Instructor’s Name: Traci Ramsey
Office Number: U-127 (PRC)
Office Hours: Mondays 10:30am-12:45pm, Tuesdays 9:00-9:45
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 2016
Meeting Times: Mondays/Wednesdays 1:00-2:15
Meeting Location: A-138


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 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. 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 March 18.

Religious Holy Days: Please refer to the current Collin College Student Handbook.
PHED 1164 Spring 2016

<table>
<thead>
<tr>
<th>Method of Evaluation</th>
<th>Grading Scale</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Attendance &amp; Participation/Weekly Log (40 pts.)</td>
<td>90-100 A</td>
</tr>
<tr>
<td>2. Assignments (20 pts.)</td>
<td>80-89 B</td>
</tr>
<tr>
<td>3. Personalized Workout Program (15 pts.)</td>
<td>70-79 C</td>
</tr>
<tr>
<td>4. Quizzes (25 pts.)</td>
<td>60-69 D</td>
</tr>
<tr>
<td><strong>100 total points</strong></td>
<td>59 or below F</td>
</tr>
</tbody>
</table>

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 after the start of the class will result in a 1-point deduction from the final attendance grade. Time missed 1-10 min after the start of class must be made up or you will be considered absent for the entire class. Absences 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. Many of these assignments can be found inside blackboard. Detailed instructions for completion will be provided by the instructor. The following items will be assigned this semester:

1. Target Heart Rate (THR)-1 pt.
3. SMART Goals- 1 pt.
4. 8 Colors of Fitness Assessment- 2 pts.
5. 1RM Assessment- 2 pts.
6. Fast Food Lab- 2 pts.
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 strength, cardiovascular fitness, muscular strength/endurance, flexibility, body composition and nutritional habits. Stress management, disease risk factors and behavior modification will also be addressed. Additional details can be found inside blackboard.

The personalized workout program is due Week 15. 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.
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 blackboard. You will be allowed 30 minutes to complete each quiz. Quizzes will cover lecture material, chapter readings & relevant assignments. The muscle quiz, will be given during class time. Technical problems 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.

Quiz #1- week 4 inside blackboard
Quiz #2- week 7 inside blackboard
Muscle Quiz- week 8 taken in class
Quiz #3- week 12 inside blackboard
Quiz #4- week 16 inside blackboard

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

<table>
<thead>
<tr>
<th>Week 1</th>
<th>Week 2</th>
<th>Week 3</th>
<th>Week 4</th>
</tr>
</thead>
</table>
| 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 **Target Heart Rate** | Ch. 2- Assessment
Body Fat Emphasis
Goal setting
Behavior Modification
Individual meeting
Body Mass Index | Individual meeting
Quiz #1
SMART Goals
8 Colors of Fitness Assessment |

<table>
<thead>
<tr>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
<th>Week 8</th>
</tr>
</thead>
</table>
| Ch. 3- Exercise Presc.
Muscular Fitness Emphasis
Muscle Quiz Review
1RM Assessment | Ch. 3- continued | Quiz #2 | Muscle Quiz |

<table>
<thead>
<tr>
<th>Week 9</th>
<th>Week 10</th>
<th>Week 11</th>
<th>Week 12</th>
</tr>
</thead>
</table>
| Ch. 5- Nutrition
Fast Food Lab | Ch. 5- Nutrition
Nutritional Analysis
Hydration Calculation | Ch. 6- Wt. Mgmt.
Desired Body Weight | Quiz #3 |

<table>
<thead>
<tr>
<th>Week 13</th>
<th>Week 14</th>
<th>Week 15</th>
<th>Week 16</th>
</tr>
</thead>
</table>
| Ch. 7- Stress
Stress Assessment | Ch. 8- Healthy Lifestyle
Addiction, Infectious Disease
CV Disease Risk Factor
Cancer Risk Factor
Family Health History | Personalized Workout Program | Quiz #4-
PHED
Wed., May 11
1:00-3:00 |