KINE 123: Move Well, Live Well
FALL 2026 - 3 CREDIT HOURS
BALL STATE UNIVERSITY

INSTRUCTOR: Mrs. Kendra Zenisek
STUDENT HOURS: by appointment during regular University business hours
E-MAIL: klgotsch@bsu.edu *(This is my preferred method of communication)*

Course Description
Explore how exercise can transform your body and mind, both now and for life. Learn the science behind fitness, build your own personalized workout plan, and commit to real-world training outside class. Boost your health, energy, and confidence while earning credit. This course is movement with purpose, designed to support your future.
Prerequisites: none

Course Objectives
1. Identify and recognize key terms, perspectives and theories in physical wellbeing.
2. Summarize information related to multiple dimensions of wellness with an emphasis on the connections to physical fitness and wellbeing.
3. Discuss multiple avenues that lead to optimal physical fitness and wellness.
4. Apply behavior change theories (e.g., Transtheoretical Model, Social Cognitive Theory) to explain individual readiness to adopt and maintain a personalized exercise program. (ICC SLO 4.5)
5. Create and engage in a personalized exercise program based on one's individual abilities, limitations, and interests to meet ACSM exercise prescription guidelines for health benefits.
6. Use basic observational techniques to track and assess personal exercise behaviors, including frequency, intensity, and duration of physical activity. (ICC SLO 4.4)
7. Use reliable sources of evidence (e.g., academic journals, government health websites) to discuss the impact of exercise on common health concerns, such as obesity, heart disease, and mental health. (ICC SLO 4.6)

This course is part of the University Core Curriculum (UCC). The UCC enables you to:
1. realize your intellectual potential.
2. add breadth and depth to your educational experience.
3. increase your personal well-being.
4. participate actively in your communities.

Rationale for inclusion in: Personal and Financial Wellness
By designing and participating in your own individualized exercise program, you will gain hands-on experience that fosters a deeper understanding of the vital role physical activity plays in preventing and managing chronic diseases, reducing stress, enhancing emotional resilience, supporting cognitive function, and promoting overall well-being. This experiential approach empowers you with practical tools to cultivate long-term health habits, improve quality of life, and maintain balance—key elements for academic success and lifelong personal growth.

Moreover, the course highlights the significant financial implications of hypokinetic conditions, helping you recognize the potential healthcare costs and productivity losses associated with sedentary lifestyles. By connecting personal health behaviors to broader economic outcomes, you develop greater awareness of how investing in your own wellness can yield substantial personal and societal benefits.

Rationale for inclusion in: Social Responsibility
Participation in this course will also you to critically examine the impact of hypokinetic conditions and the far-reaching consequences of sedentary lifestyles. Through this exploration, you gain valuable insight into how individual wellness choices influence the health and resilience of communities. The course fosters an understanding of both personal and systemic barriers to health and well-being, encouraging you to view wellness through a broader societal lens. By linking

personal behavior to public health outcomes, you are equipped to become informed, responsible advocates for sustainable health practices that promote equity and strengthen community well-being.

Course Meeting Structure
This course meets two days per week for 50 minutes per class meeting and will be a combined lecture/lab activity approach. The third "day/hour" is asynchronous to provide you with the necessary time to engage in your required personalized exercise program at least three times per week with a minimum duration of 30 minutes per session.

Required Materials
To enhance your learning experience and provide *discounted* access to the right digital course material, your course is part of an inclusive access model called First Day. You can easily access the digital materials for your course right from Canvas and Ball State will bill you at the discounted price as a course charge. You have the option to opt-out of this program in Canvas if the total cost for all your required course materials is less than the standard per credit charge. If you choose to opt-out, you are responsible for purchasing your course materials at the normal retail price.

Text (hard copy of text NOT required): Fahey, Insel, Roth, and Insel. (2025). ***Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness***. (16th ed). New York, NY: WCB/McGraw-Hill Publishers.

