Instructor: Becky Pohlen       Office Hours: M.-Thur. 9:20-9:40 a.m.
Office: Room P212           E-Mail Address: bpohlen@dcccd.edu
Mailing Address: 3737 Motley Dr.  FAX: 972-860-8375
Mesquite, Texas 75105       Office Phone: 972-860-7642
Class Meetings: M.-Fri. 12:00-1:45, June 5th-July 3rd, (includes Fridays- June 7,14,21).
Drop Date: Last day to drop with a “W” is June 26th.

PHED 1125 Catalogue Description: This course is to promote fitness through the use of water related activities compatible with a pool environment. Emphasis is placed on water resistant exercises, lap swimming utilizing various kicks and strikes, relays, and variety of aquatic games.

Textbook and Resources:
Instructor-printed materials. No text required.

Student Learning Outcomes:
1. Students demonstrate their physical fitness level and/or skill level through a pre/post physical assessment.
2. Students design and implement a personal fitness program to improve fitness.
3. Students demonstrate basic nutrition principles and weight management.

Attire and Environment:
1. Wear a swim suit that offers appropriate coverage.
2. Wear sunscreen!
3. Feel free to bring water.
4. Bring a towel.
5. You may wear a hat if you wish.
6. Meet at the pool, but do not enter the water until the instructor arrives.
7. You must rinse at an on-sight shower before entering the water.
8. If you have an open wound, you may not enter the water.

Evaluation Procedures and Attendance Policy:
Each day’s participation is essential to the progressive development of our physical fitness goal. Therefore, each absence is significant to your development and to your overall course grade.
1. Attendance and punctuality. (30% of total grade). After the second absence, the grade earned will be dropped by one letter grade. Be on time for roll call at 12:00 each day.
2. Tests (15% each, or 30% of total grade). Two tests will be given. One will be on the components of fitness (Fri. June 21st) and the other on diet (Wed. July 3rd). Handouts will be given for a reference.
3. Participation (40% of total grade). Daily participation is expected during the entire class period.
Grade Scale  90-100 = A  80-89 = B  70-79 = C  60-69 = D  59 and below = F

Obtaining Your Grades at the End of the Semester
Final Grade Reports are no longer mailed. Convenient access is available online at www.econnect.dcccd.edu. Use your student identification number when you log onto eConnect, an online system developed by the DCCCD to provide you with timely information regarding your college record. Your grades will also be printed on your Student Advising Report, which is available in the Admissions Office.

Eastfield College EMail Policy
Faculty and students must have and use a DCCCD account for all correspondence relating to academic coursework. For information on setting up a DCCCD student email account go to: http://www.dcccd.edu/netmail/home.html

Course Outline:
Each class period will consist of the following elements:
Roll Call
Warm up
Stretches
Strength Exercises
Cardio work out
Float time
Stroke practice
Game time
Dismissal
Each class period will be conducted in the pool except on test days, June 21st and July 3rd. **If weather prevents our activities from being in the pool, we will work out in the gym.**

Financial Aid Statement for Distance Learning Classes
If you are receiving Financial Aid grants or loans and are enrolled in a Distance Learning class, you must show participation in this class prior to the certification date by either e-mailing or contacting the instructor or logging on to eCampus. Do not drop or stop attending any class without consulting the Financial Aid Office. Changes in your enrollment level and failing grades may require that you repay financial aid funds.

Repeating This Course: (Third Attempt to Enroll in a Course)
Effective for Fall Semester 2005, the Dallas County Community Colleges will charge additional tuition to students registering the third or subsequent time for a course. All third and subsequent attempts of the majority of credit and Continuing Education/Workforce Training courses will result in additional tuition to be charged. Developmental Studies and some other courses will not be charged a higher tuition rate. Third attempts include courses taken at any of the Dallas County Community Colleges since the Fall 2002 Semester. See Third Attempt to Enroll in a Course at: http://www.dcccd.edu/thirdcourseattempt/.
Academic Honesty Statement
Scholastic dishonesty is a violation of the Code of Student Conduct. Scholastic dishonesty includes, but is not limited to, cheating on a test, plagiarism, and collusion. As a college student, you are considered a responsible adult. Your enrollment indicates acceptance of the DCCC Code of Student Conduct published in the DCCC Catalog at http://www1.dcccd.edu/cat0506/ss/code.cfm. Academic dishonesty includes, but is not limited to, cheating on tests, plagiarism and collusion. Cheating includes copying from another student's test or homework paper, using materials not authorized, collaborating with or seeking aid from another student during a test, knowingly using, buying, selling, stealing, or soliciting the contents of an unadministered test, and substituting for another person to take a test. Plagiarism is the appropriating, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own written work. Collusion is the unauthorized collaboration with another person in preparing written work for fulfillment of course requirements. Academic dishonesty is a serious offense in college. You can be given a failing grade on an assignment or test, can be failed for the class, or you can even be suspended from college.

