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.P05 Spring 2016
Meeting Times: Tuesdays/ Thursdays 11:30-12:45
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.
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.
10. Stress Assessment- 1 pt.
11. CV Disease Risk Factor- 1 pt.

### 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**

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