McGraw Hill's Connect (includes e-text) McGraw Hill's Connect is a web-based assignment and assessment solution required for this course that includes access to the required e-text. Connect is designed to assist you with your coursework based on your needs. **NOTE: If you are trying to carry over a registration from a previous semester – this WILL NOT last you the semester.**
Connect Online Assistance: https://mhedu.force.com/CXG/s/ContactUs or call: 1-800-331-5094. Live support is available: Mon-Thurs: 24 hours, Friday: 12am – 9pm EST, Saturday 10am – 8pm EST, and Sunday: 12pm – 12am EST.

Technology Requirements
In addition to Connect and Canvas, you will need access to **Excel** for the weekly Exercise Log assignments. If you do not currently have Excel software, this can be downloaded for free by following the instructions found here.

Canvas Technical Assistance
If you have technical questions, Canvas Help has a wide variety of resources available by clicking on the "Help(?)" option on the Canvas home menu. You can contact Ball State's Help Desk - the Help Desk staff has put together many how-to video clips in its Tech Clips section that can guide you through many of the most common questions. The Help Desk can be contacted at 765-285-1517 or via the web at http://www.bsu.edu/helpdesk

Optional Materials:
Fitness Tracker/Step Tracking Device
For the required Exercise Log assignments, it may be helpful to have access to a fitness tracking device beginning the 2nd week of the course. You are not required to purchase one for the purposes of the course. If you currently have a FitBit, Apple Watch, or similar device these can provide you with measurable tracking information (i.e., distance, heart rate information, active calories, etc.) this can be helpful tool in monitoring, logging, and tracking progress.

Course Policies:
Communication/Email Etiquette
For questions of a personal nature, such as questions about your grade or personal/emergency nature intended for the instructor, please use your BSU email. I will typically respond to messages within 24 hours (1 business day) of receiving them. Emails need to include complete words and phrases with proper capitalization and punctuation.

Academic Integrity
Students are expected to adhere to University guidelines as presented in the Code of Student Rights and Responsibilities as outlined in the student handbook. Academic dishonesty by a student will not be tolerated in activity or academic areas and will be treated in accordance with the policy in the faculty handbook. Please refer to the specific sections in

Undergraduate Rights and Responsibilities for information regarding academic honesty. These policies (including cheating on exams and plagiarism) will be strictly enforced. Cheating and/or plagiarism will not be tolerated. All assessments are to be completed independently and without any resources. Incidents of academic dishonesty will be prosecuted to the full extent within the university judicial process! Failure to follow these guidelines will result in an "F" for the course.

No Generative AI Use
All work conducted and/or submitted in this course should reflect your own ideas and demonstrate your current knowledge, abilities, and skills. Therefore, generative AI should not be used to complete any portion of the assignment(s). Doing so constitutes a violation of Ball State University's Student Academic Ethics Policy.

Attendance Policy
Your regular participation in this course is critical to your academic and professional success. We will move quickly between our topics and missing a day can result in you falling behind in our progression. Your attendance for each class period is required and will result in a 5-point deduction per class missed after you have exhausted **three emergency absences** *(i.e., illness, doctor's appointments, family emergencies, vacations, transportation issues, etc. are not accepted as excused absences.)*. You must sign-in at the beginning of each class to be counted as present. Missing a sign-in can result in an absence for the day. If you have a funeral, University-sponsored academic field trip, athletic competition, jury duty, or military duty with proper documentation provided to support these reasons you will receive an excused absence that will not count towards your absence total. You must communicate these absences with me prior to missing class if you are able.

As engaging in exercise is an important aspect of course participation, if a major illness or injury occurs that prevents participation in exercise for two (2) or more consecutive weeks, you must contact the instructor within 72 hours of the two-week period of missed exercise to best determine a successful participation path moving forward. Necessary course modifications will be determined on a case-by-case basis. Clearance to return to activity may be required from a licensed medical professional via the completion of the Serious Medical Illness/Condition Documentation form. Depending on the amount of course requirements missed and the timing in the semester, the assignment of an Incomplete grade or withdrawal complete withdrawal from the class may be necessary. If the major illness/injury occurs after the last course withdrawal date, refer to the guidelines detailed in the process for late withdrawal*. Failure to comply with these policies may result in a failing grade being entered into the permanent grade record.*

Proper Attire for Movement Activity Days
On days indicated as movement activity days, All Students are required to wear exercise clothing. You will not be allowed to participate if you are not in proper exercise attire. This will result in loss of your attendance points for the day. Any concerns you may have regarding changing facilities or questions regarding proper attire should be discussed with your activity instructor as soon as possible. You should have a good pair of supportive, athletic footwear. Crocs, Converse, TOMS, Vans or other canvas/casual athletic shoes DO NOT constitute proper footwear. Wear comfortable workout clothing such as t-shirts, shorts, wind pants, or sweatpants. No attire with offensive or sexually suggestive messages will be allowed.

