

**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 INFORMATION

**Instructor's Name:** Traci Ramsey

**Office Number:** U-127 (PRC)

**Office Hours:** On-site in U-127: Mondays 10:30am-1:30pm  
Online in Canvas: Sundays 6:00-8:30pm, Mondays 10:00-10:30am . To join the online session inside Canvas, go to "Home", "Zoom Session".

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

**E-mail:** You can get to Canvas by logging on to Cougar Web. Once classes begin, all correspondence should be inside the Inbox tool in Canvas. Responses to e-mail will occur within 48 hrs. except on weekends. If Canvas is down, you may contact me at [tramsey@collin.edu](mailto:tramsey@collin.edu). Web site: <http://iws.collin.edu/tramsey> can be used as an alternate way to download the syllabus for due dates/times, etc.

**Class Information:** **Concepts of Fitness & Wellness- online**

**Section Number:** PHED 1338.WP1 **Spring 2017** (Jan. 17-May 10)

**Meeting Times:** There are no mandatory on-site meeting times. You are required to have access to exercise equipment. The course calendar details course work, due dates & times. All course work is due in Central Standard Time (CST).

**Meeting Location:** Canvas

**Minimum Technology Requirement:** To find the minimum system requirement for Blackboard go to this link, <http://online.collin.edu/StudentInformation.html> Software: Internet Explorer or Firefox (for PC); Firefox (for Mac) , [Adobe Acrobat Reader](#) , Microsoft Word 2003 or [Microsoft Word 2003 Viewer](#), [Window Media Player](#), Microsoft PowerPoint 2007 or [Microsoft PowerPoint Viewer 2007](#)

**Minimum Student Skills:** Time management. This course requires approximately 9 hours of study per week. Consistent review of course lecture notes & prompt submission of assignments is expected. Late work will not be accepted. If you do not communicate with the instructor by **8pm Jan. 29**, no other work will be accepted. If you are having difficulty, contact the instructor. This is not a self-paced course. There will be specific due dates and activity requirements just as in an onsite class.

**Late Date to Drop Course:** Mar. 17.

**Netiquette Expectations:** Standards of courtesy and respect must be maintained at all times in our online "classroom" and e-mail. Join in the discussion, but remember that this is still a "classroom" setting and that respect & consideration are crucial for any

intellectual discussion. Discussion areas are the place for intelligent and respectful airing of ideas. Name-calling and personal attacks are not permitted. Any violation of the standards of appropriate behavior online will be reported to the Dean of Students and appropriate disciplinary action will be taken by the college.

**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.

### **Course Resources:**

1) Hoeger and Hoeger: Principles and Labs for Fitness and Wellness, 11<sup>th</sup>, 12<sup>th</sup> or 13<sup>th</sup> ed. Wadsworth Publishing. ISBN for 13<sup>th</sup> edition: 978-1-305-26767-1. To confirm your text, look for a picture of the correct textbook inside Canvas (modules, week 1, required course books) and compare your book to the title, author and edition listed here. A copy of the textbook is on reserve at the PRC library.

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.**

3.) A book chosen from the book review list. This list can be found inside Canvas (Modules, week 1, book review info.) or on the instructor's website <http://iws2.collin.edu/tramsey/index.html>

**Supplies:** Access to a computer, printer, scanner, internet, exercise equipment, workout attire and book in addition to textbook/lab manual. Also, a student medical history form must be completed for each student by **Sunday, Jan. 29 at 8pm CST**. This form is required by the Phys

Ed Dept. for participation in physical activity courses. Go to “Week 1”, then “Student medical history form” in Canvas and complete the form (including your handwritten signature). You can scan it, attach it to a file (.pdf or .doc only) and send inside Canvas “Week 1” link. Do not e-mail the form. You will not receive credit for any assignments until the medical history form has been submitted correctly. If the med form is submitted after assignments are due, you will not receive credit for those previous assignments. **Scanning the medical form is a requirement.** It must be sent inside Canvas.

**Attendance Policy:** This course requires approximately 9 hours of study per week. Consistent review of course lecture notes & prompt submission of assignments is expected. Late work will not be accepted. If you do not communicate with the instructor (e-mail, submit work, take the extra credit quiz) by **Jan. 29 at 8pm CST**, no other work will be accepted. If you are having difficulty, contact the instructor before deadlines. This is not a self-paced course; there will be specific due dates and activity requirements just as in an onsite class.

