

Fitness Center Syllabus and Orientation

Our orientation has been put on-line for your convenience. If at any time during the Semester you have questions concerning the class, your grade, any of the grading requirements or your personal fitness, contact us in person, through vista mail or email and we will be happy to help. Good Luck and Have Fun!!!

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Office: Eccles Fitness Center
Office Phone #: 652-7988
Office Hours: M&W 8-9am

Courses	Sections	Credit
1088,1089,1090,1091, 1092,1093, 1094, 1095	01-02	1 (letter grade)
1088,1089,1090,1091, 1092,1093, 1094, 1095	50	1 (pass/fail)

Welcome to the Fitness Center On-line Orientation. This orientation is geared for all Fitness Center classes. We are looking forward to a great new Semester of fun and fitness. You will have until **August 31st** to complete your orientation. If you have not completed orientation by this deadline you will be deemed inactive and therefore not have access to the Fitness Center until your orientation is finished.

Remember consistency/attendance begins the first week of the semester and your grade is based primarily on your attendance (at least 2 visits/week) so start attending the Fitness Center NOW!!

Course Description

A Physical Education Activity Course that will introduce students to basic fitness skills and exercise programming, to assist them in the development of lifelong exercise habits. The course will utilize the following workout options: Cybex variable resistance strength machines; free weights; and various cardiovascular equipment (ellipticals, treadmills, and stationary bikes,).

Course Objectives:

- Introduce Students to the various forms of exercise and fitness
- Attempt to instill correct exercise principles.
- Create proper fitness habits that will promote lifelong activity.
- Provide a safe, effective and inviting environment for students to workout in.

Course Information:

If you are a student with medical, psychological, or learning disability or think you might have a disability and would like accommodations, contact the Disability Resource Center (652-7516) in the Student Services Center. The Disability Resource Center will determine eligibility of the student requesting special services and determine the appropriate accommodations related to the individual's disability.

Introduction

Please read all orientation documents carefully as you will be quizzed on their contents at the end of the orientation. All questions must be answered correctly to pass and have full access to the Fitness Center.

- Attendance Requirements
- Course Description
- Course Requirements
- Fitness Center Hours
- Procedures and Policies
- Grading Requirements
- Program Schedules

Before you start please have your BLOOD PRESSURE and RESTING HEART RATE checked in the Fitness Center by the staff. You will need these measurements later in this orientation. This orientation will include:

COURSE REQUIREMENTS

Attendance Policy (Consistency)

Consistency is defined as: TWO (2) OR MORE VISITS PER WEEK. Each Student will be required to accumulate a certain number of consistency weeks depending on the course taken and the grade desired (see grading chart). **The Attendance Requirement Begins the Week of August 24th.** Student grades will be based predominately upon attendance.

HOURS

Students will accumulate "Exercise Hours" for the time they spend in the Fitness Center or in Fitness Center sponsored activities during the quarter (NO CREDIT WILL BE GIVEN FOR EXERCISING OUTSIDE THESE SPECIFIED PARAMETERS). Each student will be required to obtain a certain number of "Exercise Hours" during the quarter depending on the grade they desire (see grading chart). Students are required to bring their Dixie College ID Card with them each visit, in order to "log-in" & "log-out" (ID cards will need to be encoded with the student's social security number, which can be done at the Information Booth in the Gardner Center on campus.) **Without your student ID card, you WILL NOT be able to receive credit for your workout time.** It will be the students responsibility to keep track of their own "Exercise Hours" to make sure they are correct.

NOTE: Minimum exercise time - 30 minutes/workout
Maximum exercise time - 2 hours/day

PLAY ACTIVITIES

Students are to choose and successfully complete a number of PLAY activities. In completing this requirement students are REQUIRED to participate in at least one Sanctioned Campus Recreation activity during the semester.

PLAY ACTIVITY LIST

1. Participate in a sanctioned Campus Recreation activity (REQUIRED)
2. Take part in a Fitness Assessment (by appointment only).
3. Read a Fitness Related Article and write a brief review (must be at least one page typed).
4. Write a one (1)-page essay on any Fitness or Exercise Topic (the topic must be cleared through the Fitness Director prior to beginning) must be at least one page typed, with at least 2 sources.
5. Participate in a extracurricular activity (i.e. any intramural sport, 5k road race, triathlon, marathon, cycling event, city sponsored tournament or league, etc...). The Fitness Director should approve all activities.
6. Complete a Diet Analysis found in the Library Student Computer Center and in the Fitness Center Computer lab. Hand in a copy of the results.
7. Take part in a Diet Evaluation with a Registered Dietitian (by appointment only)
8. Have an exercise program prescribed for you (by appointment only).
9. Take home quizzes. 10 questions (5 T/F, 5 multiple choice).