Grading Policies
Grades are private and available only on Canvas. Communication with the instructor of a confidential nature is to be conducted via your BSU email. Keep track of your points. All grades will be posted in Canvas under Grades. Bring any questions you may have about your grade to your instructor's attention as soon as possible.

Assessments	
Quiz #1 (30 questions from Red Zone, Chapters 1-3)	30 points
Quiz #2 (30 questions from Functional Anatomy and Injury Prevention and Chapters 4-8)	30 points
Final Exam (18 cumulative, 32 from Chapters 9-12)	50 points **(Final Exam Week)**

General Assignments	
Health Assessment Form	5 points
Understanding Barriers to Physical Activity	10 points
Fitness Assessment #1	10 points
SMART Fitness Goal Assignment	15 points
Personalized Exercise Plan Assignment	20 points
Information Literacy Learning Module Quizzes	40 points (8 quizzes x 5 points each)
Exercise Rx Snapshot	15 points
Fitness Assessment #2	10 points
SMART Fitness Goal Reflection Assignment	5 points
From Move Well to Live Well: Semester Reflection	25 points
Move to Improve: How Exercise Impacts Health Paper	100 points

Weekly Assignments	
Exercise Logs	195 points (13 weeks x 15 points each)
SmartBook Reading Assignment	50 points (11 chapters x 5 points each; lowest score dropped)
Connect Chapter Assignments	40 points (9 assignments x 5 points each; lowest score dropped)
Attendance and Participation/In-class activities	115 points (5 points per class meeting)

Grading Scale:

≥94% = A	83.9%-80% = B-	69.9%-67% = D+
90-93.9% = A-	79.9%-77% = C+	66.9%-64% = D
89.9%-87% = B+	76.9%-74% = C	63.9%-60% = D-
86.9%-84% = B	73.9%-70% = C-	<60% = F

Assessments

There will be two multiple-choice quizzes and one cumulative multiple-choice exam over the assignment, textbook, and guest speaker information. All assessments are timed and must be completed in a single attempt.

- Quiz #1 will be given during **Week #6** containing 30 questions that cover the Red Zone PowerPoint presentation/slides and Chapters 1-3 in the text.
- Quiz #2 will be given during **Week #11** containing 30 questions that cover Functional Anatomy and Injury Prevention and Chapters 4-8 in the text.
- The cumulative final exam will be given during **Final Exam Week** containing 50 questions – 18 questions covering the Red Zone information, Functional Anatomy and Injury Prevention, and Chapters 1-8; 32 questions will cover Chapters 9-12.
- Study guides for all assessments are posted on your Canvas site in the Quiz/Exam Information Module along with test preparation and taking strategies.
- All assessments are independent, resource free, and will be facilitated through Connect.

Assignments

- It is your responsibility to check your Grades to make sure that your assignment has been submitted. If the assignment did not submit, try to resubmit. If you cannot, you will need to contact me concerning your issues.
- You are welcome to email rough drafts of writing assignments worth 20 points or more for instructor review and feedback. To ensure adequate time for feedback, drafts must be submitted by 4:59 p.m. on the Thursday prior to the assignment due date. While submitting a draft is optional, taking advantage of this opportunity can help strengthen your final submission.
- To support fairness and consistency for all students, assignments must be submitted by the posted due date to

earn credit. Because course assignments build on established deadlines and grading timelines, late submissions are not eligible to earn points.
- Grades assigned to submitted work are considered final; resubmissions for grade reconsideration are not eligible to earn additional points. Students are encouraged to carefully review assignment requirements and utilize available support resources prior to submitting their work.
- Extra credit is not offered. There are numerous opportunities available throughout the course experience to work diligently and be successful.

