

COLLIN COLLEGE
COURSE SYLLABUS

Course Information

Course Number: PHED 1338

Course Title: Concepts of Physical Fitness

Course Description: This course is designed to familiarize students with knowledge, understanding and values of health related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs. Lab required.

Course Credit Hours: 3

Lecture Hours: 2

Lab Hours: 2

Student Learning Outcomes:

- **State Mandated Outcomes:** Upon successful completion of this course, students will:
 1. Describe the elements of health related physical fitness, performance related physical fitness, inactivity, and hypokinetic diseases on health and wellness. (Critical Thinking Skills)
 2. Distinguish the influence of personal behavior and responsibility on the development, treatment, and prevention of infectious diseases, stress, and addictions. (Communication Skills)
 3. Compare and contrast the relationships among physical activity, nutrition, and body composition. (Critical Thinking Skills), (Communication Skills)
 4. Participate in physical fitness activities that will aid in assessing personal health related fitness.
 5. Design, implement, and evaluate fitness programs to promote societal lifetime physical fitness. (Social Responsibility)
- **Additional Collin Outcomes:** Upon successful completion of this course, students will:
 1. Demonstrate knowledge of the basic scientific principles of exercise, and apply the principles to physical activity. (Empirical and Quantitative Skills)
 2. Demonstrate knowledge of the scientific evidence that exists supporting the value of physical fitness, sound nutritional practices, stress management, and regular exercise. (Empirical and Quantitative Skills)
 3. Demonstrate the ability to apply cognitive knowledge in the process of completing lab assignments.

Withdrawal Policy: See the current *Collin Registration Guide* for last day to withdraw.

Collin College Academic Policies: See the current *Collin Student Handbook*

Americans with Disabilities Act Statement: Collin 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-D140 or 972.881.5898 (V/TTD: 972.881.5950) to arrange for appropriate accommodations. See the current *Collin Student Handbook* for additional information.

Instructor's Name: Traci Ramsey

Office Number: U-127 (PRC)

Office Hours: Onsite in U-127: Mondays 12:00pm-2:00pm

Concepts Lab Hours: Mondays 2:00-3:00pm

Phone Number: 972-881-5713

E-mail: tramsey@collin.edu

Class Information:

Section Number: PHED 1338.MP1-Concepts of Fitness **Maymester 2017**
(May 15-30, 2017)

Meeting Times: MTWRF 8:00am-11:55am
Class will not meet Monday, May 29

Meeting Location: A-112 (PRC)

Course Resources: 1.) Hoeger, W. & Hoeger, S., Fitness & Wellness, 12th ed. ISBN: 978-1-305-63801-3 2.) Airhart, T.: Practical Applications and Assessments for Fitness & Wellness: A Lab Manual (4th edition), Kendall-Hunt Publishing, 2017. ISBN: 978-1-4652-9908-6. For the e-book version, go to https://he.kendallhunt.com/search?search_api_views_fulltext=airhart&=Apply. This edition of the lab manual is different from previous editions. Only the 4th edition can be used in the course.

Supplies: Appropriate workout attire. Examples of appropriate attire include: t-shirts, shorts and/or sweats. No blue jeans or khakis. Footwear designed for aerobic conditioning activities. A towel may also be included. Improper attire may result in not being permitted to participate due to safety and/or hygiene concerns.

Attendance Policy: It is understood that in order to succeed in this course, you need to attend class. Missing more than 3 hours of class will result in automatic failure with any combination of excused and/or unexcused absences. You will not be allowed to make up work or to submit work late when a class is missed. Review the in-class lab policy closely. Students are required to be present for all in-class labs in order to receive credit for those labs.

Late Date to Drop Course: May 19.

Religious Holy Days: Please refer to the current Collin College Student Handbook.

Academic Dishonesty: Please refer to the current Collin College Student Handbook. If a student is found responsible for academic dishonesty, a penalty ranging from a 0 on an assignment to an F in the course will be assigned based on the instructor's interpretation of the severity of the situation.

Classroom Management: Courteous, respectful conduct is expected when interacting with classmates and with the instructor. Concerning behavior, as deemed by the instructor, will be referred to the Dean of Students office.

