

PRW II 2112: Walking /Urban Fitness

Annette Caldwell Simmons School of Education and Human Development
Department of Applied Physiology / Sport Management / Wellness
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Dedman Center Office: #017 / Office Hours: By Appointment

Course Description:

PRW II Walking/Urban Fitness employs concepts of health-related fitness within the backdrop of urban settings and mass transportation. The course offers an interdisciplinary and experiential learning opportunity to SMU students as they directly engage the five components of health-related fitness, explore the history and geography of various metropolitan environments, and embrace the opportunity to use the DART pass that SMU provides. All class days include walking a minimum of 4-6 miles, observing health related fitness in action, planning for mass transit use, as well as adapting to the many variables that often accompany traversing big-city surroundings. In addition to developing an awareness of their fitness levels, students also gain knowledge of neighboring cities, historic sites within Dallas, and develop the skills needed to use mass transportation (rail and bus) when traveling to multiple locations all over the world.

Instructor Biography

Professor Fennig came to Southern Methodist University in the spring of 2001 and currently serves as a senior lecturer in the Annette Caldwell Simmons School of Education and Human Development. He teaches Personal Responsibility and Wellness, Individual Fitness, as well as his course in the Master of Liberal Studies program, The Power of Pop Music and Technology. He is a three-time HOPE honoree, has been recognized as an outstanding faculty member by the National Residence Hall Honorary, and received the PAT award in 2014 from The Altshuler Learning Enhancement Center. He has participated in many Mustang Corral sessions as a faculty mentor, involvement speaker, and sneak preview provider. He currently serves as a Faculty Affiliate and annually leads incoming freshmen in their common reading discussion. Professor Fennig is a global traveler, an avid soccer fan, and has worked for and/or attended the FIFA World Cup finals in The United States, Japan/Korea, Germany, South Africa and Brazil.

Benefits of taking this course:

- Students will have fun with walking / fitness and enjoy the adventures of negotiating mass transit on a daily basis.
- Students will experience an up-close and intimate view of Dallas and surrounding sites / cities.
- Students will get hands-on experience with DART and will utilize the value-added benefit of their DART card.
- Students will meet and work closely with other students of differing backgrounds.
- Urban walking / travel creates an interdisciplinary encounter with the sights, sounds, and people within any city environment. These kinds of encounters will prepare the student for future global travel.
- Students will satisfy their PRW2 requirement.
- **UC Tag(s)/SLOs:** This course satisfies the UC requirement for PRW2.

Date	Day	Topic/Content	Location
5/17	Thursday	8:00 am – 12:00pm: Introduction Fitness Testing / Fitness Test return Program Building	Classroom 3
5/18	Friday	8:00am – 12:00pm: Travel Fitness / Travel Safety: Groups and solo travel. Trip #1: Dart Rail to Klyde Warren Park / Katy Trail Walk to campus.	Classroom 3
5/21	Monday	8:00am-12:00pm Trip #2 Downtown Dallas area: City Hall, Dallas Public Library, Dealey Plaza, Kennedy Memorial.	Classroom 3
5/22	Tuesday	8:00am – 12:00pm #3: DART to Deep Ellum / Fair Park: Tour Main, Elm, Commerce, fair grounds.	Classroom 3
5/23	Wednesday	8:00am – 12:00pm: Trip #4: Ron Kirk Pedestrian Bridge Trails and bridge tour.	Classroom 3
5/24	Thursday	☐☐ 7:00am – 3:00pm Trip #5: DART and DCTA to Denton Walking tour of city and Town Square.	Classroom 3
5/25	Friday	8:00am – 12:00pm: Fitness Lecture Session: Flexibility, Recovery, Overtraining	Classroom 3
5/29	Tuesday	8:00am – 12:00pm: Trip #6: DART to White Rock Station / Walk east side of lake	Classroom 3
5/30	Wednesday	☐☐ 7:00am – 3:00pm Trip #7: DART and TRE to Ft. Worth / Trinity Park / Lunch Downtown Ft. Worth / Return	Classroom 3
5/31	Thursday	Fitness Lecture Session: Flexibility and Recovery, Periodization, Program Modification.	Classroom 3
6/1	Friday	8:00am – 12:00pm: Course Conclusions / Review: Health Related Fitness / Travel Fitness / Knowledge Exam	Classroom 3

❖❖ Classroom 3 is located in the Dedman Center for Lifetime Sports.

