PFW 105 – Adapted Physical Fitness and Wellness
Syllabus – Fall 2026
(2.0 credit hours = Lecture + Activity)

INSTRUCTOR: Mrs. Kendra Zenisek
OFFICE: HP 360H
STUDENT HOURS: by appointment during regular University business hours
E-MAIL: klgotsch@bsu.edu

CLASS TIME/DAY/LOCATION:

Activity	**Lecture**
As assigned	As assigned

For the information above, please refer to your specific course outlines posted on your PFW Activity and Lecture Canvas sites.

Course Description:
"This PFW course is included in Ball State University Core Curriculum (UCC). All UCC courses include information considered to be essential in becoming a well-educated citizen." This course accentuates a university commitment to wellness. Realizing the direct correlation between positive lifestyle habits and well being, this course uses a two-fold approach: 1) a series of classroom lectures that cover a variety of wellness topics; 2) laboratory activity sessions.

Objectives:
1. Identify and recognize key terms, perspectives, and theories in physical well-being.
2. Summarize information related to multiple dimensions of wellness with an emphasis on the connections to physical fitness and wellness.
3. Discuss multiple avenues that lead to optimal fitness and wellness.
4. Conclude that each person is responsible for his/her fitness related outcomes (self-efficacy).
5. Illustrate ways of critically exploring fitness, nutrition, and wellness information.
6. Choose exercise opportunities that are effective and safe.
7. Create his/her own physical fitness program based on biometric assessment of his/her physical fitness and wellness.

UCC Cognitive Skills:
1. Make and act on a commitment to health and wellness to increase personal well-being.
2. Accurately observe and measure elements of the natural and social world. *(Experience to Information)*
3. Explore diverse ways of knowing. *(Experience to Information)*
4. Develop strategies for reflecting on experience. *(Experience to Information)*
5. Analyze data to reveal existing patterns of information and to create new patterns. *(Information to Knowledge)*
6. Adapt intellectual framework to accommodate new information. *(Information to Knowledge)*

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.

Textbook (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.

Grading & Evaluation:

All grades will be posted in Canvas Grades. It is your responsibility to bring any questions you may have about your grade to your instructor's attention. The PFW grade is 50% determined by lecture performance and 50% determined by the laboratory/activity performance. There are **400 total points possible**. (Lecture = 200 pts.; Lab = 200 pts.). You will receive one overall PFW grade.

Lecture:	1.	Quiz #1	30 points
	2.	Quiz #2	30 points
	3.	Cumulative Final Exam	50 points (last week of classes)
	4.	SmartBook Reading Assignments	50 points (5 points per assignment)
	5.	Connect Assignments	40 points (5 points per assignment)
		Total	**200 points**

Activity	1.	Fitness Assessment:		
		Fitness Assessment #1 (5 points/day)	=	10 points
		Fitness Assessment #2 (5 points/day)	=	10 points
	2.	Assignments		
		Statement of Understanding	=	5 points
		Health Assessment Form	=	5 points
		SMART Fitness Goal Assignment	=	10 points
		SMART Fitness Goal Reflection	=	10 points
	3.	Attendance/Participation	=	150 points
		Total		**200 points**

Final Point Scale: Based on 400 pts. of combined lecture and activity.

400-376 = A	335-320 = B-	279-268 = D+
375-360 = A-	319-308 = C+	267-256 = D
359-348 = B+	307-296 = C	255-240 = D-
347-336 = B	295-280 = C-	239 & below = F

All grades are posted in PFW Lecture and Activity Canvas sites. Keep track of your points. Missing one assignment can make a major difference. However, final grades will be submitted from the PFW 105 Canvas site as this is the official course of record.

LECTURE INFORMATION

Assignments:

1. Attend all classes, arrive on time and arrive prepared. The reading is your responsibility; lectures are intended to supplement and clarify. Please come see me with any questions or comments you may have at any time.
2. It is your responsibility to check your Grades to make sure that your assignment has submitted. If you did not submit, try to resubmit. If you cannot, you will need to contact me concerning your issues.
3. **Connect assignments are due before 11:59pm of the day before the beginning of your assigned lecture (e.g., if your lecture meets on Wednesday, your assignments open for a week and are due before Tuesday at 11:59 pm)**. Late work will not be able to earn points.
4. PFW does not offer extra credit. There are numerous opportunities available throughout the course experience to work diligently and be successful.