Collin College’s Strategies of Behavioral Intervention (SOBI) team is an interdisciplinary, college-wide team whose mission is to provide support for students, faculty, and staff, and to facilitate a positive and effective learning environment. In order to accomplish this, the SOBI team has designed a process for assisting students who may display various levels of concerning behavior (e.g., strange or unusual behavior; changes in dress, personal hygiene, or physical appearance; threats of harm to self or others; etc.). Any behavior that becomes a concern to you or that negatively affects your ability to succeed as a student at Collin College may be referred to SOBI.

Please note that SOBI is not a disciplinary committee, and SOBI actions are not a substitute for disciplinary procedures. Reports of *Student Code of Conduct (Code)* violations will be referred directly to the Dean of Students for disciplinary action.

Method of Evaluation: Grade based on the following items:

1. Healthy Lifestyle Project	10 points (%)	90-100	A
2. Labs (In-class/Out-of-Class)	35 points (%)	80-89	B
3. Group Projects	10 points (%)	70-79	C
4. Exam I	15 points (%)	60-69	D
5. Exam II	15 points (%)	59 or below	F
6. Exam III	10 points (%)		
7. Exam IV	10 points (%)		

1. **Healthy Lifestyle Project**

Max Value 10 points

Compile detailed information about your health/fitness status. Much of the required information will be obtained throughout the semester from lab assignments. Charts & graphs are a good way to organize results and are encouraged. Your grade however, will be weighted heavily on the following items: 1.) your ability to analyze and interpret results 2.) a demonstration of how the results are used to maintain/improve health & fitness 3.) resources (in addition to the textbook & lab manual) that helped you accomplish your goals (i.e., books, websites, podcasts, nutrition/exercise support groups). The following items must be included: pre/post fitness test results, SMART goals, family history, behavior modification techniques used to improve/maintain fitness and nutrition habits, assessment results for lifestyle diseases (cardiovascular disease, diabetes, etc.), written explanation of diet analysis results (discuss macronutrients, micronutrients, etc.), detailed exercise programs (cardiovascular, strength training, and flexibility), stress assessment results and stress reduction techniques. Materials should be typed, organized & bound in a folder. **You will submit a hard copy of your project to the instructor on Friday, May 26.**

2. Labs (In-class and out- of class)

Max Value 30 points

Laboratory assignments reinforce the chapter text. Lab grades are “all or nothing” grades. PHED 1338 requires two lab hours to fulfill the course requirement in addition to the lecture component. The requirement will be met with a combination of in-class and out-of-class physical activity and concepts labs. Students are required to be present for all in-class labs in order to receive credit for those labs.

In-class labs (20 points): Students are required to be present for all in-class labs. Many of the labs used in class can be found in Practical Applications & Assessments for Fitness & Wellness: A Lab Manual. Labs requiring special equipment/instructions will be completed during class time and are due the same day. Labs completed during class time cannot be submitted in advance or late and if absent, a grade of zero will be given. Some labs should be completed before coming to class (see course calendar). For these labs, the student must submit the lab before the start of class or be in class to submit it on the lab due date in order to receive credit. Each in-class lab is worth 1 point except for lab 25, which is worth 4 points. Students will be given advanced notice should the assignment schedule change. **Students should arrive to class on lab days dressed for participation.** Students inappropriately dressed will not be allowed to participate or make up the lab.

Out-of-Class labs (10 pts): Out-of-Class labs can be performed on your own time. A minimum of 1 hour of physical activity per day is required. Students can submit a weekly activity report to the instructor during the “Concepts Lab Hours” listed on page 2 of the syllabus. A copy of this form can be downloaded inside Canvas.

3. Group Projects (2 @ 5 pts. each)

Max Value 10 points

Group Project #1 “Fake Project” (5 pts.)

Students will be assigned to a group (3-4 people per group). The group will work together to complete Lab 19. The group is expected to develop a “fake” product related to exercise or nutrition. “Research” on the product must be presented, along with an actual product and advertisement. Group members will present this product to the class on **Thursday, May 25**. Group members should be prepared to answer questions about their product and should be knowledgeable & persuasive enough to convince classmates that the product is real.

Group Project #2 “Controversial Topic” (5 pts.)

All students will be assigned to a group (3-5 people per group). Each group will review a controversial topic about health or nutrition. Your job is to summarize the issue, present the pros & cons of each argument and discuss the group’s stance. Each group will be given questions related to their topic to answer. All members of the group will contribute their opinions. The group will make a 10 min. presentation over their topic. A brief written summary of the findings will also be submitted with all students name on it in the group the day of their presentation. Presentations are scheduled for **Friday, May 26**.