**Additional Student Learning Outcomes:** Evaluate literature & present findings on current issues in fitness, wellness and nutrition

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

Scale: 90 – 100 A	<b>1. Laboratory Assignments</b>	<b>40 points(%)</b>
80 - 89 B	<b>2. Midterm Exam</b>	<b>15 points(%)</b>
70 - 79 C	<b>3. Final Exam</b>	<b>15 points(%)</b>
60 - 69 D	<b>4. Participation in Discussion</b>	<b>10 points(%)</b>
59 or below F	<b>5. Book Review</b>	<b><u>20 points (%)</u></b>
		<b>100 points(%)</b>

**1. Laboratory Assignments-18 labs @ 2 points each, lab 16 @ 4 pts Max value 40 pts.**

PHED 1338 requires 2 lab hours to fulfill the course requirement in addition to the lecture component. The requirement will be met with a combination of cognitive concepts labs and labs that require physical activity. A total of 19 laboratories will be assigned and due during the course of the semester and can be found in Practical Applications and Assessments for Fitness & Wellness. Each lab has a specific due date (see below). No labs will be accepted after the due date and time. NOTE: Labs not submitted in Canvas under the correct submission link will not receive credit. Lab grades can be found by clicking on the “Grades” link. If you have trouble submitting your assignments, call the 24- hr. Canvas support phone number immediately for assistance BEFORE contacting the instructor. Waiting less than 2 hrs. before the assignment deadline to call technical support will result in not receiving credit for your assignments. Submit labs early to avoid losing points! You can submit your lab assignments one of 2 ways: 1). Complete the assignment, scan the document and submit in Canvas under the correct week. 2.) Copy (type) the **ENTIRE** lab (including directions &

questions) and provide the answer or information as required, then submit to Canvas in a word file/.pdf. You will not be allowed to fax labs or drop labs off to the instructor's office.

LAB #	DUE DATE	Lab Grades Available
6, 10 and 21	Monday, 5:00 p.m. Jan. 30	Feb. 6, 5:00 p.m.
11, 23 and 24	Monday, 5:00 p.m. Feb. 6	Feb. 13, 5:00 p.m.
13	Monday, 5:00 p.m. Feb. 13	Feb. 20, 5:00 p.m.
26	Monday, 5:00 p.m. Feb. 20	Feb. 27, 5:00 p.m.
15, 16, 17 and 18	Monday, 5:00 p.m. Mar. 20	Mar. 27, 5:00 p.m.
4, 5, 7 and 8	Monday, 5:00 p.m. Mar. 27	Apr. 3, 5:00 p.m.
19	Monday, 5:00 p.m. Apr. 3	Apr. 10, 5:00 p.m.
29 <b>AND</b> Compare Your Health to Your Neighbors	Monday, 5:00 p.m. Apr. 10	Apr. 17, 5:00 p.m.

Labs are found in Practical Applications & Assessments for Fitness & Wellness, which is available in the bookstore. We will not use the labs found in the Principles and Labs textbook so purchasing a used textbook will be fine. The Principles and Labs for Fitness and Wellness textbook will only be used for the "lecture" portion of the class. Several labs will require equipment. Each lab has a list of the equipment required. You should be able to provide your own (if available), construct your own, or use some items from the PE Department. Five of the labs will require the use of a fitness center, a Collin Library or special equipment. These labs are: Labs 10, 11, 13, 16 and 26.

Collin College has three fitness centers available to you, and several drop-in wellness classes, one each on SCC, PRC, and CPC. You must provide your student ID. You may choose to visit a fitness center or class in the community or use a club of which you are a member. Regardless of the site you select, you must receive written documentation (signature on your lab) by an authorized individual **if you receive assistance with the lab** (i.e. borrow body fat machine, get specific assistance from a personal trainer, fitness center staff or fitness instructor). The fitness center staff at Collin College is NOT responsible for helping you with labs. However, with an advanced appointment, the fitness center staff can help you measure body fat.

2. **Midterm Exam** **Max value 15 points**

Chapters 1, 2, 6, 4, 7, 8 and 9.

Exam will be available online beginning at 9:00 am on Monday, Feb. 27. Deadline to complete the exam is Wednesday, Mar. 1, 5:00 pm. There is a 2 hour time limit to complete the test. Make-ups will only be permitted in case of documented emergency and will only be permitted (if approved) in the testing center at the Preston Ridge Campus after approval from instructor. All make-up exams will be essay. Grade available Tuesday, Mar. 14, 5:00 pm.