Assessment Information:

There will be two multiple-choice quizzes and one cumulative multiple-choice exam over the assignments, textbook, and guest speaker information.

- Quiz #1 will contain 30 questions that cover the Red Zone presentation/slides and Chapters 1-3 in the text.
- Quiz #2 will contain 30 questions that cover Chapters 4-8 in the text.
- The cumulative final exam will be given during **the last week of classes** containing 50 questions – 18 questions covering the Red Zone information and Chapters 1-8; 32 questions will cover Chapters 9-12. **This course does not**

follow the University's final exam schedule. Please refer to the schedule at the end of this syllabus for the final exam timeframe.

- 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.
- **There are no make-up quizzes/exams if they are not completed in the specified timeframe**. Failure to follow directions when completing a quiz/exam may result in at least a 20-point deduction from the final score.

For a tentative lecture schedule – please refer to your specific day/time PFW Lecture Syllabus. You are responsible for all material in the text! The lectures only supplement the reading. It is recommended that you read the chapter before each lecture. ***You will not do well on the exams if you haven't read each chapter.***

Classroom Environment:

Students who disrupt the learning of their peers will be asked to leave at the instructor's discretion. The following is expected of you when you enter the classroom:

1. Faculty may limit the use of technology in the classroom in accordance with University policies.
2. Cell phones should not be out during class. If your phone is being used and/or not silenced, you can be asked to leave the classroom. This also means texting/browsing/streaming is not allowed at any time during class.
3. Headphones/earbuds must be removed during class.
4. Come to class on time and stay throughout the duration of the class.
5. Please be considerate of the food or drink brought into this classroom as classmates may have certain food allergies. In addition, help us keep this room clean and remove of any waste your food/drink may produce.

ACTIVITY INFORMATION

Class Attire:

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. 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 sweat pants. No t-shirts with obscene or suggestive messages. It is also suggested that you bring water and a towel to class. Be prepared to go outside and dress accordingly for hot. Adjustments will be made for extreme temperatures.

Locker Rental and Equipment Rental:

Equipment Rooms are in SRWC and Ball Gymnasiums and can service all your equipment and locker room needs. Valid ID and SRWC Card holders can check out various recreational equipment and rent seasonal lockers. There are lockers available for daily use only, but you must provide your own lock to secure your belongings during class time.

Safety Rules:

Students who disrupt the learning of their peers will be asked to leave at the Instructor's will. The following is expected of you when you enter the classroom:

1. Arrive to class on time and prepared for activity.
2. Faculty may limit the use of technology during class in accordance with University policies – ***phone usage for music only is allowed when the instructor gives permission and cannot be used when engaging in outdoor class activities.***
3. Cell phones are to be turned off and put away when music usage is not permitted.
4. If you bring food or drink into the facility, please dispose of waste properly. Help us keep our facility clean.
5. Remove all jewelry to avoid injury and/or loss. This instructor and University are not responsible for your valuables.
6. Any injuries or illnesses must be reported immediately to the instructor.
7. Follow all posted rules for the facility; AVOID EXCESSIVE actions that might injure yourself or others.

Health Assessment Form:

Every student will be required to complete an exercise assessment form to identify potential health conditions that may

affect participation in this class. You will need to print this, complete it, and bring to the next class. Failure to complete this will result in an inability to participate in class activity. This form is found on the Canvas activity site.

Activity Attendance:

A student's official course program is regarded as a contract with the university. Since full performance requires, in part, regular and punctual class attendance, students are expected to attend all classes for which they are registered. As this course focuses on improving physical fitness, attendance is MANDATORY.

