-225B. Computer access at the Brenham campus is in the Bullock lab and the library. There is also computer labs at RELLIS, Sealy, Bryan Collegiate, and Schulenburg campuses. Ask your instructor for specific directions.

Extra Credit

Throughout the semester , there may be events that may used to make up participation points.

Schedule

Week One	Meeting Details	LEC		Weekly
OPENS: Monday, December 19, 2020	D2L Training Due to start Course-due			6
Closes Thursday, December 22, 2020	Course Syllabus Quiz	3 HR		
OPENS: Thursday, December 22, 2020	Safety, Precautions and Karvonean Formula			
CLOSES: Sunday, December 25, 2020	Safety, Precautions, Pre-Tests- DUE	3 HR		
Week Two		LEC		Weekly
OPENS: Monday, December 26, 2020				6
CLOSES: Thursday, December 29, 2020	2 Workouts, 2 Cardio, FITT theory- due	3 HR		
OPENS: Thursday, December 29, 2020				
CLOSES: Sunday, November 01, 2020	2 Workouts, 2 Cardio, Written assignment-due	3 HR		
Week Three		LEC		Weekly
OPENS: Monday, November 02, 2020				6
CLOSES: Thursday, November 05, 2020	2 workouts, 2 cardio, Goals, Exam 1- due	3 HR		
OPENS: Thursday, November 05, 2020				
CLOSES: Sunday, November 08, 2020	2 workouts, 2 cardio, Physicals - due	3 HR		
Week Four		LEC		Weekly
OPENS: Monday, November 09, 2020				6
CLOSES: Thursday, November 12, 2020	2 workouts, 2 cardio, Fitness Program- due	3 HR		
OPENS: Thursday, November 12, 2020				
CLOSES: Sunday, November 15, 2020	2 workouts, 2 cardio, Nutrition- due	3 HR		
Week Five		LEC		Weekly

OPENS: Monday, November 16, 2020				6
CLOSES: Thursday, November 19, 2020	2 workouts, 2 cardio, assignment- due	3 HR		
OPENS: Thursday, November 19, 2020				
CLOSES: Sunday, November 22, 2020	2 workouts, 2 cardio, assignment- due	3 HR		
Week Six		LEC		Weekly
OPENS: Monday, November 23, 2020				6
CLOSES: Thursday, November 26, 2020	2 workouts, 2 cardio, assignment- due	3 HR		
OPENS: Thursday, November 26, 2020				
CLOSES: Sunday, November 29, 2020	2 workouts, 2 cardio, Exam 2- due	3 HR		
Week Seven		LEC		Weekly
OPENS: Monday, November 30, 2020				6
CLOSES: Thursday, December 03, 2020	2 workouts, 2 cardio, Physicals- due	3 HR		
OPENS: Thursday, December 03, 2020				
CLOSES: Sunday, December 06, 2020	2 workouts, 2 cardio, Exercise Demo- due	3 HR		
Week Eight		LEC		Weekly
Monday, December 07, 2020	ASSIGNMENT	3 HR		6
Tuesday, December 08, 2020	Final Exam	3 HR		
	Total Contact Hours			48