



Make It Count: Measuring Physical Activity Behavior

figs.wisc.edu/2019fall45

FIG 45 • Fall 2019

main class instructor: **Morgan Shields**

10 credits

MAIN CLASS

Kinesiology 112

Make It Count: Measuring Physical Activity Behavior

LINKED CLASS

Mathematics 112

Algebra

LINKED CLASS

English 100

Introduction to College Composition

LINKED CLASS

Kinesiology 300

Practicum in Kinesiology

Are you interested in kinesiology? The central theme of this FIG is the definition and measurement of physical activity behavior. This is an important issue in the field of kinesiology because of the challenges involved with exercise prescription. Additionally, accurate and consistent measurements of physical activity behavior are needed to examine potential

dose-response relationships between physical activity and health outcomes. The main FIG seminar, **Kinesiology 112**, will provide an opportunity for you to use numbers, equations, and kinesiology-related definitions to address the exercise measurement challenge. Throughout the semester, we will examine the definition of and recommendations for physical activity provided by the American College of Sports Medicine to various populations. As a result of this FIG, you will be able to:

- apply your knowledge of science to address global health concerns related to physical activity and sedentary time;
- quantify a behavior and examine relationships of that quantification with different types of behavioral measurements;
- use your knowledge of kinesiology to construct a flexible definition of physical activity to include a variety of behaviors;
- responsibly interact with persons with disabilities in a physical activity setting;
- demonstrate an understanding of the importance of physical activity behaviors across gender,

ethnicity, and illness;

- create an assessment plan to quantify a variety of physical activity behaviors; and
- identify challenges to exercise prescription in the field of kinesiology.

Math 112: “Algebra” — This class introduces polynomial equations, remainder and factor theorems, functions, graphs of functions, simultaneous linear equations, logarithm and exponential functions, sequences and series, mathematical induction, binomial theorem.

English 100: “Introduction to College Composition” — Focuses on development of rhetorical reading, listening, and writing abilities; provides practice in written and spoken communication (emphasis on writing); develops information literacy; provides a foundation for a variety of college coursework and post-college careers.

Kinesiology 300: “Practicum in Kinesiology” — This one-credit class will provide a hands-on opportunity for you to promote, measure, and define physical activity across clients with diverse abilities. ●

[more on the other side](#)

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FIG 45 • Fall 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 am					
9:00 am	MATH 112 LEC 6 8:50–9:40 am		MATH 112 LEC 6 8:50–9:40 am		MATH 112 LEC 6 8:50–9:40 am
10:00 am					
11:00 am					
12:00 pm					
1:00 pm	ENGL 100 LEC 23 12:05–12:55 pm	KINES 300 FLD 3 12:05–12:55 pm	ENGL 100 LEC 23 12:05–12:55 pm	KINES 300 FLD 3 12:05–12:55 pm	ENGL 100 LEC 23 12:05–12:55 pm
2:00 pm					
3:00 pm	KINES 112 LEC 1 2:30–3:45 pm		KINES 112 LEC 1 2:30–3:45 pm		
4:00 pm					
5:00 pm					
6:00 pm					

Enrolled in a FIG and you change your mind?

FIG classes are designed to be taken together. When you enroll in a FIG, you are signed up for these classes as a whole group, not as separate classes.

Dropping one FIG class means ending your enrollment in all of the classes in the FIG.

So, here's what you should know if you want to drop the FIG:

- You can drop all the classes on your own at enroll.wisc.edu. Any non-FIG class will not be affected.
- After classes begin, if you need to drop a single class within the FIG, please contact Kari Fernholz (see below) to review your situation. If necessary, she will provide the required authorization to drop the class.
- Wednesday, September 11, 2019** is the last day to drop a class without it appearing on your college transcript.
- Friday, September 13, 2019** is the last day to add a class without first getting department permission.

MAIN CLASS

Kinesiology 112

Make It Count: Measuring Physical Activity Behavior

LEC 1: MW 2:30–3:45

credits: 3

class number: **62065**

LINKED CLASS

Mathematics 112

Algebra

LEC 6: MWF 8:50–9:40

- Quantitative Reasoning Part A
- Elementary

credits: 3

class number: **65460**

LINKED CLASS

English 100

Introduction to College Composition

LEC 23: MWF 12:05–12:55

- Communication Part A
- Elementary

credits: 3

class number: **51206**

LINKED CLASS

Kinesiology 300

Practicum in Kinesiology

FLD 3: TR 12:05–12:55

credits: 1

class number: **63575**



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get help from **Kari Fernholz**, assistant director
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