3. **Final Exam** **Max Value 15 points**

Chapters 3, 5, 10, 11, 12, 13, 14, and 15

Exam will be available online beginning Monday, May 8 at 9:00 a.m. Deadline to complete the exam is Wednesday, May 10, 5:00 pm. You must complete the test within a 2 hour period. Make-ups are not allowed for this exam. If your grade is 44 or below, you will be blocked from taking the final exam because a perfect score of 15 on the exam won't be enough for you to pass the course. Grade posted by May 15 by 11am.

4. **Participation in Discussion -10 @ 1 point each** **Max Value 10 points**

Students will have the opportunity to participate in 10 discussion postings during the semester. Each posting is worth 1 point. Discussion postings can be found under each corresponding "Week". Read the question and respond using the "reply" key. It is not necessary to send your response via e-mail. Most postings will require you to read articles, listen to podcasts, visit a website, and/or watch videos. All students can read your posted responses in the Discussions icon, so be sure to review the netiquette rules for posting discussions on p. 1 of the syllabus. There are 3 requirements in order to receive full credit for your posting: (1) your answer must be specific to the topic (2) must be thorough and defend your position, and (3) must reference the material you read, heard, or watched. Discussion questions answered after the allotted time will not receive credit.

**Discussions are available at 9am and due at 5pm CST.**

Discussion #1 available Jan. 20/ Due Jan. 23/ Grade available Jan. 27

Discussion #2 available Jan. 27/ Due Jan. 30/ Grade available Feb. 3

Discussion #3 available Feb. 3/ Due Feb. 6/ Grade available Feb. 10

Discussion #4 available Feb. 10/ Due Feb. 13/ Grade available Feb. 17

Discussion #5 available Feb. 17/ Due Feb. 20/ Grade available Feb. 24

Discussion #6 available Feb. 24/ Due Feb. 27/ Grade available Mar. 3

Discussion #7 available Mar. 17/ Due Mar. 20/ Grade available Mar. 24

Discussion #8 available Mar. 24/ Due Mar. 27/ Grade available Mar. 31

Discussion #9 available Mar. 31/ Due Apr. 3/ Grade available Apr. 7

Discussion #10 available Apr. 7/ Due Apr. 10/ Grade available Apr. 17

5. **Book Review**

**Max Value 20 points**

Each student must review a book of their choice from the book review list provided by the instructor. The book review list can be found under the “Week 1” inside Canvas or on the Instructor’s website <http://iws2.collin.edu/tramsey/index.html>. **Your book review choice (see submission link under “Week 1”) must be submitted via Canvas by Jan. 29 at 8pm CST.** A 7-10 page APA formatted paper must be submitted to the turnitin.com link (plagiarism detection website) inside Canvas. Specific details on how to submit the paper & other important information can be found inside Canvas under the “Week 1”. Students are expected to highlight meaningful information, insights and perspectives on the impact or contribution of the selected book. If plagiarism is suspected, you will be referred to the Dean of Students. Due date for the review is Monday, April 24 @ 5pm. Grade posted by May 8 by 5pm. No late book reviews will be accepted.

**TECHNICAL ASSISTANCE WITH BLACKBOARD IS AVAILABLE FOR YOU:**

If you have any technical problems related to Canvas or CougarWeb, you can click this technical support link, <http://www.collin.edu/academics/ecollin/>

Call the 24-hour/ 7 days per week support user line at 972-377-1777 x 5. Examples of when you might call this number are when you have trouble viewing power point lectures or videos, have trouble submitting assignments, cannot read e-mail or experience other technical problems inside Canvas. The instructor will most likely refer you to this service, so always contact them first. **If you encounter a problem between 9am-5pm Monday-Friday you might get faster assistance by calling the eLC at 972-881-5870.** You may also e-mail them at [ELC@collin.edu](mailto:ELC@collin.edu). The eLC accepts walk-ups at the SCC library only.

**Course Calendar:** The textbook that is used for the online class is a more comprehensive text than the text used for onsite classes and is arranged in a different sequence from the text used in the classroom. Each topic/chapters will be presented according to the schedule below, not according to the order in which they appear in the text or lab manual.

