Instructor Information

Instructor(s):
Rhonda Prisby, Ph.D.

Office Number:
SEIR 200

Office Telephone Number:
817-272-6786

Email Address:
rhonda.prisby@uta.edu

Faculty Profile:
https://mentis.uta.edu/explore/profile/rhonda-prisby

Office Hours:
By Appointment

Course Information

Section Information:
EXSA 1247 - 001

Time and Place of Class Meetings:
Online

Description of Course Content:
Students will be given guidelines for the design of individual exercise and nutritional programs. Tutorials related to aerobic fitness, weight loss, and development of muscle mass, muscle strength, and joint flexibility will be posted on Canvas. This information will be used to maximize your individual exercise and weight management program.

Student Learning Outcomes:
Upon completion of this course, you will be able to:
1. Construct an energy balance plan designed to achieve calorie balance specific to individual goals.
2. Implement guidelines for developing aerobic fitness, muscle strength and endurance, flexibility, and improvements in body composition in a personally relevant exercise training program.
3. Explain the benefits of achieving and maintaining high levels of aerobic and muscular fitness through the lifespan.
4. Evaluate results of fitness evaluations for identification of strengths, weaknesses, and need for change.
5. Design an 8-week progressive exercise-training program that is likely to improve aerobic fitness, muscle performance, and flexibility.
6. Describe the roles of carbohydrates, fats, and proteins, for support of exercise training, reducing health risk factors, and maintaining target body weight.
8. Assess your personal dietary intake for total caloric intake and the percentages of carbohydrates, fats, and proteins
10. Using data on percent body fat and body mass index, contrast underweight, desirable weight, overweight, and over-fat in the context of health risk and physical performance.

Specific Competencies:
1. Design a personally relevant progressive exercise-training program that will improve aerobic fitness, muscle performance, and flexibility.
2. Explain the need for lifetime physical activity and weight control as they relate to health enhancement and disease risk reduction.
3. Evaluate results of fitness evaluations for identification of strengths, weaknesses, and need for change.
4. Use proper technique in performing at least one resistance training exercise for each of the major muscles or muscle groups.
5. Demonstrate appropriate upper body and lower body stretches using static, dynamic, and PNF stretching techniques.
6. Describe the roles of carbohydrates, fats, and proteins, for support of exercise training, reducing health risk factors, and maintaining target body weight.
7. Plan your own nutritious, healthy, and balanced meals with special attention to the demands of physical activity and good health.

Required Textbooks and Other Course Materials:
All materials provided

Descriptions of major assignments and examinations:
Weekly Assignments: Students must upload their weekly lesson assignments (Canvas) to receive a grade for attendance. Each weekly lesson upload is worth 10 points. **1 point will be deducted for every day that an assignment is turned in late.**

Grading Information

Grading:
Weekly Assignments (15): 10 pts each = 150 points
A = 90%; B = 80%; C = 70%; D = 60%; F = ≤ 59%

Grading Policy: 1 point will be deducted for every day that an assignment is late. Since assignments are worth 10 points, this means that no credit can be received after the 10th day.

Make-up Exams:
N/A

Course Schedule

<table>
<thead>
<tr>
<th>Week</th>
<th>Topic</th>
<th>Assignments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Baseline Assessment and Goal Setting</td>
<td>Lesson 1 (due 8/28 and 8/31 by 11:59 pm)</td>
</tr>
<tr>
<td>2</td>
<td>Develop Your Plan</td>
<td>Lesson 2 (due 9/7 by 11:59 pm)</td>
</tr>
<tr>
<td>3</td>
<td>Intake and Expenditure</td>
<td>Lesson 3 (due 9/14 by 11:59 pm)</td>
</tr>
<tr>
<td>4</td>
<td>Periodization</td>
<td>Lesson 4 (due 9/21 by 11:59 pm)</td>
</tr>
<tr>
<td>5</td>
<td>The Volume-Intensity Relationship</td>
<td>Lesson 5 (due 9/28 by 11:59 pm)</td>
</tr>
<tr>
<td>6</td>
<td>Develop Your Next Plan</td>
<td>Lesson 6 (due 10/5 by 11:59 pm)</td>
</tr>
<tr>
<td>7</td>
<td>Performance Nutrition</td>
<td>Lesson 7 (due 10/12 by 11:59 pm)</td>
</tr>
</tbody>
</table>
Institution Information

UTA students are encouraged to review the below institutional policies and informational sections and reach out to the specific office with any questions. To view this institutional information, please visit the Institutional Information page (http://www.uta.edu/provost/administrative-forms/course-syllabus/index.php) which includes the following policies among others:

- Drop Policy
- Disability Accommodations
- Title IX Policy
- Academic Integrity
- Student Feedback Survey
- Final Exam Schedule

Additional Information

Mandatory Face Covering Policy
All students and instructional staff are required to wear facial coverings while they are on campus, inside buildings and classrooms. Students that fail to comply with the facial covering requirement will be asked to leave the class session. If students need masks, they may obtain them at the Central Library, the E.H. Hereford University Center’s front desk or in their department. Students who refuse to wear a facial covering in class will be asked to leave the session by the instructor, and, if the student refuses to leave, they may be reported to UTA’s Office of Student Conduct.