Health Assessment Form *(5 points)*
- The purpose of this form is to identify potential health conditions that may affect participation in this class or require modifications to allow for safe participation.
- This will need to be printed off Canvas, completed, and turned in before participation in activity is possible.

Understanding Barriers to Physical Activity *(10 points)*
- The purpose of this assignment is to help you reflect honestly on personal and common barriers to physical activity and begin thinking about realistic strategies to work around them.
- There are two steps to this assignment – the completion of a brief self-assessment and a series of reflection questions. Both will be submitted through the appropriate Canvas assignment portal.
- Detailed directions and a grading rubric are included in the assignment posting.

Fitness Assessments *(10 points each)*
- Anaerobic assessments will include muscular endurance assessments; flexibility, mobility, and stability assessments; and body composition assessments. Aerobic assessment will include a timed 15-minute walk/jog for distance.
- All assessment activities are completed in class and points are awarded for completion and participation rather than the achievement of specific scores. Attendance is required on assessment days to earn points.

SMART Fitness Goal Assignments *(15 points/5 points)*
- Two assignments submitted through Canvas regarding writing and engaging in your own SMART fitness goal.
- Both will be submitted through the appropriate Canvas assignment portal.
- Detailed directions, response templates, and grading rubrics are included in the assignment postings.

Personalized Exercise Plan Assignment *(20 points)*
- The purpose of this assignment is to create an individualized exercise plan for the semester that addresses the health-related fitness components appropriately and assists you in accomplishing your SMART Fitness Goal.
- The Exercise Plan must be completed using the included template in the assignment posting and submitted through the appropriate Canvas assignment portal.
- Detailed directions and a grading rubric are included in the assignment posting.

Information Literacy Learning Module *(40 points)*
- The purpose of this assignment is to provide an opportunity to introduce and explore the offerings of the Ball State Libraries. This module is an introduction to the concepts of library research and is a self-paced module. This module, in conjunction with two presentations by Ball State Library professionals will assist with your preparation for and selection of appropriate references for the Move to Improve research paper.
- Each content section contains a low-stakes knowledge quiz to ensure understanding. Each knowledge quiz is untimed, but limited to a single attempt, and worth 5 points. There are eight quizzes throughout the module.

Exercise Rx Snapshot *(15 points)*
- The purpose of this assignment is to provide a quick overview of exercise recommendations for a specific chronic health condition in addition to any known contraindicated exercises.
- A brief power point slide(s) will be created and presented in class during Week #11.

- Detailed directions and a grading rubric are included in the assignment posting.

Move to Improve: How Exercise Impacts Health Paper *(100 points)*

- The purpose of the assignment is to explore how regular exercise impacts a specific health-related topic of your choice by learning how to locate, evaluate, and apply reliable, scientifically supported sources related to exercise and health outcomes.
- You will be asked to summarize what the science say and reflect on how this information could be applied in real life.
- The How Exercise Impacts Health Paper will be submitted through the appropriate Canvas assignment portal.
- Detailed directions and a grading rubric are included in the assignment posting.

From Move Well to Live Well: Semester Reflection *(25 points)*

- The purpose of this assignment is to allow you to think critically about your experience engaging in routine exercise during this course and the impacts of continued exercise participation, personally and professionally.
- The Semester Reflection will be submitted through the appropriate Canvas assignment portal.
- Detailed directions and a grading rubric are included in the assignment posting.

Exercise Logs *(15 points each)*

- Exercise logs represent the "third" hour of class engagement on a weekly basis. A minimum of three days, 30 minutes per session is required. Using the Personalized Exercise Plan you create; you will log specific details for each exercise session that you engage in. **A weekly log is due by Sunday evenings before 11:59pm and will be submitted as a Canvas assignment**.
- All logs must be completed using the Excel template posted on Canvas. If you do not have Excel, information regarding how to download the free software can be found here.
- While you can select the types of exercise and days in which you participate, it is expected that this required exercise goes **above and beyond your standard/typical daily activities**. Exercise is defined as planned, structured, repetitive movement intended specifically to improve of maintain fitness. If you are physically active more than three days in a week, you can choose which three days of exercise you include in your weekly log.
- Detailed directions and a grading rubric are provided in each Exercise Log posting.

