HPR 1011
Walking for Fitness
Spring 2023
Online Course

Course Time and Location: Online course
Instructor: Mr. James Rackley
Office Location: Mena Campus by appointment only, I can meet you on campus.
Office Hours: By appointment only, I can meet you on campus.
Office Phone: Telephone: 479-394-7622, leave a message for James Rackley
Cell Phone: 479-243-6442
E-mail: jrackley@uarichmountain.edu
Prerequisite: None
Resources--Textbook: No book requirement, a journal and a pedometer

Course Description: This course is designed for all ages and levels of fitness. It emphasizes body mechanics and identifies concepts so the student may have a lifetime of walking enjoyment. It involves weekly goal setting incentives and focuses on a variety of walking experiences for fun and cardiovascular improvement.

Program Outcomes: Overview and Introduction--The purpose of this class is to encourage students to enjoy the lifelong activity of walking for exercise and fitness reasons. Walking is a lifetime outdoor sport that is enjoyed by many participants around the world. Walking is a simple coordination skill performed in a relatively stable environment. Walking requires consistency and dedication in order to gain fitness benefits, increase muscle tone, and or lose weight. Walking can be enjoyed as a leisure pursuit and as a competitive sport in a tournament setting. This course is designed for all ages and levels of fitness.

Rationale: Walking combines physical and mental skills that will serve the students well throughout their lives. Walking gives a person independence and provides a foundation for safe participation in other activities. Although the objective of walking is to improve overall health with exercise, there is always an enjoyment of just being out in the sun. Walking is a true lifetime sport for people of all fitness levels.

Course Objectives:
Upon successful completion of this class, the student should be able to do the following:

- Apply rules and safety procedures to walking.
- Develop fundamental physical skills and progress to longer movement activities as physically able.
- Develop the personal skills necessary to comfortably and enjoyably participate in walking for fitness.
- Understand and demonstrate the skills to safely enjoy and participate in each walking activity.
- Demonstrate the ability to analyze the fundamental skills required to find a safe and pleasant walking trail.
- Demonstrate how to use a pedometer.

- Recognize patterns of growth and development.
- Improve and/or maintain their level of cardiovascular fitness throughout the semester and their future.
- Identify BMI.

Topical Outline/Course Schedule: Tentative

Week 1	Syllabus- course layout/assignments; Buy pedometer or use a walking app ASAP.
Week 2	Essay, Journal Entry #1
Week 3	Journal Entry #2
Week 4	Journal Entry #3
Week 5	Journal Entry #4
Week 6	Journal Entry #5
Week 7	Journal Entry #6
Week 8	Journal Entry #7
Week 9	Journal Entry #8
Week 10	Journal Entry #9
Week 11	Journal Entry #10
Week 12	Journal Entry #11
Week 13	Journal Entry #12
Week 14	Journal Entry #13
Week 15	Start final exam
Week 16	FINAL EXAM

Course Conduct: This class is taught by online communications and student activities. Online communications and class participation is a factor that will be stressed in this class. Students will be required to walk for exercise, write about the experiences, read articles, write about those articles, post to the forum and study for tests.

University of Arkansas Rich Mountain Credit Hour Calculator: For every course credit hour, the typical student should expect to spend at least three clock hours per week of concentrated attention on course related work, including but not limited to time attending class, as well as out of class time spent reading, reviewing organizing notes, preparing for upcoming

quizzes, exams, problem-solving, developing and completing projects, and other activities that enhance learning. Thus, for a three hour course, a typical student should expect to spend at least nine hours per week dedicated to the course.

Course Requirements/Evaluations:
Grading Scale:
90-100% = A
80 - 89% = B
70 - 79% = C
60 - 69% = D
59% or less = F

Class Procedure/Student Requirements: Instructions

1. Attendance online is required to be successful in this class.

2. Absence Policy – Being that this is an online course, online attendance is critical to success. You will be required to log into Blackboard on a frequent basis—a minimum of two to three times a week. It is imperative that you treat Blackboard as you would a traditional class that meets at a particular time in a particular building on campus. If you do not log in at least two times in the first two weeks, you will be dropped from the class, which can affect your financial aid.

3. Complete and turn in the assignments by the due dates. Late submissions will be accepted but will be penalized a grade letter per day. After two weeks, late assignments will not be accepted.

4. This is an online class. Therefore, you are responsible for your technology. Technological excuses will not be accepted. If you are concerned with your personal / home technology, University of Arkansas Rich Mountain has computer labs in Mena, Waldron, and Mt. Ida for you to use.

