

## COLLIN COLLEGE

### COURSE SYLLABUS

Course Information
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**Course Number:** PHED 1164

**Course Title:** Introduction to Physical Fitness and Wellness

**Course Description:** This course will provide an overview of the lifestyle necessary for fitness and health. Student will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training. Additionally, this course introduces basic concepts of fitness, nutrition, health promotion, and disease prevention. Includes the study and practices of activities and principles that promote fitness and wellness.

**Course Credit Hours:** 1  
**Lab Hours:** 3

**Student Learning Outcomes:**

- **State-mandated Outcomes:** Upon successful completion of this course, students will:
  1. Describe how the components of physical fitness impact health and wellness. (Communication)
  2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction. (Communication)
  3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition. (Empirical and Quantitative Skills)
  4. Plan, implement, and evaluate a personal fitness program. (Critical Thinking)
  5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity. (Social Responsibility)

**Withdrawal Policy:** See the current *Collin Registration Guide* for the last day to withdraw.

**Collin College Academic Policies:** See the current *Collin Student Handbook*.

**Americans with Disabilities Act:** 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 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:** TBA

**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** Wintermester 2017

Meeting Times: **Monday- Friday 8:00-11:55am**

**Dec. 18-22, 2017 and Jan. 3-10, 2018**

Meeting Location: A-138

**Course Resources:** Fitness & Wellness (12th ed.) by Hoeger & Hoeger. Cengage Learning. ISBN: 978-1-305-63801-3

**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.

10 minutes late to class/early leave	1 point deduction from final grade
20 minutes late to class/early leave	5 point deduction from final grade
30 minutes late to class/early leave	10 point deduction from final grade
1 hour late to class/ early leave	15 point deduction from final grade
2 hour late to class/ early leave	20 point deduction from final grade
3 hour late to class/ early leave	30 point deduction from final grade
1 missed class	40 point deduction from final grade
2 or more missed classes	Automatic failure of the class

Clothing- 10 points will be deducted from the final attendance & participation grade each time a student is not dressed appropriately for lab class.

**The last day to withdraw is Dec. 22.**

**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.

**PHED 1164 Fall 2017**

Method of Evaluation	Grading Scale
1. Attendance & Participation/Weekly Log 40 pts.	90-100 A
2. Assignments 20 pts.	80-89 B
3. Personalized Workout Program 15 pts.	70-79 C
4. Quizzes 25 pts.	60-69 D
<b>100 total points</b>	59 or below F

**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.

10 minutes late to class/early leave	1 point deduction from final grade
20 minutes late to class/early leave	5 point deduction from final grade
30 minutes late to class/early leave	10 point deduction from final grade
1 hour late to class/ early leave	15 point deduction from final grade
2 hour late to class/ early leave	20 point deduction from final grade
3 hour late to class/ early leave	30 point deduction from final grade

1 missed class  
2 or more missed classes

40 point deduction from final grade  
Automatic failure of the class

Clothing- 10 points will be deducted from the final attendance & participation grade each time a student is not dressed appropriately for lab class.

## **2. Assignments**

**(20 points):**

Completion of assignments & in class labs. All of these assignments can be found inside Canvas. Detailed instructions for completion will be provided by the instructor. All assignments should be kept after graded and used to complete the Personalized Workout Program Assignment (see below). The following items will be assigned this semester:

- |  |             |
|--|-------------|
| 1. Pre/Post Test- 2 pts.                 | Due Dec. 19 |
| 2. Plank test- 1 pt.                     | Due Dec. 19 |
| 3. Target Heart Rate (THR)-1 pt.         | Due Dec. 19 |
| 4. SMART Goals- 1 pts.                   | Due Dec. 20 |
| 5. 8 Colors of Fitness Assessment- 1 pt. | Due Dec. 20 |
| 6. 1RM Assessment- 2 pts.                | Due Dec. 20 |
| 7. Desired Body Weight- 1 pt.            | Due Dec. 22 |
| 8. Nutrition Analysis- 4 pts.            | Due Dec. 22 |
| 9. Mall Lab- 3 pts.                      | Due Jan. 4  |
| 10. Stress Assessment- 1 pt.             | Due Jan. 8  |
| 11. CV Disease Risk Factor- 1pt.         | Due Jan. 8  |
| 12. Cancer Risk Factor- 1 pt.            | Due Jan. 8  |
| 13. Family Health History- 1 pt.         | Due Jan. 8  |

