

College of Health Professions  
Department Exercise Science

**EXS 150, The Art and Science of Human Movement, Spring, 2003**

Instructor: Dr. J. Richard Coast  
Email: Richard.Coast@nau.edu  
Office, Phone: CHP 338, 523-8018  
Office Hours: 8:00-9:00 MWF  
1:15-2:15 T Th  
Class Hours: T, Th 9:35-10:50  
Credit Hours: 3  
Course Web Address: <http://jan.ucc.nau.edu/~exs150-p/>

**Text:**

Powers, S.K. and S.L. Dodd. Total Fitness and Wellness. Benjamin Cummings, 2003

**Course Structure:** Lecture, Demonstration, Discussion.

**Course Description:** Introductory course in exercise science for non-majors. The course will provide the student with a broad-based understanding of the terminology, technology and applications of human exercise as it relates to fitness, health and wellness. This is a liberal studies course in the Science and Applied Science distribution block.

**Course Learning Objectives:**

1. To provide beginning students with an overview of the different areas within exercise science and fitness/wellness.
2. To provide basic information in each area of exercise science as a means of understanding the concepts of fitness, health and wellness.
3. To provide an understanding of the methods by which fitness and wellness are attained and assessed.

**Course Requirements:**

1. **Reading** - Reading materials are listed in the course schedule. Reading is expected of the student because not all material can be adequately covered in the lectures.
2. **Exams** - Three (3) one-hour written exams will be given during the course. These may consist of objective questions, short answer, and/or essays.

**Final Exam** - A comprehensive exam will be given during the final examination period. It will follow a similar format to that of the hour exams. **The final exam is Tuesday, May 6 at 7:30 am.**

3. **Quizzes:** Up to seven quizzes will be given during the semester. Quizzes may be given

at the beginning, during or at the end of the class period. These may be either announced and unannounced (pop quizzes). The five highest scores will be used for the final grade. Quizzes may NOT be made up except in the case of an institutional excuse.

4. **Projects:** Four small projects will be required during the semester. These consist of survey instruments, fitness, health, and activity assessments.

**Evaluation:**

<u>Assignment</u>	<u>Approximate Points</u>
Three Exams (75 pts each)	225
Final Exam	100
Quizzes (10 pts each)	50
Projects (4@25 pts each)	100
TOTAL POSSIBLE	475

**Grading:**

The point values given for each area of evaluation are not absolute and may vary slightly as the semester progresses. However, your final grade will be computed as a percentage of the total semester points. Your percentage grade will be translated to a letter grade as follows:

90 - 100%	A
80 - 89	B
70 - 79	C
60 - 69	D
< 60	F

**NOTES:**

Some aspects of this course require physical activity. You will fill out a pre-screening form to assess risk and whether you should participate in activity. In the event of injury, NAU does not provide medical coverage or insurance.

Students are expected to do the work of class individually, including all tests, readings, and assignments. It is not the policy of the instructor to take attendance during class. However, absences may result in lost material for the exams and thus lost points on the final grade. **Tardiness disrupts the instructor and the other students. You are expected to be on time for class and to remain for the duration of the class.**

Makeup examinations will be given only in cases of institutional excuses or documented medical excuses. Makeups will have to be taken within one week of the scheduled date of the examination. Quizzes may only be made up with an institutional excuse. In most cases, institutional excuses (e.g. for athletic events, field trips, etc.) are given out well in advance of the date of the absence. It is the student's responsibility to make sure that a copy is given to each instructor as soon as they receive an institutional excuse.

Unless **previously** cleared with the instructor, all assignments must be completed and submitted on or before the established deadlines in order to be considered passing. Late

assignments will be given the grade of zero (0) and figured into the final grade accordingly.

Cheating on examinations or plagiarism on assignments will result in a grade of zero (0) for that assignment and will be figured into the final grade accordingly.

NAU has asked that several policy statements be included on each syllabus. These statements concern Safe Environment Policy, Students with Disabilities, Institutional Review Board, Academic Integrity, and Classroom Management. These statements should be read and understood by each student. For that reason, the websites for the policies are attached to the syllabus. The address for these sites is:

**<http://jan.ucc.nau.edu/academicadmin/policy1.html>**

**<http://www.nau.edu/~stulife/ClstrMgmt.html>**