EXTRA CREDIT

Extra credit must be discussed and evaluated on a case-by-case situation with the Fitness Director.

Personal Exercise Record - Students are encouraged to fill out a daily personal exercise record. All workout cards can be kept in the Fitness Center. An additional five (5) hours will be awarded to those students who keep an accurate daily account of their personal exercise record on their workout card. This will also include the calculation of their Target Heart Rate by using the Karvonen formula, obtaining their blood pressure, resting heart rate etc..

PLAY Activities/Quiz - One (1) exercise hour will be given for every **EXTRA** Play Activity and or Quiz completed (be sure to check with the Fitness Center Director "**before**" beginning any extra credit).

REMEMBER, THESE ARE EXTRA CREDIT HOURS AND WILL ONLY BE AWARDED AT THE DISCRETION OF THE FITNESS DIRECTOR.

Grading Chart

Grading Requirements for Graded Courses

Grade	Consistency	PLAY	Hours
A	10 weeks	3	30 or >
B	9 weeks	2	27
C	8 weeks	1	24
D	7 weeks	1	21
F	6 weeks or <	0	18 or <

Grading Requirements for Pass/Fail Courses

Grade	Consistency	PLAY	Hours
Pass	8 weeks	1	24 or >
Fail	>8 weeks	0	24 or <

Notes on Grading

- **NO INCOMPLETES** ("I") will be given in this course.
- **EXTRA CREDIT** may only raise a student's Final Grade One (1) Full Grade Level (final grades will be predominately determined by the student's consistency/ attendance. Check with Fitness Director for details).
- Any student who is dishonest (in any way) in meeting any of the course requirements may be withdrawn (fail) from the course and could possibly face further disciplinary actions.
- **FYI** - a "P" (pass) Grade is can transfer as a "C" on your transcripts. Students may want to check with the Institution they plan on transferring to for their grading policies.
- **Academic Integrity Policy:** In granting college credit, Dixie State College of Utah adheres to generally accepted standards for contact time, amount and rigor of homework, appropriateness of content, and credentials of instructors. Regardless of the instructional approaches, settings, and media, all credit is to be roughly equivalent in satisfying these basic standards. All students earning credit, whether through traditional learning activities or through special learning activities, are to be held to the same learning standards, and all instruction is to meet the same standards of quality and rigor.
- **College Withdrawal Policy:** Students are permitted to withdraw completely from Dixie State College through the twelfth week of the semester. Students will not be officially withdrawn after the twelfth week of the semester. Complete withdrawals must originate in the Registrar's Office. Refunds will be available in accordance with the Student Tuition and Fee Payment Policy 5-17.

Fitness Center Policies and Procedures

1. Students are required to present a valid Dixie College ID card when entering the Fitness Center. All cards will be kept at the front desk until the student checks-out.
2. Only students / staff who are currently enrolled in one of the Fitness Center Courses will be allowed access into the Fitness Center.
3. For credit, each exercise session must last at least 30min, with a maximum of two (2) hours /day.
4. Workout towels are available for student use. To receive a towel, simply give the front desk person your student ID to check in, he/she will then

- give you a towel. When the towel is returned to the towel bin at the front desk, you will then receive your ID back.
5. Lockers are available on a first come first use basis.
 6. Only plastic water bottles with closeable tops will be allowed in the Fitness Center.
 7. Shoes must be worn at all times in the Fitness Center. All Shoes must be enclosed toe. NO Thongs, Sandals, or Slipper type shoes will be allowed (a court, running, or crosstraining athletic shoes are recommended).
 8. Modest athletic type attire must be worn at all times. Full T-shirts must be worn when working on any of the strength training equipment. No shorts or pants with zippers, belts or exposed buttons will be allowed. CAUTION: YOU WILL BE ASKED TO LEAVE AND CHANGE IF SEEN WEARING INAPPROPRIATE ATTIRE.
 9. No profane or vulgar language (keep the potty mouths at home).
 10. Wipe all sweat off the machines after use.
 11. Never drop the weights (free or weight stacks).
 12. Restack all weights after use.
 15. NO GUM.
 16. All students are required to treat the facility, equipment, fellow students and the Fitness Center Staff with the up-most care and consideration.