**Introduction to Fitness**

**GEN 31 – E-Term 2022**

**Instructor:** Jeff Barton

**Class Time:** M--F 10:00-2:30

**Phone:** 205-226-3027

**Email:** jbarton@bsc.edu

**Course description:** In this project we will partner with local professionals to introduce students to a variety of aspects of fitness and developing healthy habits. It is intended for fitness novices and would not be appropriate for those who are already fit and active. While this is not a “boot camp” experience, students will be expected to engage in some sort of physical activity every day. Organized strength training will occur three days per week, and we will do a significant amount of walking/hiking in and around Birmingham. Students will do a significant amount of reading on fitness related topics, and students will use Excel to create basic mathematical models for calculating and predicting health metrics such as BMI and body fat percentage using their own data. All participants will be expected to track their activity and diets beginning two weeks before the term.

**Learning Outcomes:** This course course is designed to help you:

* Set and clarify fitness and health-related goals;
* Learn the basics of effective functional strength training;
* Learn proper form when strength training;
* Become familiar with Birmingham’s sites for hiking;
* Learn the basics information about healthy eating;
* Learn skills that can help maintain healthy eating habits;
* Learn to calculate and interpret some basic measures of health;
* Learn to use basic Excel models for projecting the effects of changes in diet or activity level.

**Grading Components:**

Participation in all class activities, strength

training sessions, and hikes: 70%

Reading quizzes: 10%

Final paper: 10%

Final presentation: 10%

**Grades:** The final grade for the course will be assigned using the standard BSC scale:

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 93-100 | 90-92 | 87-89 | 83-86 | 80-82 | 77-79 | 73-76 | 70-72 | 67-69 | 60-66 | <59 |
| A | A- | B+ | B | B- | C+ | C | C- | D+ | D | F |

**Academic Accommodations:** If you have completed the process to receive academic accommodations with the Office of Accessibility, please make an appointment with me as soon as possible to discuss these accommodations. If you have a disability but have not contacted the Office of Accessibility, please contact them as soon as possible at one of the following email addresses: awsmith@bsc.edu or accessibility@bsc.edu. If you prefer to call the office, the number is (205) 226-7909.

**Counseling Services:** We all experience stressful and difficult events as a normal part of life. As your instructor, I am not qualified to serve as a counselor, but BSC offers counseling services that are available on-campus to enrolled students at no cost. All counseling services provided are completely confidential and in no way connected to your academic record. I strongly encourage you to take advantage of this valuable resource. Students can schedule an appointment by calling 205-226-4717, or in-person on the 2nd floor of Norton Campus Center, in the Counseling & Health Services suite – next door to Student Development.

##### Honor Code: It is the responsibility of all faculty and students to be fully aware of the BSC Honor Code. It is a long-standing tradition of the College and is taken most seriously. The Honor Pledge reads as follows:

As a member of the student body of Birmingham-Southern College, I realize my responsibility to the traditions of the institution, to my fellow students and to myself. I recognize the significance of the Honor System, and I pledge that I will not lie, cheat, or steal as a member of the Birmingham-Southern College community.

A student found in violation of the Honor Code on an exam or assignment will receive a zero grade for that portion of the course and may be subject to further disciplinary action at the discretion of the Honor Council. Group activities constitute a significant part of student work in MA 499, and the Honor Code should not be construed as discouraging the kind of collaboration that is essential to such activities. It does, however, prohibit a student from signing a group assignment to which they made no contribution.

**Tentative Schedule:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday |
|  | 4: Meet at 1:00 pm. Assign group meeting times. | 5: Meet at 10:00 am. TrainSmarter by 10:50. | 6: Meet at 10:00 am. Vulcan trail walk. | 7: Meet at 10:00. TS by 11:00. |
| 10: Meet at 10:00. TS by 11:00. | 11: Meet at 10:00. Jemison trail walk. | 12: Meet at 10:00. TS by 11:00. | 13: Meet at 10:00. Rotary trail and Railroad Park walk. | 14: Meet at 10:00. TS by 11:00. |
| 17: MLK Day, no class | 18: Meet at 10:00. Moss Rock Preserve hike. | 19: Meet at 10:00. TS by 11:00. | 20: Meet at 10:00. Red Mountain hike. | 21: Meet at 10:00. TS by 11:00. |
| 24: Meet at 10:00. TS by 11:00. | 25: Meet at 10:00. Class presentations. Ruffner Mountain hike. | 26: Meet at 10:00. TS by 11:00. | 27: Meet at 10:00. Class presentations. Black Creek Park hike. | 28: Meet at 10:00. Final papers due in class.TS by 11:00. |

**Note:** This syllabus is subject to changes announced in class.