

COLLIN COLLEGE
COURSE SYLLABUS

Course Information

Course Number: PHED 1164

Course Title: Introduction to Physical Fitness and Wellness

Course Description: This course will provide an overview of the lifestyle necessary for fitness and health. Student will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training. Additionally, this course introduces basic concepts of fitness, nutrition, health promotion, and disease prevention. Includes the study and practices of activities and principles that promote fitness and wellness.

Course Credit Hours: 1
Lab Hours: 3

Student Learning Outcomes:

- **State-mandated Outcomes:** Upon successful completion of this course, students will:
 1. Describe how the components of physical fitness impact health and wellness. (Communication)
 2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction. (Communication)
 3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition. (Empirical and Quantitative Skills)
 4. Plan, implement, and evaluate a personal fitness program. (Critical Thinking)
 5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity. (Social Responsibility)

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

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

Americans with Disabilities Act: 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 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 10:30am-1:30pm
Online in Canvas: Sundays 6:00-8:30pm
Mondays 10:00-10:30am

Phone Number: 972-881-5713

E-mail: tramsey@collin.edu

Website: <http://iws2.collin.edu/tramsey/index.html>

Class Information: **Introduction to Physical Fitness & Wellness**

Section Number: **PHED 1164.P04** Spring 2017

Meeting Times: **Tuesday/ Thursdays 11:30-12:45**

Meeting Location: A-138

Course Resources: Fitness & Wellness (12th ed.) by Hoeger & Hoeger. Cengage Learning. ISBN: 978-1-305-63801-3

Supplies: Appropriate workout attire. Examples 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. 5 points will be deducted from the final grade each time a student is not dressed appropriately for class.

Attendance Policy: Attendance credit will only be given when the student is dressed appropriately, participates in the activity and stays throughout the allotted class time. In addition, students are required to maintain a record of all in-class workouts.

1 absence	5 point deduction from final grade
2 absences	10 point deduction from final grade
3 absences	20 point deduction from final grade
4 absences	30 point deduction from final grade
5 absences	40 point deduction from final grade

Tardiness - Arriving 1-10 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. Time missed 1-10 min after the start of class must be made up, or 1 point will be deducted from the final grade per occurrence. Arrivals after 10 minutes will receive a 1 pt. deduction from the final grade every 15 minutes late. Leaving class early will result in a 1 pt. deduction from the final attendance grade every 10 minutes left early.

The last day to withdraw is Mar. 17.

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.

PHED 1164 Spring 2017

Method of Evaluation	Grading Scale
1. Attendance & Participation/Weekly Log 40 pts.	90-100 A
2. Assignments 20 pts.	80-89 B
3. Personalized Workout Program 15 pts.	70-79 C
4. Quizzes 25 pts.	60-69 D
100 total points	59 or below F

1. Attendance & Participation/Weekly Log (40 points):

Attendance credit will only be given when the student is dressed appropriately, participates in the activity and stays throughout the allotted class time. In addition, students are required to maintain a record of all in-class workouts.

- 1 absence 5 point deduction from final grade
- 2 absences 10 point deduction from final grade
- 3 absences 20 point deduction from final grade
- 4 absences 30 point deduction from final grade
- 5 absences 40 point deduction from final grade

Tardiness - Arriving 1-10 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. Time missed 1-10 min after the start of class must be made up, or 1 point will be deducted from the final grade per occurrence. Arrivals after 10 minutes will receive a 1 pt. deduction from the final grade every 15 minutes late. Leaving class early will result in a 1 pt. deduction from the final attendance grade every 10 minutes left early.

2. Assignments

(20 points):

Completion of assignments & in class labs. All of these assignments can be found inside Canvas. Detailed instructions for completion will be provided by the instructor. All assignments should be kept after graded and used to complete the Personalized Workout Program Assignment (see below). The following items will be assigned this semester:

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|---|--------------|
| 1. Pre/Post Test & plank test- 1 pt. | Due Jan. 24 |
| 2. Target Heart Rate (THR)-1 pt. | Due Jan. 24 |
| 3. Body Mass Index (BMI)-1pt. | Due Feb. 2 |
| 4. SMART Goals- 1 pt. | Due Feb. 2 |
| 5. 8 Colors of Fitness Assessment- 2 pts. | Due Feb. 9 |
| 6. 1RM Assessment- 2 pts. | Due Feb. 16 |
| 7. Fast Food Lab- 2 pts. | Due Mar. 23 |
| 8. Hydration Calculation- 1 pt. | Due Mar. 23 |
| 9. Desired Body Weight- 1 pt. | Due Mar. 23 |
| 10. Nutrition Analysis- 4 pts. | Due Mar. 30 |
| 11. Stress Assessment- 1 pt. | Due April 11 |
| 12. CV Disease Risk Factor- 1pt. | Due April 11 |
| 13. Cancer Risk Factor- 1 pt. | Due April 11 |
| 14. Family Health History- 1 pt. | Due April 11 |

3. Personalized Workout Program

(15 points):

Each student will create a workout program based on personal goals. The program will be based on safe practices intended to improve cardiovascular fitness, muscular strength/endurance, flexibility, body composition and nutritional & sleep habits. Stress management, disease risk factors and behavior modification will also be addressed. To summarize, your task is to evaluate your current fitness level (using the Pre-test) and create goals (using SMART Goals & information from professor consultation) for improvement over the course of the semester. You'll track your progress of these goals all semester and use the Assignments (listed above) as supportive documentation. Your translation of the Assignment results is imperative to this assignment, so be sure to save your Assignments. It is not enough to simply include all graded 14 Assignments listed above. You are expected to interpret the results (in typed form) of all 14 Assignments and discuss their relevance to your goals & progress. Additional details can be found inside Canvas.

