

**COLLIN COLLEGE**  
**COURSE SYLLABUS**

Course Information
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**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 10:30am-1:30pm

Online in Canvas: Sundays 6:00-8:30pm

Mondays 10:00-10:30am

*Concepts Lab Hours:* *Tuesdays 10:00-10:30am, 12:45-1:00pm (in A-112), and 2:15-2:30pm*

**Phone Number:** 972-881-5713

**E-mail:** [tramsey@collin.edu](mailto:tramsey@collin.edu)

**Class Information:**

**Section Number:** PHED 1338.PO2-Concepts of Fitness

**Spring 2017**

**Meeting Times:** Tuesday/ Thursday 1:00-2:15 pm

**Meeting Location:** A-112

**Course Resources:** 1.) Hoeger, W. & Hoeger, S., Fitness & Wellness, 12<sup>th</sup> 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](https://he.kendallhunt.com/search?search_api_views_fulltext=airhart&=Apply). This edition of the lab manual is different from previous editions. Only the 4<sup>th</sup> 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. You will not be allowed to make up work or to submit work late when a class is missed. Review the lab attendance 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:** 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.

**Method of Evaluation:** Grade based on the following items:

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

### 1. Project or Book Review

**Max Value 10 points**

Choose ONE of the following choices to earn points for this assignment. A description of each is below. You must inform the instructor in writing of your choice by Jan. 31.

**Healthy Lifestyle Project:** 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 Apr. 25.**

OR

**Book Review:** review a book of your choice from the book review list provided by the instructor. The book review list can be found inside Canvas or on the Instructor's website <http://iws.collin.edu/tramsey>. A 7-10 page typed, double-spaced, 12 point font detailed summary must be submitted to the turnitin.com link inside Canvas. You will not submit a hard copy of your paper to the instructor. Specific details on how to submit the paper & how the paper will be graded can be found inside Canvas. Students are expected to highlight meaningful information, insights and perspectives on the impact or contribution of the selected book. **Your paper must be uploaded inside the turnitin.com link inside Canvas by 1:00 pm on Apr. 25.**

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

**Max Value 35 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 (15 pts):** Out-of-Class labs can be performed on your own time. A minimum of 1 hour of physical activity per week 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 Project

**Max Value 5 points**

All students will be assigned to a group (4-5 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.

#### 4. Exam Policy

Make-up exams will be given in the PRC Testing Center, F-209, within seven days of 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. You must have instructor permission to take a make-up exam. Be prepared to show documentation supporting the absence.

<b>Exam I (covers Chapters 1-4)</b>	<b>Max Value: 15 points</b>
<b>Exam II (covers Chapters 2, 3 and 7)</b>	<b>Max Value: 15 points</b>
<b>Exam III (covers Chapters 5 and 6)</b>	<b>Max Value: 10 points</b>
<b>Exam IV (covers Chapters 8)</b>	<b>Max Value: 10 points</b>

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### Course Calendar: \* *Itinerary may change at instructor's discretion*

Jan. 17	Lecture	Chapter 1 (Intro to Physical Fitness) Fitness Testing Preview of Lab 10
Jan. 19	Class lab	<b>Lab 10/ Plank test</b> in class- come dressed for Exercise
Jan. 24	Lecture	Chapter 1 (Behavior Modification)  Complete <b>Lab 6</b> at home & bring to class today. Go to <a href="http://www.Queendom.com">www.Queendom.com</a> . In the search box to the right, type in "locus of control abridged". Click on the 1 <sup>st</sup> option. Take the 10 question quiz, print results at home and bring to class today
Jan. 26	Class lab	Finish Lab 10/Plank test and start <b>Fitness assessment II (Canvas)</b> in class- come dressed for exercise
Jan. 31	Lecture	Chapter 2/3 (Cardiorespiratory Endurance) Complete <b>Target Heart Rate Formula (Canvas)</b> at home & bring to class today. Chapter 1 (Skill Related Fitness)

Feb. 2	Class lab	<b>Labs 12 &amp; 13 in class</b>
Feb. 7	Lecture	Chapter 2 (Body Composition)
Feb. 9	<b>Lecture</b>	<b>Exam I (15 pts.)</b> taken in class. Bring scantron & pencil. Preview of stress podcasts
Feb. 14	Lecture	Exam I grade review; Chapter 2/3 (Flexibility)/ <b>Back school in class</b>
Feb. 16	<b>Lecture</b>	Chapter 7 (Stress) Complete <b>Labs 7 &amp; 8</b> at home & bring to class today
Feb. 21	Lecture	Chapter 2/3 (Muscular Strength)
Feb. 23	Class lab	Chapter 2/3 Synthetic Cadaver Demo/ <b>Lab 26 in class</b>
Feb. 28	<b>Class Lab</b>	Gym workout
Mar. 2	<b>Lecture</b>	<b>Exam II (15pts.)</b>
March 6-12	Spring Break	<b>No Classes</b>
Mar. 14	<b>Class Lab</b>	Exam II review/ <b>In-class exercise-</b> (intro. to various exercise equipment [instructor will provide]). Will preview future labs so bring lab manual.
Mar. 16	Class Lab	<b>In-class meditation / Stretching program</b> (instructor will provide handout in class)
Mar. 21	<b>Class Lab</b>	<b>HITT Exercise</b> (instructor will provide details in class)
Mar. 23	<b>Lecture</b>	Chapter 5 (Nutrition)-trends, serving sizes & food pyramid; Complete <b>Lab 18</b> at home & bring to class today; Preview future labs & Group Project

Mar. 28	Lecture	Chapter 5 (Nutrition)-food labels, essential nutrients, antioxidants.
Mar. 30	<b>Lecture</b>	Finish nutrition lecture
Apr. 4	Lecture	Chapter 5 (Nutrition)- everyday eating; <b>Snack Lab (Canvas)</b> . Bring one healthy snack to class today. Complete the first box comparing healthy food to similar unhealthy food & answer essay questions
Apr. 6	<b>Lecture</b>	Chapter 6 (Weight Mgmt.); Complete <b>Lab 25 (4 pts.)</b> at home & bring to class today. This lab must be completed using the computer program in H-120
Apr. 11	Lecture	In Class movie
Apr. 13	<b>Lecture</b>	<b>Group Project (5 pts.)</b> . See syllabus & Canvas for more details
Apr. 18	Lecture	<b>Exam III (10 pts.)</b>
Apr. 20	<b>Lecture</b>	STI Speaker (Chapter 8)
Apr. 25	Lecture	Exam III grade review; Chapter 8 (Cancer) <b>Book review/Healthy Lifestyle Project Due</b>
Apr. 27	Lecture	Chapter 8 (Cardiovascular Disease)
May 2	Lecture	Chapter 8 (Cardiovascular Disease)/ Gym workout (Canvas)
May 4	<b>Lecture</b>	<i>Final exam review. Grade update.</i>
<b>Tuesday, May. 9</b>	<b>Exam IV (10 pts.-Final Exam)</b>	<b>1:00-3:00 pm</b>

\* Last updated 1/13/2017