## **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 cardiovascular fitness, muscular strength/endurance, flexibility, body composition and nutritional & sleep habits. Stress management, disease risk factors and behavior modification will also be addressed. To summarize, your task is to evaluate your current fitness level (using the Pre-test) and create goals (using SMART Goals & information from professor consultation) for improvement over the course of the semester. You'll track your progress of these goals all semester and use the Assignments (listed above) as supportive documentation. Your translation of the Assignment results is imperative to this assignment, so be sure to save your Assignments. It is not enough to simply include all graded 13 Assignments listed above. You are expected to interpret the results (in typed form) of all 13 Assignments and discuss their relevance to your goals & progress. Additional details can be found inside Canvas.

**The personalized workout program is due Jan. 9.** The program will include the following items:

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|------------------------|---|
| 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. All 14 Assignments should have a written explanation (long paragraph) that explains the relevance of the results to your goals, along with an explanation of how the results can be improved (when necessary).   |
| 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 Canvas. You will be allowed 30 minutes to complete each of these quizzes. Quizzes will cover lecture material, chapter readings & relevant assignments. Quizzes are not cumulative. Technical problems inside Canvas 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. Always call one or both of these numbers before contacting the instructor.

The muscle quiz is the only quiz that will be taken in class. On the assigned date, you will come to class ready to identify various muscle groups in the human body. Correct spelling is required.

Quiz #1 and 2	inside Canvas	Available Dec. 20 @ 12:00am-11:59pm
Muscle Quiz	taken in class	Taken in class on Dec. 21
Quiz #3	inside Canvas	Available Dec. 22 @ 12:00am-11:59pm
Quiz #4	inside Canvas	Available Dec. 20 @ 12:00am-11:59pm

**COURSE CALENDAR \* subject to change at the instructor's discretion (Updated 10/16/2017)**

Dec. 18, 2017	Dec. 19	Dec. 20	Dec. 21
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 Begin recording food for nutritional analysis	<u>Assign. due today</u> <b>Pre/Post Test</b> <b>Plank test</b> <b>Target Heart Rate</b> Ch. 2- Assessment Body Fat Emphasis Goal setting Behavior Modification Ch. 3- Exercise Presc. Muscular Fitness Emphasis Muscle Quiz Review	<u>Assign. due today</u> <b>SMART Goals</b> <b>8 Colors of Fitness Assessment</b> <b>1RM Assessment due today after completing in class</b> <b>Quiz #1 &amp; 2 must be completed inside Canvas tonight by 11:59pm</b> Synthetic Cadaver demo. Meet in A-136 (Alumni Hall)	<b>Muscle Quiz- taken in class today</b> Ch. 5- Nutrition Ch. 6- Weight Mgmt.
Dec. 22	Jan. 3, 2018	Jan. 4	Jan. 5
<u>Assign. due today</u> <b>Desired Body Weight</b> <b>Nutritional Analysis-</b> completed in class. Bring student ID. Assignment will be completed in H-123 <b>Quiz #3 must be completed inside Canvas tonight by 11:59pm</b>		<b>Mall Lab-</b> completed in class. Download 3 menus from any restaurant in the Stonebriar Mall food court. We will go to the mall as a group to complete the assignment.	Ch. 7- Stress Ch. 8- Healthy Lifestyle Addiction, Infectious Disease (specific sections on CVD, cancer)
Jan. 8	Jan. 9	Jan. 10	
<u>Assign. due today</u> <b>Stress Assessment</b> <b>CV Disease Risk Factor</b> <b>Cancer Risk Factor</b> <b>Family Health History</b> <b>Quiz #4 must be completed inside Canvas tonight by 11:59pm</b>	<b>Personalized Workout Program-</b> due today	<b>Final Exam Day today</b> (required attendance) *No exam will be given today. Project & final grade will be given. You are expected to workout and stay the entire class period this day.	