Instructor's Name: Traci Ramsey
Office Number: U-127 (PRC)
Office Hours: Mondays 11:00am-12:45pm, Tuesdays 9:30-11:00
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.P02  Fall 2015
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. 10 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 October 16

Religious Holy Days: Please refer to the current Collin College Student Handbook

PHED 1164 Fall 2015

Method of Evaluation

Attendance & Participation/Weekly Log (40 points):

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Assessment (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. Nutritional analysis- 5 pts.
2. 1RM assessment- 2 pts.
3. Desired Body Weight- 1 pt.
5. Target Heart Rate (THR)- 1 pt.
6. CV Disease Risk Factor- 1pt.
8. SMART Goals- 1 pt.
12. 8 Colors of Fitness Assessment- 2 pts.
**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.

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 current health-related fitness component results (cardiovascular fitness, muscular strength & endurance, flexibility and body composition).
4. **SMART Goals**
5. **Detailed Plan of Action-** addresses each health-related fitness component, nutritional analysis, disease risk factors (cancer & cardiovascular), 1RM assessment and stress assessment. Behavior management techniques should be detailed.
6. **Weekly exercise log**

**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.

- 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

**Grading Scale:**

- 90-100    A
- 80-89     B
- 70-79     C
- 60-69     D
- 59 or below F
## COURSE CALENDAR * subject to change at the instructor's discretion

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<td>Fitness testing</td>
<td>Ch. 2- Assessment</td>
<td>Ch. 2- Assessment</td>
<td>Individual meeting</td>
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<td>Safety Guidelines</td>
<td>Ch. 3- Exercise Presc.</td>
<td>Body Fat Emphasis</td>
<td>Quiz #1</td>
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<tr>
<td>Ch. 1- Intro to Phys. Fitness</td>
<td>CV exercise emphasis</td>
<td>Goal setting</td>
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<td>Health-Related Fitness</td>
<td>Target Heart Rate</td>
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<td>Components emphasis</td>
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<td>Modification</td>
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<td>Ch. 3- continued</td>
<td>Quiz #2</td>
<td>Muscle Quiz</td>
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<td>Muscular Fitness Emphasis</td>
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<td>Muscle Quiz Review</td>
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<td>1RM Assessment</td>
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<td>Ch. 5- Nutrition</td>
<td>Ch. 6- Wt. Mgmt.</td>
<td>Quiz #3</td>
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<tr>
<td>Fast Food Lab</td>
<td>Nutritional Analysis</td>
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<td>Hydration Calculation</td>
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<td>Personalized Workout Program</td>
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<tr>
<td>Stress Assessment</td>
<td>Addiction, Infectious Disease</td>
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<td>Thur., Dec. 10</td>
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<tr>
<td></td>
<td>CV Disease Risk Factor</td>
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<td>11:30-1:30</td>
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<td></td>
<td>Cancer Risk Factor</td>
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<td>Family Health History</td>
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