

Annette Caldwell Simmons School of Education and Human Development
Department of Applied Physiology and Wellness
2135: PRW II Mountain Sports
SMU IN TAOS
Southern Methodist University

Instructor: BJ Warren bwarren@smu.edu
Office Hours: By Appointment
Instructor: Mark Rudich mrudich@smu.edu
Office Hours: By Appointment

Course Objectives and Student Learning Outcomes

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. complete and review health-related fitness assessments
3. **develop and implement a personal plan to promote and maintain health-related fitness.**
4. monitor his/her own heart rate and RPE (rate of perceived exertion) and adjust exercise intensity to the appropriate level for the individual.
5. **identify and explain the five components of health related fitness.**
6. recognize cardiorespiratory responses to acute exercise
7. demonstrate safe, effective exercise, warm-up and cool down procedures.
8. have a great time working out and getting more fit!

Course Description:

The Jan Term Mountain Sports class in Taos will be focused on winter sports and fitness. Students will receive ski and snowboard instruction. Exercise and health-related fitness principles as described in the course objectives will be reviewed and discussed in which presentation/lecture/discussion will replace the workout for those class periods. A knowledge test will be administered at the end of the term.

Each student will be provided with lift passes to Taos Ski Valley, lessons, and ski/snowboard gear.

Course Requirements

- 1) **Fitness Assessments and Personal Fitness Plan: All students will complete and review 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. Students will set up short-term goals for their time in Taos and longer-term goals for the Spring Semester. We will review your plan at mid-term and again at the end of the term to evaluate your progress toward the goals you set.

GD **Preparation for Class/Physical Activity:** Students are expected to come to class prepared to participate in the planned activity. See course schedule for details.

3) **Attendance & Participation:** Attendance and participation are required. **All class sessions are mandatory.** *If you become too ill to participate you must drop the course. If you sustain an injury or have a medical or physical condition that prohibits you from moderate to vigorous aerobic activity, you must drop the course.*

The last day to drop without penalty is ___TBA_____.

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Grading Scheme:

Personal Fitness Plan: (rubric provided)	20 points
Quiz	10 points
Attendance & Participation:	40 points
Reflection Paper	10 points
Knowledge Test: Á Á Á	40 points
Grading Scale:	120 total points

A = 94 – 100% (112 -120 pts.), **A-** = 90 – 93% (108 -111 pts.), **B+** = 87-89% (104 -107 pts.)
B = 84-86% (100 -103 pts.), **B-** = 80-83% (96 -99 pts.), **C+** = 77-79% (92 - 95 pts.),
C = 74-78% (88 - 91 pts.), **C-** = 70-73% (84 - 87 pts.), **D+** = 67-69% (80 - 83 pts.),
D = 64-66% (76 - 79 pts.), **D-** = 60-63% (72 - 75 pts.), **F** = <60% (<72 pts.)

COURSE OUTLINE

Date	Day	Time	Place	Notes
1.4	FRI	6PM	TBA	First Class Meeting Orientation, Overview, Course Requirements, Quiz, Sign Up for Max Vo2 Test
1.5	SAT	7:00AM	Dining Hall	Taos Ski Valley Wheels Roll at 7AM Wheels Roll at 7AM Pack Lunch
1.6	SUN	7:00AM	Dining Hall	Taos Ski Valley Wheels Roll at 7AM Wheels Roll at 7AM Pack Lunch
1.7	MON	TBA	TBA	Rudich: 12minuterun(7:00a-9:00a & 4:00p-8:00p) Warren: Non-runningassessments 5p*
1.8	TUE	TBA	TBA	Warren: 12minuterun(7:00a-9:00a & 4:00p-8:00p) Rudich: Non-runningassessments 5p*
1.10	TH	6:00PM	TBA	Class (Time: 6pm) Fitness Assessments Results, Lecture, Fitness Plan
1.12	SAT	7:00AM	Dining Hall	Taos Ski Valley Wheels Roll at 7AM Pack Lunch
1.13	SUN	7:00AM	Dining Hall	Taos Ski Valley Wheels Roll at 7AM Pack Lunch
1.14	MON	6:00PM	TBA	Fitness Plans Due & Knowledge Test

Disability Accommodations: Students needing academic accommodations for a disability must first be registered with Disability Accommodations & Success Strategies (DASS) to verify the disability and to establish eligibility for accommodations. Students may call 214-768-1470 or visit <http://www.smu.edu/alec/dass.asp> to begin the process. Once registered, students should then schedule an appointment with the professor to make appropriate arrangements.

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).

Student Learning Outcomes: Please include in your syllabi all student learning outcomes, both those specific to your course, as well as those that satisfy major and general education requirements.