SmartBook Assignments *(5 points each)*

- SmartBook reading assignments will be completed and submitted on Canvas through McGraw Hill Connect.
- SmartBook reading assignments highlight certain learning objectives within each chapter. **Reading the full chapter is highly recommended**.
- To earn full points for the assignment, you need to work through all selected learning objectives for the chapter.
- SmartBook will show you your progress through the learning objectives and does not need to be completed all at once, but assignments need to be completed within the week they are assigned.
- After chapter assignments close, you can re-access them as recharge attempts, but your original score for the assignment will not change.
- The "lowest" SmartBook assignment score will be dropped at the end of the semester.

Connect Chapter Assignments *(5 points each)*

- Connect assignments are intended to help you understand and apply the content of the course.
- Connect assignments will be completed and submitted on Canvas through McGraw Hill Connect.
- Read instructions completely before beginning assignments so you are aware of how points are earned for the assignment you are completing.
- Most assignments are set to have unlimited attempts during the week they are open. If you see partial scores after submitting your assignment it means some questions were not answered or answered incorrectly. You can re-access your assignments throughout the assigned week to answer missing questions or correct information to earn full credit for the assignment.
- After chapter assignments close, you can re-access them as study attempts, but your original score for the

assignment will not change.
- The "lowest" Chapter Assignment score will be dropped at the end of the semester.

Important Dates:

Sunday, August 24	Late registration and change-of-course end
Wednesday, October 22	Course withdrawal period ends

Course Withdrawal

There is only one withdrawal period. It extends from the 6th through the 45th day of classes during a fall or spring semester. **See important dates**. For fall and spring semesters, a student has the entire first week of courses to drop a course with no penalty. This is done through "Add/Drop/Registration" from the website www.bsu.edu/student services. After the first week, a student can withdraw from a course with a grade of "W" up until the decided upon withdrawal date. This can be accomplished by completing a Withdrawal form and turning it in to the Registrar located in Lucina Hall. After this withdrawal date a student may only withdraw and receive a grade of "W" (instead of an "F") if they are confirmed to have proper extenuating circumstances.

What is the Process for Late Course Withdrawal?

Missing the deadline to withdraw, poor performance, and/or failing the class ***are not*** acceptable reasons to request a late withdrawal. In compliance with University policy, late withdrawals are only considered based on a *VERIFIABLE, EXTENUATING CIRCUMSTANCE*. Requesting a late withdrawal must be verified through documentation, however, providing documentation ***is not*** a guarantee that a student's request for late withdrawal will be granted. Students should not assume that late withdrawal requests will be approved. Students should continue to attend class, submit assignments, utilize campus resources, and consider alternatives until notification of the status of withdrawal request. ***Verifiable extenuating circumstance*** is defined as an occurrence or event that is not under the control of a student. Examples of such occurrences and recommended supporting documentation include: serious medical condition/illness (completion of PFW Serious Medical Condition/Illness Documentation form obtained from course instructor and completed by licensed health care provider), family death (obituary/death certificate or letter from counselor – both should indicate date and relationship to the deceased), military orders (copy of official orders), etc. A personal statement should also be included regarding the circumstances that prohibited successful completion of the course and why the published withdrawal deadline was missed. Requests for late withdrawal from a PFW course and supporting documentation must be submitted by the last day of classes of the semester of enrollment.

Ball State Syllabus Statement

We are committed to ensuring that all members of the community are welcome, through valuing the various experiences and worldviews represented at Ball State and among those we serve. We promote a culture of respect and civil discourse.

Freedom of Expression

In this course, we are committed to fostering a learning environment that values intellectual diversity, encourages free expression, and promotes open inquiry. As members of the Ball State Community, we treat each person in the Ball State community with civility, courtesy, compassion, and dignity and respect and learn from differences in people, ideas, and opinions. Please review Ball State University's Statement on Freedom of Expression, the resources on Ball State's Freedom of Expression webpage, and Ball State's Beneficence Pledge.

