

# Glen Oaks Community College Fitness/Wellness Center On-line Orientation

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- NSH 104
- NSH 105
- NSH 107

# Welcome

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This is the on-line orientation for  
NSH 104, 105, 107.

# Prior to watching this presentation participants must

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- Pass NSH 100 or NSH 106
- Stop into the Fitness/Wellness Center to obtain all paperwork
- Have adequate time to complete the on-line orientation and the quiz that follows the presentation

Before a student begins to work out and for a student to obtain credit for the on-line orientation the student must first

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- Complete the quiz at the end of this presentation with 100% accuracy
- Complete and turn in all necessary paperwork to the Fitness/Wellness Center

# Why do students need the on-line orientation?

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- It serves as reinforcement of the course requirements
  - Refreshes the policies in the student's mind
- Gives the opportunity to make sure all paperwork is completed correctly

So...lets get started!

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# Syllabus information:

- All Fitness/Wellness classes are 1 credit and must be taken in sequence; 100 (or 106), 104, 105, 107.
- All students are responsible for the information listed in the syllabus.

At this time please take a moment and review the course description, course requirements, course objectives, and the evaluation procedures.

# Course work = 30% of grade

Here are some reminders of things that **must be completed** as part of the 30% of the grade that is course work.

- This orientation PowerPoint and the test that follows
- Pre/post assessments (If course is taken back-to-back semesters, the previous semester post-test can be used for the current semester pre-test. However if there is a break of at least one semester between courses, a new pre-test is required at the beginning of the semester)
- Workout log- (This is the white sheet that is the detailed record of daily workouts. One for cardio and one for weights)

# Course work = 30% of grade (cont.)

- Goals- (These **MUST** be completed with the **assistance of an instructor or a lab technician**)
- FITT Program- (This also **MUST** be completed with the **assistance of an instructor or a lab technician**)
- Build on past program- (The student's goals and FITT program should be designed to build on the successes of the previous semester and to further develop the individual and increase the level of fitness)

# Workouts

- Workout grades are based on completed weeks only
- A completed week is a week with 3 or more, 45 minute workouts.
- Each student must have 12 or more completed weeks and have 100% on course work to receive a 4.0 in the course.
- Refer to the syllabus for the complete grading break down.

# Make-up workouts

➤ **REMINDER** : the **only way to make-up a workout** is to participate in one of the Fitness/Wellness Center sponsored activities offered throughout the semester. These include things like

- Fun runs/walks
- Blood drives
- Campus-clean-up
- Job fair
- Holiday collections
- Triathlons

These events will always be advertised in the Fitness/Wellness Center

# Other things to remember...

- Only one workout a day for credit
- Students **must have a valid GOCC student ID** to workout-punching in the ID # and using a driver's license is not acceptable.
- Students must follow all Fitness/Wellness Center policies including:
  - **dress code**
  - **towel usage**
  - **no cell phone usage during workouts**

# Course objective reminders...

- Student will understand the 5 Components of Health Related Fitness
- Student will assess the 5 Components of Health Related Fitness
- Student will use target heart rate to determine appropriate intensity for work outs
- Student will use the FITT program
- Student will show measured improvement in overall fitness and wellness

# Policies

- Scan in and out before and after workouts
- Complete medical history form and equipment orientation or waiver prior to first workout
- Must be 16 to use Fitness/Wellness Center
- Must follow acceptable dress guidelines
- Must have a towel to workout
- Can use the lockers and locker rooms
- No food or drink other than water
- **NO CELL PHONES DURING WORKOUTS**
- Feel free to use iPods' and/or MP3's
- Limit cardio equipment use to 20 minutes when busy
- No one behind the counter
- Staff will always be present in the center during open hours

# Calendar

- Each student receives a yellow calendar in the paperwork packet
- Use the calendar to plan workouts for the semester
- 3 workouts a week are still required during short weeks so plan accordingly
- **“sick days” are NOT excused.** Each student is given some free time, as the required weeks is less than the number of weeks in the semester. Make sure the missed days are really necessary because the free miss days may be needed to cover illness.

# Hours of operation

- Hours of operation vary during different semesters
- Regardless of the open and/or closed hours, the student is still responsible for 3 day a week attendance, so plan accordingly

# Assessments

- The first two workouts will be the fitness assessment
- Fitness assessments cover all 5 Components of Health Related Fitness and completion of assessments is a large part of the grade for the course.
- Assessments are used to determine current level of fitness as well as to project what areas the student needs to improve in. Additionally, assessments are used in goal and program development.
- The student is expected to work hard during assessments in order to give a true representation of current fitness levels

# Evaluation procedures

- The grading for this course is based on course work as well as weekly workouts
- Workouts need to be recorded on the computer log-in as well as on the green card and the white log sheet.
- The computer tracks actual time in the center, the green card tracks how much time in each area, and the white log sheet is used to break down the component parts of the workout
- See syllabus for additional information

# Log-in and log-out procedure

- Log-in and log-out determines the total time of a student's workout
- Log-in must not occur until student is dressed for workout, has green card and white log card in hand, has towel in hand, has ID card in hand and is READY TO WORK OUT.
- Social time is not counted in the 45 minute workout; neither is changing clothing or retrieving necessary items from the locker room or baggage
- Student will be asked to scan out and log-in again when ready for class if log-in occurs prematurely
- ID card is left on the counter during workout

# Orientation on-line quiz

- The orientation presentation segment is now complete
- Please click on the following link to complete the on-line quiz
- The orientation will not be complete until a 100% is obtained on the on-line quiz
- Feel free to use any of the course paperwork to complete the quiz
- Completed orientations will be forwarded to instructor
- Link: [Fitness/Wellness Center Online Orientation Quiz](#)