Attendance:
At The University of Texas at Arlington, taking attendance is not required but attendance is a critical indicator of student success. Each faculty member is free to develop his or her own methods of evaluating students' academic performance, which includes establishing course-specific policies on attendance. However, while UT Arlington does not require instructors to take attendance in their courses, the U.S. Department of Education requires that the University have a mechanism in place to mark when Federal Student Aid recipients “begin attendance in a course.” UT Arlington instructors will report when students begin attendance in a course as part of the final grading process. Specifically, when assigning a student a grade of F, faculty report must the last date a student attended their class based on evidence such as a test, participation in a class project or presentation, or an engagement online via Canvas. This date is reported to the Department of Education for federal financial aid recipients.

Academic Integrity: Students enrolled in this course are expected to adhere to the UT Arlington Honor Code:

I pledge, on my honor, to uphold UT Arlington’s tradition of academic integrity, a tradition that values hard work and honest effort in the pursuit of academic excellence.
I promise that I will submit only work that I personally create or contribute to group collaborations, and I will appropriately reference any work from other sources. I will follow the highest standards of integrity and uphold the spirit of the Honor Code.
UT Arlington faculty members may employ the Honor Code as they see fit in their courses, including (but not limited to) having students acknowledge the honor code as part of an examination or requiring students to incorporate the honor code into any work submitted. Per UT System Regents’ Rule 50101, §2.2, suspected violations of university’s standards for academic integrity (including the Honor Code) will be referred to the Office of Student Conduct. Violators will be disciplined in accordance with University policy, which may result in the student’s suspension or expulsion from the University.

**Student Success Programs:**
UT Arlington provides a variety of resources and programs designed to help students develop academic skills, deal with personal situations, and better understand concepts and information related to their courses. Resources include tutoring by appointment, drop-in tutoring, etutoring, supplemental instruction, mentoring (time management, study skills, etc.), success coaching, TRIO Student Support Services, and student success workshops. For additional information, please email resources@uta.edu, or view the Maverick Resources website.

The **IDEAS Center** ([https://www.uta.edu/ideas/](https://www.uta.edu/ideas/)) (2nd Floor of Central Library) offers FREE tutoring and mentoring to all students with a focus on transfer students, sophomores, veterans and others undergoing a transition to UT Arlington. Students can drop in or check the schedule of available peer tutors at www.uta.edu/IDEAS, or call (817) 272-6593.

The **English Writing Center (411LIBR):**
[Optional.] The Writing Center offers FREE tutoring in 15-, 30-, 45-, and 60-minute face-to-face and online sessions to all UTA students on any phase of their UTA coursework. Register and make appointments online at the Writing Center ([https://uta.mywconline.com](https://uta.mywconline.com)). Classroom visits, workshops, and specialized services for graduate students and faculty are also available. Please see Writing Center: OWL for detailed information on all our programs and services.

The **Library’s 2nd floor Academic Plaza** ([http://library.uta.edu/academic-plaza](http://library.uta.edu/academic-plaza)) offers students a central hub of support services, including IDEAS Center, University Advising Services, Transfer UTA and various college/school advising hours. Services are available during the library’s hours of operation.

**Librarian to Contact:**
[Optional.] Each academic unit has access to Librarians by Academic Subject that can assist students with research projects, tutorials on plagiarism and citation references as well as support with databases and course reserves.

**Emergency Phone Numbers**
In case of an on-campus emergency, call the UT Arlington Police Department at **817-272-3003** (non-campus phone), **2-3003** (campus phone). You may also dial 911. Non-emergency number **817-272-3381**.

**Library Information**

**Research or General Library Help**
Ask for Help
- **Academic Plaza Consultation Services** ([library.uta.edu/academic-plaza](http://library.uta.edu/academic-plaza))
- **Ask Us** ([ask.uta.edu/](http://ask.uta.edu/))
- **Research Coaches** ([http://libguides.uta.edu/researchcoach](http://libguides.uta.edu/researchcoach))

Resources
- **Library Tutorials** ([library.uta.edu/how-to](http://library.uta.edu/how-to))
- **Subject and Course Research Guides** ([libguides.uta.edu](http://libguides.uta.edu))
- **Librarians by Subject** ([library.uta.edu/subject-librarians](http://library.uta.edu/subject-librarians))
- **A to Z List of Library Databases** ([libguides.uta.edu/az.php](http://libguides.uta.edu/az.php))
• **Course Reserves** (https://uta.summon.serialssolutions.com/#!/course_reserves)
• **Study Room Reservations** (openroom.uta.edu/)