Beneficial Student Resources:

Disability Services

If you need course adaptations or accommodations because of a disability, please contact the instructor of record as soon as possible. Ball State's Disability Services office coordinates services for students with disabilities; documentation of a disability needs to be on file in that office before any accommodations can be provided. Disability Services can be contacted at 765-285-5293 or dsd@bsu.edu. If you have emergency medical information to share with me or if you need special arrangements in case the building must be evacuated, this should also be discussed with me as soon as possible. Please inform me of any health issues that may present an issue during class (i.e., epilepsy, diabetes, etc.).

Title IX

Ball State University is committed to providing a safe and inclusive learning environment for all students. If you or someone you know has experienced sexual harassment—including sexual assault, dating violence, domestic violence, or stalking, please know that you are not alone. The University offers support services and resources. For more information or to report an incident, please visit **www.bsu.edu/titleix** or contact the Title IX Coordinator at 765-285-1545 or at **titleix@bsu.edu**. Some additional campus resources include:

- Confidential: Center for Survivor Support, 2nd Floor Health Center, Room 205, Anna McGee, (765)285-7844, aemcgee2@bsu.edu
- Confidential: Counseling Center, Lucina Hall, Room 320, (765)285-1736
- Non-Confidential: Title IX Coordinator for Students, Ms. Teresa Ashcraft, (765)285-3310, teresa.ashcraft@bsu.edu
- Non-Confidential: Police Department, 200 North McKinley Avenue, (765)285-1111, www.bsu.edu/police

As your instructor, I am a mandatory reporter under the Title IX policy and required to report any information I receive about possible sexual harassment. This includes information shared in class discussions, assignments, or private conversations.

The Learning Center

The Learning Center offers free Tutoring and Academic Coaching for many courses at Ball State. Students can make appointments for online (Zoom) or in-person (NQ 350) appointments. To make an appointment, visit **MyBallState** and select "Navigate" or just go directly to **https://bsu.navigate.eab.com**. For more information about all of their programming, visit **bsu.edu/learningcenter** or call 765-285-1006.

The Basic Needs Hub

If you are having difficulty affording enough food, do not have a safe and reliable place to sleep, and/or experiencing an emergency or crisis, help is available through the Basic Needs Hub. The Basic Needs Hub has information, resources, and provides individualized support to students. To talk with a supportive staff member about your experience, receive one on one assistance, or learn more about resources, you can submit a Basic Needs Assistance Form.

The Counseling Center

The Ball State University Counseling Center offers free and confidential services to all students. The Counseling Center is located in Lucina Hall, Room 320. To schedule an appointment, you can contact them at 765-285-1736. Ball State also offers a 24/7 Crisis Line, which can be reached at 765-285-HOPE (4673). The Crisis Line is a mental health resource for those who are struggling with any mental health concerns, including thoughts of self-harm and/or suicide.

The Ball State Counseling Center sees students for a variety of reasons, some of which include homesickness, relationship concerns, anxiety, and depression. At your first appointment, you will work with a therapist to create a plan that will connect you with resources that best fit your needs. They assist students with getting connected to therapy at their Center as well as connecting students to self-help resources, other on-campus resources, and community-based resources. All Ball State students also have access to several on-demand, self-help resources through a variety of different platforms. All of these resources, including a direct link to their website, can be found here.

The Writing Center

All writers improve with practice and feedback, so as a student in this course, you are encouraged to use the Writing Center (in Robert Bell 295 during weekdays, Bracken Library First Floor West in the evenings, or online during any of our regularly scheduled hours) to get additional feedback on your writing.

The Writing Center offers free planning, feedback, and accountability sessions (in person and online) to all students composing essays, reports, reflections, research projects, web content, lesson plans, slideshows, poster presentations, resumes, and other digital or print texts. To schedule a free appointment to discuss your writing, go to bsu.edu/writingcenter. Online and in-person appointments are available; however, plan ahead because appointments book quickly!

