PHED 1164 Introduction to Physical Fitness and Wellness

This course will provide an overview of the lifestyle necessary for fitness and health. Students 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.

Learning Outcomes

Upon successful completion of this course, students will:

1. Describe how the components of physical fitness impact health and wellness.

2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.

3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.

4. Plan, implement, and evaluate a personal fitness program.

5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

Core Objectives:
PHED 1164 develops the following Core Objectives: Critical Thinking - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information. Communication - to include effective development, interpretation and expression of ideas.
through written, oral and visual communication. **Social Responsibility** - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities. **Empirical and Quantitative Skills** - to include the manipulation of data and analysis of numerical data or observable facts resulting in informed conclusions.

**Core Objective Development Statements:** PHED 1164 develops **Critical Thinking** and **Communication** by requiring students to evaluate the results and significance of fitness level, exercise, risk factors for disease, nutrition and stress in relation to personal wellness.

PHED 1164 develops **Empirical and Quantitative Skills** by requiring students to analyze data and observable facts related to major health issues today and lifestyle behaviors in order to form conclusions for personal wellness.

**COURSE OBJECTIVES:**

To **evaluate** personal fitness levels and health behaviors within the parameters of fitness components. To **develop** plans for, and to demonstrate active participation in a personal fitness program for improvement in fitness levels and health behaviors. To **describe** the relationship and the interaction of lifestyle and disease and the major issues that affect our health and wellness. To **understand** the contribution of physical activity to overall physical, social, mental, and emotional well being. To **identify** methods and techniques for attaining lifelong fitness and wellness. To **demonstrate** and understand the basic nutrition principles, weight control, injury prevention and stress management.

**COURSE MATERIALS:**


Weekly Guide: Available on eCampus or handed out at assessment.

**STOP BEFORE YOU DROP:** For students who enrolled in college level courses for the first time Fall 2007. TEA 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. The counseling/advising center will give you more information on allowable exceptions. Remember that once you have accumulated 6 no-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 DCCCD colleges. For more information, you may access: http://www1dcccd.edu/coursedrops. **DROP DATE:** Sept. 15, 2015.

**Writing Expectations:** This is an activity class, written tests and reports will follow the format on the handouts.

**Financial Aid Students:** If you are receiving Financial Aid grants or loans, you must begin attendance in all classes. Do not drop or stop attending any class without consulting the FA office. Changes in your enrollment level and failing grades may require that you repay financial aid funds. Failure to contact the instructor will result in your name being submitted to the FA office as a “non-attendee.” All students receiving
financial aid must open an Email account through NetMail. See directions in this syllabus for opening an Email account.

**Plagiarism:** Copying others’ written material will not be accepted, such behavior will result in a failing grade.

**Academic Honesty:** The purpose of the Student Code of Conduct is to provide guidelines for the education environment of the DCCCD. Such an environment presupposes both rights and responsibilities. Disciplinary regulations at the college are set forth in writing in order to give students general notice of prohibited conduct. Students should be aware of disciplinary actions for all forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty, plagiarism, and collusion. Violation may result in a failing grade and school disciplinary actions. Your college Catalog and the DCCCD Catalog contain the entire Student Code of Conduct, which is also on the Internet [http://dcccd.edu](http://dcccd.edu).

**Emergency/Inclement Weather Procedure:** In case of emergency or inclement weather conditions, Eastfield students should listen to KEOM-FM Radio Station 88.5 as the primary media source. In partnership with the MISD, 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 TV stations. The earliest an announcement may be broadcast on KEOM Radio is 6 a.m. Student may also refer to the EFC web page 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.

**STUDENT EMAIL:** Legal privacy issues prevent your instructor from discussing your work or your grades on commercial e-mail accounts. If you wish to send your papers as attachments to an e-mail (and the instructor permits it), or if you have a question about your grade, you must open a student e-mail account. The account is free. You may set it up by going to www.dcccd.edu and click on Student Services, Online Services, and Student NetMail. All students receiving financial aid must open a student NetMail account. BE SURE YOUR ADDRESS IS UPDATED IN ECONNECT.

**RELIGIOUS HOLIDAYS/OBSERVANCES:** 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 a mutually agreed upon time after the absence.

**ADA SERVICES:** 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.eastfieldcollege.edu/SSI/DSO/index.html](http://www.eastfieldcollege.edu/SSI/DSO/index.html)
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 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.

CLASSROOM ENVIRONMENT: Food, soft drinks, cell phones, pagers, etc. are not to be used during class. Attend class on time to receive full credit.

REPEATABILITY ISSUE: Pending legislative action and DCCCD Board approval, the DCCCD will charge a higher rate of tuition to students registering the third or subsequent time for a course. Developmental Studies and some other courses will not be charged a higher rate. For complete information go to: http://www.dcccd.edu/ThirdCourseAttempt/

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.

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.

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

REQUIREMENTS/ATTENDANCE POLICY:
As a student, you are required to

1. Complete two (2) fitness assessments.
2. Develop personal fitness goals, a personal fitness contract, and a personal Exercise Prescription fitness program.
3. Develop and implement personalized plans for stress reduction, nutrition and weight control.
4. Complete and turn in weekly logs of your activities.
5. Complete and turn in laboratory activities, graph analysis, and research paper.
6. Take two (2) written tests on eCampus. Note: In addition, one (1) written final project is required.
7. Complete orientation.
8. Attend/participate in class. See Grade form for Workout logs.