4. Exam Policy

Max Value 50 pts.

You must have instructor permission to take a make-up exam. Make-up exams will be given in the PRC Testing Center, F-209, no later than one day after the missed exams, except for Exam IV, which cannot be made up. All make-up exams will be essay. You are responsible for contacting the instructor to set a specific make-up date and time prior to the missed exam. Be prepared to show documentation supporting the absence.

Exam I (covers Chapters 1-4) on Thur. May 18	Max Value: 15 points
Exam II (covers Chapters 2, 3 and 7) on Tues. May 23	Max Value: 15 points
Exam III (covers Chapters 5 and 6) on Fri. May 26	Max Value: 10 points
Exam IV (covers Chapters 8) on Tues. May 30	Max Value: 10 points

COURSE CALENDAR * subject to change at the instructor's discretion

(Last updated 2/27/2017)

Monday, May 15

Safety Guidelines

Ch. 1- Intro to Phys. Fitness

Ch. 1- Behavior Modification

Ch. 2/3- Cardiorespiratory Endurance

Preview of Lab 10/plank test

Tuesday, May 16

Lab 10/ plank test- bring blank copy of these labs to class (free copy inside Canvas). We will complete during class time.

Lab 6- complete lab at home & bring to class today. (free copy inside Canvas)

www. Queendom.com. In the search box to the right, type “locus of control abridged”. Click the 1st option. Take the 10 question quiz, print results at home and bring to class today.

Target Heart Rate lab- download copy of this lab from Canvas. Complete it & bring to class today

Ch. 2- Body Composition

Lab 13- download copy of lab & bring to class today. We will complete during class time.

Wednesday, May 17

Lab 12- bring this lab to class. We will complete during class time.

Fitness Assessment II- download this lab from Canvas & bring blank copy today. We will complete during class time.

Exam Review

Begin work on Lab 19- work in small group to create a “fake product”

Thursday, May 18

Exam I- in class today

Ch. 2/3- Flexibility

Back School- instructor will provide this lab during class time.

Begin recording 3-day food diary tomorrow. Record what you eat & drink in cups (1 cup= 1 baseball) and ounces (3.5 oz = deck of cards). Should record food/drink on Fri. Sat., and Sun.

Begin work on Group project- See links inside canvas. Research topic & present as a group in class.

Friday, May 19

Begin recording food/drink today through Sunday.

Ch. 3- Stress

Lab 7 & 8- complete at home and bring to class today

In class meditation lab/Stretching Lab- no paperwork required to complete. Instructor will provide details during class.

Ch. 2/3- Muscular Strength

Lab 26- bring blank copy of lab to class. We will complete during class time.

Monday, May 22

Ch. 2/3- Muscular Strength

Synthetic Cadaver Demo

In Class Exercise- no paperwork required to complete. Instructor will provide details during class.

Tuesday, May 23

Exam II- in class today

Ch. 5- Nutrition

Lab 18- complete at home & bring to class today.

Ch. 6- Weight Management

Wednesday, May 24

Lab 25- bring 3-day food diary (recorded last week) to class. We will complete during class time in H-120.

Mall Lab- Will go to Stonebriar Mall (Preston Rd. & 121 in Frisco) food court to complete. Bring nutritional analysis of at least 3 restaurants in the food court. Download in advance & bring to class. Go to mall website to find list of restaurants, then go to the restaurant's website to get nutritional content of all foods.

Thursday, May 25

Group Project #1- Groups will present "Fake Product" in class today.

In-class exercise- no paperwork required to complete. Instructor will provide details during class.

Snack Lab- Download lab from Canvas. Bring one healthy snack to class today. Complete the first box on the lab comparing your healthy food to a similar unhealthy food. Answer essay questions.

Friday, May 26

Exam III- in class today

Group Project #2- Groups will present their "Controversial Topic" in class today.

Personalized Workout Program Due- see p. 3 of the syllabus for more details.

In- Class Exercise- no paperwork required to complete. Instructor will provide details during class.

Ch. 8- CV Disease

Monday, May 29

No class. Campus closed

Tuesday, May 30

Exam IV- in class today