5. It is the student's responsibility to contact me if there is a problem. Sending an email and not following up with it is not recommended. I will always try to reply to any email you send me within 24 hours, but if I fail to reply within 24 hours, please be persistent and follow up with another email.

Weekly journaling should be kept in your notebook (or via a Word document so that you can upload to Blackboard).

- The first week of class, develop a goal for the class
- Write a short-term goal for each up-coming week that helps you move toward your goal
- Record daily walks to include time, distance, intensity <u>and</u> personal comments
- Adjust goals as needed at the end of each week.
- Journals will be due at various times during the semester.

It is the student's responsibility to drop or withdraw from the course. *A student needing to drop or withdraw should seek out their advisor or go to the Student Affairs Office.*

Walking activity assignments	500 points possible
Journal and Forum assignments	100 points possible
Mid-Term Exam	100 points possible
Final Exam	200 points possible
Activity online and participation	100 points possible

University of Arkansas Rich Mountain E-Mail and Blackboard: Since email is the primary source of communication with students via Blackboard, all registered University of Arkansas Rich Mountain students receive a college email account. For this class, students must check their **University of Arkansas Rich Mountain e-mail accounts and Blackboard regularly to avoid** missing important messages and deadlines. If you are experiencing trouble with your email or Blackboard, please contact Melissa Cloud (for email) at 479-394-7622 ext. 1244 or Lisa Jumper at 479-394-7622 ext. 1625. The excuse that a student is having computer or email problems is not acceptable. It is your responsibility as a student to seek out the answers to your problems. Please remember, University of Arkansas Rich Mountain has computer labs available to you at no charge at the Mena, Waldron, and Mt. Ida locations.

Academic Dishonesty: You are expected to complete your own work on assignments in a timely manner. Tutors are available to help you with assignments, but you are responsible for their completion. While academic dishonesty is not conclusively defined in the college catalog, you are expected to be honest in your completion of assignments and tests. Copying another's homework, or allowing yours to be copied will result in a zero for that work. If your answers are so similar as to become suspect, I will notify you in writing. You will be asked to meet with me to discuss the matter further. I may request another instructor or administrator be present.

Disability Policy: It is the policy of University of Arkansas Rich Mountain to accommodate students with disabilities, pursuant to state and federal law. Any student with a disability who needs accommodations should contact the Student Affairs Office, Maddox Building, 479-394-7622, ext. 1400.

Arkansas Clean Air Act: In compliance with the Arkansas Clean Air Act, University of Arkansas Rich Mountain is a smoke and tobacco free facility. Students and guests are to refrain from the use of all tobacco products while on campus.

Crime Stats and Information: Crime stats and information is located under Health and Safety at: http://www.uarichmountain.edu/at-a-glance/disclosures.

Student Misconduct: Students committing misconduct are subject to disciplinary sanction(s) and or restrictions. Misconduct or prohibited behavior includes, but is not limited to endangerment, harassment, disruption, sexual misconduct, dishonesty, illegal drugs and/or alcohol, fire or safety issues, gambling, property violations, computer violations or other violations as listed in detail in the University of Arkansas Rich Mountain catalog.

University of Arkansas Rich Mountain Mission: Mission UA Rich Mountain provides transformative education to all learners.

See Something ... Hear Something ... Say Something
Suspicious behavior should be reported to the Deputy Sheriff at (479)394-6811 OR through an anonymous email link found on University of Arkansas Rich Mountain webpage (University of Arkansas Rich Mountain.edu), bottom right hand corner. Deputy Sheriff's office is located in the Spencer Building across from the library.

Title IX Sexual Harassment: If there is an issue of this nature, it should be reported immediately to the Title IX Director, Terry Francis at (479) 394-7622, Ext. 1460. To report a concern, or to learn more about UA RICH MOUNTAIN's Title IX and Non-Discrimination Policies, visit https://www.uarichmountain.edu/title-ix-policy

Face Mask Policy: All students could be required to wear a proper face covering that completely covers the nose and mouth while on campus and in class. Masks with holes or masks that do not completely cover nose and mouth are not acceptable. Any student that does not have a proper mask when the policy is in effect may be sent to the Vice Chancellor of Student Affairs.

Illness Policy: Students are encouraged but not required to wear masks in classroom and public spaces unless the policy is in effect due to current diagnosed number of cases making it necessary. For attendance purposes, a student who is displaying symptoms of illness must email: contact.tracing@uarichmountain.edu to determine next steps for an excused absence related to COVID or flu. Contacting an instructor **DOES NOT** start this process or guarantee an excused absence.

Food and Drink: Food and drinks, including water are not allowed in the classroom at any time.

Syllabus subject to change at the discretion of the instructor.