Course Number: PHED 1338-C01

Course Title: Concepts of Physical Fitness and Wellness

Course Credit Hours: 3  Lecture Hours: 2  Lab Hours: 2

Prerequisite: None

Course Delivery Method: Lecture/Lab

Instructor’s Information:

Instructor’s Name: Susan Evans

Office Number: (972)-548-6552

Office Hours: Office CPC E213, MW: 9:00-10:00am; MW: 2:15-3:15pm,

Contact Information: email: sevans@ccccd.edu, PHED Office: (972)-548-6552

Class Information  Class meeting times: M.W. 1:00pm-2:15pm

Textbook:


Supplies: Clothing appropriate for a variety of exercises may include t-shirts, and/or sweats - no blue jeans or khakis. Footwear designed for aerobic conditioning activities, and a towel. Improper attire may result in the student not being permitted to participate due to safety and/or hygiene concerns.

Measurable Student Learning Outcomes:

1. To demonstrate knowledge of the basic scientific principles of exercise, and apply the principles to physical activity.
2. To demonstrate knowledge of the scientific evidence that exists supporting the value of physical fitness, sound nutritional practices, stress management, and regular exercise.
3. To demonstrate knowledge of the relationship between lifestyle choices, and chronic disease by describing the relationship with respect to specific health/wellness topics such as heart disease, cancer, obesity, diabetes, and sexually transmitted diseases.
4. To demonstrate the ability to apply cognitive knowledge in the process of completing lab assignments.
5. To demonstrate the ability to acquire self-knowledge experientially through the process of completing
lab assignments.
6. To demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.
7. To demonstrate knowledge of nutrition and its implications for sport performance, physical fitness, and wellness.
8. To recognize the importance of the relationship between lifetime activity and the quality of life.
9. To demonstrate the biomechanics of fundamental movements and skills.
10. To develop the kinesthetic sense in the process of acquiring movement skills.

Course Requirements:
1. Attendance and participation
2. Pre-test and post-test data sheet
3. Developing individual exercise program
4. Completion of 28 Lab assignments
5. Nutrition analysis
5. Written examinations, midterm and final

Method of Evaluation:

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<tr>
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<th>Percentage</th>
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<tbody>
<tr>
<td>Midterm</td>
<td>25%</td>
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<tr>
<td>Final Exam</td>
<td>25%</td>
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<tr>
<td>Completion of 28 Labs</td>
<td>20%</td>
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<tr>
<td>Attendance</td>
<td>30%</td>
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Attendance

<table>
<thead>
<tr>
<th>Attendance and Participation*</th>
<th>Max Value 30 points</th>
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<tbody>
<tr>
<td>2 absences</td>
<td>30/30 points for full participation</td>
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<tr>
<td>3 absences</td>
<td>25/30 points for full participation</td>
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<tr>
<td>4 absences</td>
<td>20/30 points for full participation</td>
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<tr>
<td>5 absences</td>
<td>10/30</td>
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<tr>
<td>6 absences</td>
<td>Automatic failure of the class</td>
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2 make-ups will be permitted at a designated time or a designated assignment.

Tardiness - Arriving 10 minutes or more after the start of the class will result in a 1-point deduction from the final attendance grade each time it occurs.
**PHED Attendance Policy:** Once you miss **MORE THAN**,  
6 classes in a class that meets 3 times per week, or  
4 classes in a class that meets 2 times per week, or  
2 classes in a class that meets 1 time per week,

With any combination of authorized and/or unauthorized absences, you will no longer be eligible to receive credit for the course. If you do not drop in accordance with the CCCC Academic Calendar, a grade of “F” will be assigned.

**The last day to withdraw is:** April 17, 2009

**Religious Holy Days:** Please refer to the current CCCCD Student Handbook.

**ADA Statement:** It is the policy of Collin County Community College to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, State and local laws, regulations and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student’s responsibility to contact the ACCESS office, SCC-G200 or 972.881.5898 (V/TTD: 972.881.5950) in a timely manner to arrange for appropriate accommodations.

**Academic Ethics:** The College District may initiate disciplinary proceedings against a student accused of Scholastic dishonesty. Scholastic dishonesty includes, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission as one’s own work material that is not one’s own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts or teacher’s editions, and/or falsifying academic records.

**Plagiarism** is the use of an author’s words or ideas as if they were one’s own without giving credit to the source, including, but not limited to, failure to acknowledge a direct quotation.

**Cheating** is the willful giving or receiving of information in an unauthorized manner during an examination, illicitly obtaining examination questions in advance, copying computer or Internet files, using someone else’s work for the assignments as if it were one’s own, or any other dishonest means of attempting to fulfill the requirements of a course.

**Collusion** is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate during an examination; removing tests or answer sheets from a test site, and allowing a classmate to copy answers.

**NOTE:** A copy of the generic syllabus is available in the division office and on the college web site at: [http://iws.ccccd.edu/syllabus](http://iws.ccccd.edu/syllabus).