Tentative Weekly Schedule

You are responsible for ALL material in the text! *To do well on the exams you need to read each chapter in addition to completing all assignments and labs.*

	Monday	Wednesday	Assignments to Complete During the Week
#1 8/24 & 8/26	Syllabus/Course Expectations	Introductions	1. Health Assessment Form 2. Pre-Knowledge Assessment 3. SmartBook Chapter 1
#2 8/31 & 9/2	Communicating Consent & Partying Smart	Chapter 1: Intro to Wellness, Fitness, & Lifestyle Management	1. Chapter 1 Assignment: Wellness Profile & Lifestyle Assessment (2 parts) 2. SmartBook Chapter 2 3. Understanding Barriers to Physical Activity
#3 9/9	**LABOR DAY**	Fitness Assessment #1: Day #1 (Anaerobic)*	1. Exercise Log #1
#4 9/14 & 9/16	Fitness Assessment #1: Day #2 (Aerobic)*	Chapter 2: Principles of Physical Fitness	1. SmartBook Chapter 3 2. SMART Fitness Goal and Stage of Change Assignment 3. Exercise Log #2
#5 9/21 & 9/23	Chapter 3: Cardiorespiratory Endurance	Proper Warm Up Techniques – Corrective/Dynamic*	1. SmartBook Functional Anatomy and Injury Prevention 2. Personalized Exercise Plan Assignment 3. Exercise Log #3
#6 9/28 & 9/30	Functional Anatomy and Injury Prevention	Foundational Movements*	1. Quiz #1 *(30 questions)* 2. Functional Anatomy and Injury Prevention Assignment 3. SmartBook Chapter 4 4. Exercise Log #4
#7 10/5 & 10/7	Chapter 4: Muscular Strength and Endurance	Resistance Training Exercises*	1. Chapter 4 Assignment: Resistance Training Exercise Videos 2. Information Literacy Learning Module (stand-alone module) 3. Exercise Log #5
#8 10/14	**FALL BREAK**	General Library Resources	1. SmartBook Chapter 5 2. Exercise Log #6
#9 10/19 & 10/21	Chapter 5: Functional Movement: Mobility, Flexibility, and Stability	Flexibility Exercises/Yoga with Dr. Mix*	1. Chapter 5 Assignment: Flexibility and Low Back Exercises 2. SmartBook Chapters 6/7 3. Exercise Log #7
#10 10/26 & 10/28	Chapters 6/7: Body Composition	Library Assistance with Research Paper	1. SmartBook Chapter 8 2. Exercise Rx Snapshot 3. Exercise Log #8
#11 11/2 & 11/4	Chapter 8: Putting Together a Complete Fitness Program Exercise Rx Snapshot Presentations	Exercise Rx Snapshot Presentations	1. Quiz #2 (*30 questions)* 2. SmartBook Chapter 9 3. Exercise Log #9
#12 11/9 & 11/11	Chapter 9: Nutrition	Jacob Brooks, UDS Wellness Nutritionist	1. Chapter 9 Assignment: Nutrition Labels 2. SmartBook Chapter 10 3. Exercise Log #10
#13 11/16 & 11/18	Chapter 10: Stress Management and Sleep	HPA, Sleep	1. Chapter 10 Assignment: Stress & Sleep Assignment (2 parts) 2. SmartBook Chapters 11/12

			3. Move to Improve: How Exercise Impacts Health Paper 4. Exercise Log #11
#14 11/23	Fitness Assessment #2: Day #1 (Aerobic)*	**THANKSGIVING BREAK**	1. Exercise Log #12
#15 11/30 & 12/2	Fitness Assessment #2: Day #2 (Anaerobic)*	Chapters 11/12: Exercise is Medicine	1. Chapters 11/12 Assignment: Chronic Disease Risk Assessments (2 parts) 2. SMART Fitness Goal Reflection Assignment 3. Post-Knowledge Assessment 4. Exercise Log #13
12/7	Final Exam Preparation and Course Wrap Up		1. From Move Well to Live Well: Semester Reflection
12/8-12/11	**FINAL EXAM (available during Finals Week)**		**1. Final Exam due before 4:59pm on Friday, December 11th**

indicates movement based activity day – proper exercise attire required