☐☐ For most class days, we will meet for 4 hrs. Two of our trips will be all day trips and students will be “compensated” for extra time on subsequent days.
We will discuss this aspect in detail on the first day of class.

Course Objectives/Student Learning Outcomes related to health fitness.

Students will be able to:

1. complete a PAR-Q (Physical Activity Readiness Questionnaire) to determine clearance for participation for vigorous exercise and modifications that may be warranted.
2. **develop and implement a personal plan to promote and maintain health-related fitness.**
3. monitor his/her own heart rate and RPE (rate of perceived exertion) and adjust exercise intensity to the appropriate level for the individual.
4. identify and explain the health and physiological benefits of regular exercise.
5. **identify and explain the five components of health-related fitness.**
6. recognize cardiorespiratory responses to acute exercise.
7. demonstrate safe, effective warm-up, exercise, and cool down procedures.
8. demonstrate increased cardiorespiratory endurance through increases in intensity and/or duration of workouts.

Course Objectives/Student Learning Outcomes related to urban travelling.

Students will be able to:

1. employ online sources via computer / cell phone in planning for inner-city travel.
2. identify and use information signs and displays that are present at bus stops and train stations.
3. navigate successfully through urban settings while adapting to variables that affect travel.
4. utilize safe travel practices that include awareness of surroundings, care of personal belongings, group travel (buddy system), and attention to changing weather conditions.
5. practice using a second language where the opportunity presents itself.
6. demonstrate knowledge and familiarity with buses and trains within the DART system.

Course Requirements

1. **Fitness Assessment and Personal Fitness Plan: All students will complete and review a comprehensive fitness assessment:** A Physical Activity Readiness Questionnaire (PAR-Q) will be completed to assess your readiness for this assessment and the class. Each student will complete a physical fitness assessment at the beginning of the semester and receive a detailed results report. This information will be used in designing a personal plan to promote and maintain health-related physical fitness.
2. **Preparation for Class/Physical Activity:** Students are expected to come to class dressed for urban travel and extended periods of walking. Proper clothing/items will include: walking /hiking shoes, hat, coat, rain suit, gloves, sunglasses, sunscreen, backpack, water, snack bar. Class begins promptly at 9:00am. Late arrival is unacceptable and could result in the student missing the entire event planned for that day.
3. **Attendance & Participation:**

Grading Scheme:

Personal Fitness Plan	20 points
Attendance & Participation	40 points
Fitness Test Participation	20 points
Class Specific Knowledge	20 points
Knowledge Test	<u>40 points</u>
	140 total points

Other than verifiable emergencies, missing any class days during the May-term is unacceptable.

Grading Scale:

A = 93 – 100% (130 -140 pts.), **A-** = 90 – 92% (126 -129 pts.), **B+** = 87-89% (122 -125 pts.)

B = 83-86% (116 -121 pts.), **B-** = 80-82% (112 -115 pts.), **C+** = 77-79% (108 - 111 pts.),

C = 73-76% (102 - 107 pts.), **C-** = 70-72% (98 - 101 pts.), **D+** = 67-69% (94 - 97 pts.),

D = 63-66% (88 - 93 pts.), **D-** = 60-62% (84 - 87 pts.), **F** = <60% (<83 pts.)

Disability Accommodations: Students needing academic accommodations for a disability must first register with Disability Accommodations & Success Strategies (DASS). Students can call 214-768-1470 or visit <http://www.smu.edu/Provost/ALEC/DASS> to begin the process. Once registered, students should then schedule an appointment with the professor as early in the semester as possible, present a DASS Accommodation Letter, and make appropriate arrangements. Please note that accommodations are not retroactive and require advance notice to implement.

- **Religious Observance:** Religiously observant students wishing to be absent on holidays that require missing class should notify their professors in writing at the beginning of the semester, and should discuss with them, in advance, acceptable ways of making up any work missed because of the absence. (See University Policy No. 1.9.)

- **Excused Absences for University Extracurricular Activities:** Students participating in an officially sanctioned, scheduled University extracurricular activity should be given the opportunity to make up class assignments or other graded assignments missed as a result of their participation. It is the responsibility of the student to make arrangements with the instructor prior to any missed scheduled examination or other missed assignment for making up the work. (University Undergraduate Catalogue)

- **Final Exams:** Final course examinations shall be given in all courses where they are appropriate, and some form of final assessment is essential. Final exams or final assessments must be administered as specified in the official examination schedule, and shall not be administered during the last week of classes or during the Reading Period. Please state clearly in the syllabus the date/time and form of the final exam or assessment.