	WEEK	CHAPTER	CONCEPT	LAB #	Should be working on these labs during the week
	1	1	Physical Fitness and Wellness	10	Fitness Assessments I
	2	2	Behavior Modification	6	SMART Goals
				21	Rating the Benefits of Physical Activity
	3	6	Cardiorespiratory Endurance	11	Comparing Cardiovascular Fitness Measures
				23	Target Heart Rate for Aerobic Fitness
				24	Aerobic Exercise Lab
	4	4	Body Composition	13	Body Composition/Disease Risk Assessment
	5	7	Muscular Fitness: Strength & Endurance	26	Determining the Repetition Maximum (1RM)
	6	8 and 9	Muscular Flexibility & Skill Fitness and Fitness Programming		Study for Midterm Exam
	7		<b>Midterm Exam</b>		Begin Nutritional Analysis Lab 16
	8		<b>Spring Break</b>		
	9	3	Nutrition for Wellness	16	Nutritional Analysis
		5	Weight Management	15	How to Calculate your Daily Calorie Needs
				17	Portion Control Quiz
				18	Fast Food Lab



	10	10	Stress Assessment and Management Techniques	7	Common Stressors Among College Students
				8	How Do You Respond to Stress
		11	Preventing Cardiovascular Disease	4	Cardiovascular Disease Risk Assessment
		12	Cancer Prevention	5	Cancer Risk Assessment
	11	13	Addictive Behaviors	19	Marketing, False Advertising, and Dietary Supplements
	12	14	Preventing Sexually Transmitted Diseases	29	Re-Assessment of Health, Wellness & Fitness Factors
				Misc. Lab	<b>Not In Lab Manual.</b> Comparing Your Health to Your Neighbors. (See link in Canvas)
	13	15	Lifetime Fitness & Wellness		Work on Book Review
	14				Work on Book Review
	15		<b>Book Review Due</b>		Study for Final Exam
	16				Study for Final Exam
	17		Final Exam- This exam cannot be made up if missed		

Rev. 1/13/17

Special note: You must communicate with the instructor INSIDE Canvas by 8pm CST, Sunday, Jan. 29. Communication can be in various forms, including: submitting your book review topic and/or course agreement response, answering discussion #1, or by taking the extra credit syllabus quiz. Jan. 30 is the census date and the instructor has to submit names of any student who is not active in the course. Once your name has been submitted as "inactive", you could be dropped from the course...and you WILL NOT BE RE-ADDED.

## Upon Review of This Syllabus

### You Should

1. Read it again thoroughly. Make sure you are clear about the expectations of the course and are willing to put in the time necessary to do well. This course requires a significant time commitment. Late assignments or excuses will not be accepted. Remember, you are completing the same amount of work as the on-site classes. Time management is essential. **You are required to use a scanner to submit some portions of your work.** In the beginning, this takes a lot of time. If you are not familiar with using a scanner, get familiar ASAP or consider an on-site class.
2. Develop an emergency plan for submitting your work. Find out campus library hours in advance so that you can use campus computers or scanners if you run into problems. Know where the closest Fed Ex Office (or similar business) is located in case the campus libraries are closed. Identify someone who will be willing to assist you if you are not familiar with word documents, scanning, or Canvas. Be creative & make it happen! Computer problems are no excuse! Work must be submitted inside Canvas in the correct format for credit. Submit work early to ensure you won't lose points.
3. Print a hardcopy of the syllabus. Keep it in a place you can refer to often. Highlight discussion & assignment due dates. Be sure to download an updated copy inside Canvas once classes start. Page 9, under the course calendar, shows the date the syllabus was updated. Compare your hard copy to the syllabus inside Canvas.
4. Purchase the required texts for the course (see page 3 of syllabus). Always take a copy of the syllabus with you when purchasing your books. Don't rely on bookstore employees to sell you the correct book. It is your responsibility to purchase the correct book.
5. Make sure your computer is ready to work! Make use of the eCollin website at <http://online.collin.edu> for an orientation & additional resources.
6. Complete the Medical History Form inside Canvas. It must be submitted BEFORE any other assignment is accepted. You must complete the form & physically initial/sign where required. **Scanning this document is a requirement.** You must turn it in by **Sunday, Jan. 29 at 8pm CST.** The medical history form will only be accepted inside Canvas in the correct link. Please **do not send an e-mail with your form attached inside or outside of Canvas.** Be sure to physically sign & initial the required spots!
7. To locate your course offered in Canvas, go to [cougarweb.collin.edu](http://cougarweb.collin.edu) and login. Click on the "My Courses" tab and click on your course listed in the My Courses channel. It will take you to your Canvas Course.
8. The first day of classes, there are 4 things to complete within the first week:
  - 1.) Medical history form (by hand)
  - 2.) Extra credit syllabus quiz. It is a 15 minute maximum quiz that tests your knowledge of the syllabus.
  - 3.) Review the course agreement.
  - 4.) Choose a book from the book review list under "Week 1" or on the Instructor's website <http://iws.collin.edu/tramsey>.