Food and Drink Policy
Food, drinks, and tobacco products are prohibited in Eastfield College classrooms.

ADA Statement
Students with a physical, mental, or learning disability who require accommodations should contact the college Disability services Office in C237. Call 972.860.8348 or email efcdso@dcccd.edu. For more information: http://www.easrfieldcollege.edu/SSI/DSO/index.html

Religious Holidays
Absences for observance of a religious holy day are excused. Notification of the absence must be given to the instructor in writing at least two weeks prior to the date of the holy day. A student whose absence is excused to observe a religious holy day is allowed to contract with the instructor to take a make-up examination or complete an assignment within at a mutually agreed upon time after the absence.

Withdrawal Policy
If you are unable to complete this course, it is your responsibility to withdraw formally. The withdrawal request must be received in the Registrar's Office by June 26th, 2013. Failure to do so will result in your receiving a performance grade, usually and "F." If you drop a class or withdraw from the college before the official drop/withdrawal deadline, you will receive a "W" (Withdraw) in each class dropped. For more information about drop deadlines, refer to the current printed Credit Class Schedule, contact the Admissions/Registrar's Office at 972-860-7167 (Room C119), or contact the division office. If you drop a class via eConnect make sure to print a copy of the confirmation and keep the copy. In the event of a discrepancy it will be the responsibility of the student to provide documentation of having dropped the class.
STOP BEFORE YOU DROP
For students who enrolled in college level courses for the first time in the fall of 2007, Texas Education Code 51.907 limits the number of courses a student may drop. You may drop no more than 6 courses during your entire undergraduate career unless the drop qualifies as an exception. Our campus counseling/advising center will give you more information of the allowable exceptions.
Remember that once you have accumulated 6 non-exempt drops, you cannot drop any other courses with a "W." Therefore, please exercise caution when dropping courses in any Texas public institution of higher learning, including all seven of the Dallas County Community Colleges. https://www1.dcccd.edu/coursedrops

Family Educational Rights and Privacy Act of 1974 (FERPA)
In compliance with the Family Educational rights and Privacy Act of 1974 (FERPA), the College may release information classified as "directory information” to the general public without the written consent of the student. Directory information includes: (1) student name, (2) student address, (3) telephone numbers, (4) date and place of birth, (5) weight and height of members of athletic teams, (6) participation in officially recognized activities and sports, (7) dates of attendance, (8) educational institution most recently attended, and (9) other similar information, including major field of student and degrees and awards received. Students may protect their directory information at any time during the academic year. If no request is filed, directory information is released upon written inquiry. No telephone inquiries are acknowledged. No transcript or academic record is released without written consent from the student, except as specified by law.

Classroom Environment
Since every student is entitled to full participation in class without interruption, all students are expected to be in class and prepared to begin on time. All pagers, wireless phones, electronic games, radios, tape or CD players or other devices that generate sound must be turned off when you enter the classroom. Disruption of class, whether by late comers, noisy devices, or inconsiderate behavior will not be tolerated. Repeated violations will be penalized and may result in expulsion from the class.

Emergency/Inclement Weather Procedure:
In case of emergency or inclement weather conditions, Eastfield students should listen to KEOM-FM Radio (88.5 FM) as the primary media source. In partnership with the Mesquite Independent School District, Eastfield College Administration will notify KEOM immediately after a decision is made to cancel classes on any given day of inclement weather or for emergency purposes. Students may also monitor other local radio and television stations. The earliest an announcement may be broadcast on KEOM Radio is 6 a.m. Students may also refer to the Eastfield College web page at www.eastfieldcollege.com for the Inclement Weather announcement under the Features area of the front page. The announcement will be posted immediately following the decision to close the college.
Children on Campus
The institution strives to protect an environment most conducive to teaching and learning for all enrolled students. Children who are taking part in organized scheduled activities or who are enrolled in specific classes are welcomed. Minor children, however, should not be brought to the institution unless closely supervised by their parent. Minor children should not be brought into classrooms, laboratories or other facilities of the college. This practice is disruptive to the learning process. In the case of an emergency where the student-parent has no alternative but to bring the child to campus, classroom faculty or the administrative heads of other units have full discretion as to whether a child may be allowed to quietly stay in the location. These individuals may require that children be removed by the student-parent from the setting if, in their opinion, the presence of the child is deemed to be disruptive to the learning process. For reasons of security and child welfare the institution will not permit unattended children to be left anywhere on the premises. Parents who have problems with childcare should visit the Counseling and/or Advisement Center to receive referrals to childcare services in the area.

The instructor reserves the right to amend this syllabus as necessary.