The personalized workout program is due April 25. The program will include the following items:

1. Title Page Includes student's name, course number, course time and current semester
2. Table of Contents Describes the order of the assignment
3. Fitness Assessment Pre-test/post-test results. In-depth analysis of past and current health-related fitness component results (cardiovascular fitness, muscular strength, muscular endurance, flexibility and body composition). Charts & graphs are good here to make before & after comparisons easier to follow.
4. SMART Goals Discussion of goals reviewed with the instructor at the beginning of the semester. Examples of these goals include: exercise/fitness (pre/post fitness test results and 1RM assessment), risk factors (cancer & CV disease risk factors) and general health, sleep (are you getting 7-8 hrs.?), nutrition (what are your deficiencies?) and behavior modification (what part of your behavior can you improve to support better health & fitness?). Each goal should have a detailed plan of action supporting how the goal will be accomplished throughout the semester.
5. Assignment Results All assignments & results submitted this semester should be incorporated into this section (see section 2 above for a complete list of assignments). Emphasize what your results were & how you improved them. All 14 Assignments should have a written explanation (long paragraph) that explains the relevance of the results to your goals, along with an explanation of how the results can be improved (when necessary).
6. Weekly Exercise Log Should include detailed documentation of strength training, flexibility and cardiovascular exercise performed throughout the semester. Inclusion of the exercise logs recorded in class is sufficient.
7. Long Term Goals This section should include future goals that promote improved health & fitness levels throughout life.

4. Quizzes

(25 points):

A total of 5 quizzes will be given. 4 Quizzes will be given inside Canvas. You will be allowed 30 minutes to complete each of these quizzes. Quizzes will cover lecture material, chapter readings & relevant assignments. Quizzes are not cumulative. Technical problems inside Canvas during the quiz should be directed to the 24 hour helpline number 972-377-1777 x option 5 or the eLC at 972-881-5870. Always call one or both of these numbers before contacting the instructor.

The muscle quiz is the only quiz that will be taken in class. On the assigned date, you will come to class ready to identify various muscle groups in the human body. Correct spelling is required.

Quiz #1- week 4	inside Canvas	Available Feb. 7 @ 9:00am- Feb. 9 @ 12:59pm
Quiz #2- week 6	inside Canvas	Available Feb. 21 @ 9:00am- Feb. 23 @ 12:59pm
Muscle Quiz- week 7	taken in class	Taken in class on Mar. 2
Quiz #3- week 12	inside Canvas	Available April 4 @ 9:00am- April 6 @ 12:59pm
Quiz #4- week 15	inside Canvas	Available May 2 @ 9:00am- May 4 @ 12:59pm

COURSE CALENDAR * subject to change at the instructor's discretion (Updated 1/5/2017)

Week 1	Week 2	Week 3	Week 4
Fitness testing Safety Guidelines Ch. 1- Intro to Phys. Fitness Health-Related Fitness Components emphasis	Ch. 2- Assessment Ch. 3- Exercise Presc. CV exercise emphasis <u>Assign. due Jan. 24</u> Pre/Post Test and Plank Test Target Heart Rate	Ch. 2- Assessment Body Fat Emphasis Goal setting Behavior Modification <u>Assign. due Feb. 2</u> Body Mass Index SMART Goals	Individual meetings Quiz #1- Feb. 7-9 8 Colors of Fitness Assessment- Feb. 9
Week 5	Week 6	Week 7	Week 8
Ch. 3- Exercise Presc. Muscular Fitness Emphasis Muscle Quiz Review 1RM Assessment- Feb. 16	Quiz #2- Feb. 21-23 Feb. 23-Synthetic Cadaver demo	Muscle Quiz- Mar. 2	
Week 9	Week 10	Week 11	Week 12
Ch. 5- Nutrition Mar. 16- Nutrition lecture in U-106 (University Hall)	Ch. 5- Nutrition <u>Assign. due Mar. 23</u> Fast Food Lab Hydration Calculation Desired Body Weight	Ch. 6- Wt. Mgmt. Nutritional Analysis- Mar. 30	Quiz #3- April 4-6
Week 13	Week 14	Week 15	Week 16
Ch. 7- Stress Ch. 8- Healthy Lifestyle Addiction, Infectious Disease (specific sections on CVD, cancer) April 13-CVD/stress/Cancer lecture in U-106	<u>Assign. due April 11</u> Stress Assessment CV Disease Risk Factor Cancer Risk Factor Family Health History	Quiz #4- May 2-4 Personalized Workout Program- April 25	Final Exam Time Thur., May 11 11:30-1:30 (required attendance). *No exam will be given during this time. Project & final grade will be given.