STAC 125 – Flexibility and Functional Fitness

PLEASE REFER TO THE WELCOME PAGE FOR GENERAL INFORMATION:

http://studentwellness.byu.edu/physical/activitycourses

COURSE DESCRIPTION
The goal of this class is to establish the basis for lifelong functional fitness and long-term flexibility through corrective exercise, as it relates to long term flexibility training, and fundamental pattern reeducation. This class will focus on fundamental movement pattern training as it relates to functional fitness and improvements to motor competency and increases in flexibility.

WRITTEN MATERIALS
All readings for this class will be posted on Learning Suite.

LEARNING OUTCOMES
At the conclusion of the course, students will:
1. Demonstrate the ability to perform several variations of fundamental movement patterns
2. Demonstrate an understanding of the strategies behind and importance of functional fitness to improve and maintain good health by passing a written test.
3. Demonstrate the ability to make life changing decisions about health and fitness by writing a one-month functional fitness program at the end of the semester. This will be implemented after the course is over, and thus provide continuity of their personal fitness program.

COURSE CONTENT
Health and fitness concepts will be included on a daily basis during each class session and can be found on Learning Suite:
- Introduction and course outline
- Basic functional anatomy
- 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. Participate daily as outlined by the instructor, failure to do so will result in an absence
3. Pass the written part of the class with a minimum of 75% on the written test.
Students who do not meet this criteria will receive a Fail (E) grade which will impact their GPA.
INJURY
Any injury occurring during scheduled class time should be immediately reported to your instructor.

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). There is no such thing as an excused absence for University business. The purpose of the allowed absences is to accommodate for possible illness, injury, or University business.
  • For twice a week semester classes or 4 times a week block and Spring/Summer term classes, this equals no more than 5 class periods missed.
  • For twice a week block or Spring/Summer term classes and once a week semester classes, this equals no more than 2 class periods missed.
  • For once a week block classes, this equals no more than 1 class period missed.
• 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.
• Students adding late can make up classes missed prior to adding during a 2 week period following the add/drop deadline. Students adding late should see the instructor for options immediately upon adding.
• A student incurring a prolonged injury or illness resulting in more than the allowed absences can withdraw from the class prior to the withdrawal deadline (see academic calendar). Students with a prolonged illness or injury occurring after the withdrawal deadline can petition to withdraw at the Petitions Office, D155 ASB.

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/. The test must be taken by the last day of the third week of classes and will not be available past that.

Please note the following:
  1. The exam will cover materials taught and/or referred to in class as well as material available on Learning Suite.
  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 it’s available, 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.