**WEEKLY GUIDE-COURSE OUTLINE**

The weekly guide is written to aid you in successfully completing this course in physical fitness. It is designed to guide you through the course in an organized and efficient manner. The guide is divided into sections, each section representing one week of the semester.

The activities to be accomplished each week are listed in the guide. As you complete each activity, place a check (√) in the space provided. You can tell at a glance when you have completed that week’s assignments. It will probably be helpful to you to perform the tasks in order, although in some instances, the order is not critical.

The textbook reading assignment for any given week is clearly stated in the guide. Laboratory activities described and the textbook pages for the labs are referenced. The Personal Fitness Contract is a separate document that is handed out. Reminders of due dates are provided where appropriate. Your instructor will provide a final project at the final assessment.

In short, the weekly guide is your road map to success in this course. It enables you to stay on track as you wind your way through the semester.

1) **MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS**

<table>
<thead>
<tr>
<th>Way(s) to turn in assignments</th>
<th>Way(s) I receive grades</th>
</tr>
</thead>
<tbody>
<tr>
<td>eCampus, Go to Course, then Assignments</td>
<td>eCampus grade center</td>
</tr>
</tbody>
</table>

2) **LAB ACTIVITIES**

<table>
<thead>
<tr>
<th>Lab Activities</th>
<th>Week Assigned</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity 1.2</td>
<td>Week 1</td>
<td>Nov. 16</td>
</tr>
<tr>
<td>Activity 3.2</td>
<td>Week 1</td>
<td>Nov. 17</td>
</tr>
<tr>
<td>Activity 3.3 and Contract</td>
<td>Week 1</td>
<td>Nov. 18</td>
</tr>
<tr>
<td>Activity 6.1</td>
<td>Week 1</td>
<td>Nov. 20</td>
</tr>
<tr>
<td>Eating Log</td>
<td>Week 2</td>
<td>Nov. 23</td>
</tr>
<tr>
<td>Obesity Graph Analysis</td>
<td>Week 2</td>
<td>Nov. 24</td>
</tr>
<tr>
<td>Activity 7.1</td>
<td>Week 2</td>
<td>Nov. 25</td>
</tr>
<tr>
<td>Activity 8.1</td>
<td>Week 2</td>
<td>Nov. 30</td>
</tr>
</tbody>
</table>
3) WRITTEN TESTS/FINAL PROJECT

<table>
<thead>
<tr>
<th>Written Tests</th>
<th>Week Assigned</th>
<th>Date/Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1</td>
<td>Week 1</td>
<td>Nov. 19</td>
</tr>
<tr>
<td>Test 2</td>
<td>Week 3</td>
<td>Dec. 2</td>
</tr>
<tr>
<td>Next Step Project</td>
<td>Week 3</td>
<td>Dec. 3</td>
</tr>
</tbody>
</table>

Go to eCampus, look under assignments, 55 minute time limit for tests.

4) FITNESS ASSESSMENT

<table>
<thead>
<tr>
<th>Fitness Assessments</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Initial-Early Semester</td>
<td>P215 Eastfield</td>
</tr>
<tr>
<td>Check Announcements-then RSVP</td>
<td></td>
</tr>
<tr>
<td>Come dressed for activity</td>
<td></td>
</tr>
<tr>
<td>Final-Late Semester</td>
<td>P215</td>
</tr>
<tr>
<td>Check Announcements</td>
<td></td>
</tr>
</tbody>
</table>

5) EXERCISE PRESCRIPTION REQUIREMENTS

Your Exercise Prescription will contain the following FOUR components: cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility. Your Prescription components will be determined from your assessment results and in consultation with your instructor.

6) FITNESS CONTRACT & EXERCISE PRESCRIPTION

<table>
<thead>
<tr>
<th>Fitness Contract &amp; Prescription</th>
<th>Week Assigned</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Fitness Contract &amp; Prescription 3.3</td>
<td>Week 1</td>
<td>Nov. 18</td>
</tr>
</tbody>
</table>

7) FITNESS WEEKLY LOGS

<table>
<thead>
<tr>
<th>Fitness Weekly Log Due</th>
</tr>
</thead>
<tbody>
<tr>
<td>Must be submitted starting: Nov. 25</td>
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</table>

8) GRADING & DEADLINE POLICIES

Grading & deadline policies: see the following pages. Work submitted late is subject to reduced credit.

9) DROP POLICY

It is your responsibility to drop a course or withdraw from the college. Failure to do so will result in receiving a performance grade, usually of “F.” The last day to drop/withdraw is Dec. 1, 2015.

10) OTHER CAMPUS INFORMATION:

To use P215 check with the instructor on duty of that particular class to see if the fitness lab is available.
Grade Form

Lab. Act. 1.2  50  pts.
Lab. Act. 3.2  50  pts.
Fitness Contract  50  pts.
Lab. Act. 3.3  50  pts.
Lab. Act. 6.1  50  pts.
Eating Lab  50  pts.
Lab. Act. 7.1  50  pts.
Lab. Act. 8.1  50  pts.
Lab. Act. 9.1  50  pts.

Test 1  75  pts.
Test 2  75  pts.

Weekly Logs (2)  200  pts.
Next Step/Assessment  50  pts.
Research Paper  75 pts.
Obesity Graph  75 pts.

TOTAL  

Grading Scale
900-1000  A = Excellent Performance
800-899  B = Good Performance
700-799  C = Average Performance
600-699  D = Poor Performance
0-599  F = Failing Performance

Late work receives reduced credit. There are no extra credit options.