1. **You can earn five points for fully participating in each class for a total of 150 participation/attendance points. You will lose your five points attendance points for not attending, not fully participating (including but not limited to improper phone usage), improper dress, or tardiness.**
2. Each student is allowed **four absences for emergencies (e.g., illness, doctor's appointments, etc.)** before your grade is affected. These are a gift so save them for an emergency that might occur during the semester.
3. Points will be deducted as follows: **Point Deduction**
   0-4 absences = ……-**0 points**
   5th absence = ……**-30 points**
   6th absence = ……**-60 points**
   7th absence = ……**-90 points**
   8th absence = ……**-120 points**
   9th absence = ……**-180 points (results in failure of entire PFW course)**
4. The only excused absences are funerals, University-sponsored academic field trips/athletic competitions, jury duty, or military duty. You will need to provide proper documentation to support these reasons. **Doctor's notes for general illnesses do not excuse absences from class – this is what the abovementioned four absences should be saved for.**
5. If a major illness or injury occurs that prevents participation in the activity for four or more consecutive activity classes, contact your activity instructor and the PFW Program Coordinator (Mrs. Kendra Zenisek; klgotsch@bsu.edu) within 72 hours of the fourth missed class 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 PFW Serious Medical Illness/Condition Documentation form (which can be obtained from the activity course instructor). Depending on the amount of activity classes 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.*
6. Late course withdrawal from a PFW course must have permission and signature from the PFW Program Coordinator.
7. Arriving 5 – 10 minutes late or leaving early will result in a **three-point deduction**.
8. Arriving 11+ minutes late will result in an **unexcused absence.**
9. **Students must sign-in and sign-out for attendance each activity class meeting. A missed sign-in/sign-out is equal to an unexcused absence.**

Fitness Assessments:

There are no make ups for missed days of fitness testing. If you fail to show up for the dates, you do not receive the points assigned for that day, plus it counts as an unexcused absence. 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 for distance, 15 minutes run/walk for distance, 500 yard water run, or 500 yard swim (dependent on activity class).

Fitness Assessment #1	**Tuesday/Thursday classes**	**Monday/Wednesday classes**
Anaerobic Assessments	Tuesday, September 8th	Wednesday, September 9th
Aerobic Assessment	Thursday, September 10th	Monday, September 14th
In-Class Data Entry	Tuesday, September 15th	Wednesday, September 16th
Fitness Assessment #2		
Anaerobic Assessments	Tuesday, November 17th	Wednesday, November 18th
Aerobic Assessment	Thursday, November 19th	Monday, November 23rd

In-Class Data Entry Tuesday, December 1st Monday, November 30th

Smart Fitness Goal Assignments:

Two (2) SMART Fitness Goal assignments will be completed throughout the semester; each assignment will be worth ten (10) points. The assignments will be submitted via Canvas with one assignment focusing on the creation of a personalized SMART fitness goal to work towards throughout the semester and one assignment focusing on a reflection of the outcomes related to the SMART fitness goal at the end of the semester. Each assignment will have specific directions and grading rubric information contained with the assignment posting on Canvas. Late assignments are not able to earn points.

GENERAL COURSE INFORMATION

Email Etiquette:

Emails need to include complete words and phrases with proper capitalization and punctuation. Emails will only be responded to if they can be read, name, course and section number are included.

Academic Integrity:

Students at the university must conduct themselves in accordance with the highest standards of academic honesty and integrity. 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. Cheating and plagiarism (including, but not limited to, improper citing of AI generated responses) are not tolerated. 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.

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.

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.).

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.

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 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.

Important Dates:

August 24	Classes begin
August 30	Late registration and change-of-course end
September 7	Labor Day – No classes
October 12-13	Fall Break – No classes
October 28	Course withdrawal period ends
Nov. 25-29	Thanksgiving Break – No classes
December 1-7	PFW FINAL EXAM PERIOD
December 7	Last Day for regular classes
December 11	Fall semester ends

Note: Students should familiarize themselves with class withdrawal procedures and the calendar for withdrawals. If a student's name appears on the grade reporting sheet and he/she has not officially withdrawn the instructor is mandated by the Registrar's Office to assign an "F" grade.

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/studentservices. 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 A 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 they are notified of the status of their 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.