STUDENT WELLNESS
ACTIVITY CLASSES

STAC 125 – FLEXIBILITY

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:
http://studentwellness.byu.edu/physical/activitycourses

Written Materials
All readings for this class will come in the form of handouts throughout the semester.

Learning Outcomes
At the conclusion of the course, students will:
1. Demonstrate the ability to assess their flexibility progress through the completion of pre and post tests.
2. Demonstrate an understanding of the strategies behind and importance of flexibility to improve and maintain good health by passing a written test.
3. Develop consistency by stretching outside of class an average of once per week during the semester. A written log of these sessions will be turned in at the end of the semester.
3. Demonstrate the ability to make life changing decisions about health and fitness by writing a one-month flexibility program at the end of the semester. This will be implemented after the course is over, and thus provide continuity of their personal stretching program.

Course Content
Health and fitness concepts will be included on a daily basis during each stretching session.

- Introduction and course outline
- Basic functional anatomy
- Assessment (pre-post testing)
- Safety procedures when stretching
- How, when, and why to stretch
- Types of stretches
- Weekly stretching log

- Everyday stretching routines
- Four-week flexibility program
- Written final exam
- Functional fitness and exercises
- **GRADING - This course is graded PASS/FAIL**
  - Students must meet the following criteria to pass this course.
    1. Pass the attendance part of the course with 80%--no more than 5 hours absent
    2. Complete 16 or more whole-body stretching sessions outside of class (no more than 2 per week).
       A written log of these sessions will be due by the last day of class.
    3. Pass the written part of the class with 75% on the written test.

- **ATTENDANCE/PARTICIPATION**
  - Because participation is the primary component of an activity class, attendance is requisite to pass the class.
  - Students must attend and participate in 80% of all class sessions to pass the course (Department policy).
  - Students cannot pass the class if they exceed five hours of missed class. **The purpose of allowing five absences is to compensate for such things as illness, injury, or University business.**
  - Excessive tardiness is not acceptable. Three (3) incidents of tardiness equal one (1) absence. If a student arrives after class begins, it will count as a tardy. If the student arrives 10 minutes or more after the class begins or leaves early, it will count as an absence.
  - A student incurring a minor injury or illness which prohibits participating in class, AND HAS FIVE ABSENCES, should talk to the instructor **immediately** about options.
  - A student incurring a major injury which prohibits participating in class for more than two hours of class can withdraw from the class or talk to the instructor **immediately** about options.
  - If a student has any questions about this policy, contact Student Wellness, 203 RB, activity@byu.edu.

- **WRITTEN EXAM**
  - A written examination must be taken in the Testing Center. **IMPORTANT:** The test dates are posted at [http://studentwellness.byu.edu/physical/activitycourses/](http://studentwellness.byu.edu/physical/activitycourses/). The test must be taken by the last day of classes and will not be available during Reading Days or Finals.
  - **Please note the following:**
    1. The exam will cover materials taught and/or referred to in class.
    2. If a better grade is desired, a test may be retaken any number of times. Retakes are available for a $5.00 fee.
    3. A 24-hour period is required between taking the same test over again. If you fail a test on the last day of classes, you cannot take the test again.
    4. A $5.00 late fee will be charged the last two days the test is available.

- **Dress & Attire**
  - A t-shirt and shorts or sweats are required for your participation in an activity class. Clothing shall be modest, clean and properly mended. Shirts must cover the shoulders and full torso. Shorts or sweats must reach at least mid-thigh. Inappropriate logos or sayings will not be tolerated. Proper footwear is also required and varies according to the activity and facility. Students who are not dressed in appropriate athletic attire will not be allowed to participate and are counted absent.

- **Injury**
  - Any injury occurring during scheduled class time should be immediately reported to your instructor.