<table>
<thead>
<tr>
<th>Course Information</th>
<th>Instructor Information</th>
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<tbody>
<tr>
<td>Fitness, Walking, Weight Training</td>
<td>Tryn Harper</td>
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<tr>
<td>Fall 2014</td>
<td>Preferred Email Address <a href="mailto:tharper@dcccd.edu">tharper@dcccd.edu</a></td>
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<tr>
<td>PHED 1123</td>
<td>Primary Telephone Contact 972-860-8088</td>
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<td>Location online/Fast Track</td>
<td>Office Location and Hours G105A</td>
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- **Course Description:** Students are introduced to wellness–related concepts and activities for the purpose of gaining knowledge and skills necessary to evaluate personal fitness level and to develop a personal lifelong fitness program. Activities include, but are not limited to: aerobics, circuit training, muscular development, flexibility, agility exercises, weight training and body composition.

- **Required Materials Including Textbooks (include ISBN):** None - all course information and materials will be provided.

- **Course Prerequisites:** None

- **Disclaimer:** The instructor reserves the right to amend this syllabus as necessary.

This is an online course. All course materials and assignments are posted on E-campus. There is a link to E-campus on the Cedar Valley College Home page. On the right side of the page you will see the word E-Campus. Click in this and it will take you to the course site. You will need your college ID # to log in. Your user name is your college ID with an E in front. Ex.( E0022331). The first time you log in, use your ID # as the password. You will be directed to set a new password. If you have trouble call the Technical support at 1-866-374-7169 or 972-669-6402.

Texas Core Objectives for Student Learning

The College defines essential knowledge and skills that students need to develop during their college experience. These general education competencies parallel the Texas Core Objectives for Student Learning. In this course, the following skills are in focus.
1. **Critical Thinking Skills** - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information

2. **Communication Skills** - to include effective development, interpretation and expression of ideas through written, oral and visual communication

3. **Empirical and Quantitative Skills** - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions

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**Student Learning Outcomes**

**Instructor:**

1. Students will be able to demonstrate their fitness level and or skill level through a pre/post physical assessment.

2. Students will be able to construct a wellness portfolio that includes but is not limited to fitness, nutrition, weight management, stress labs and activities.

3. Students will be able to evaluate personal wellness behaviors and identify methods to obtain lifetime healthy habits.

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**CVC Learning Signature**

CVC’s Learning Signature is **One College Transforming Lives**. Cedar Valley College establishes clear expectations for students through engagement and empowerment leading to excellence.

**CVC Faculty and Staff expect students to:**

- take responsibility for their own learning
- commit to achieving high academic performance
- be meaningfully engaged in the campus community

**CVC Faculty and Staff expect to:**

- provide students a clear pathway of instruction
- establish clear learning outcomes
- serve as role models and mentors for students

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**Course Outline**

For maximum success in this course you should spend a **minimum** of 9 hours per week working on course material.

**All assignments are due by 11:59pm on Sunday of the week assigned unless otherwise specified. Be sure to READ assignment early in week—some take several days worth of data to complete.**

Please submit assignments thru e-campus. Your assignments are posted on e-campus (blackboard).
| Week #1          | Class begins on Thursday Jan. 29th  
|                 | All assignments for week #1 are due by 11:59pm  
|                 | Sunday Feb 1st  
|                 | Read Syllabus  
|                 | Read Basic Course Information  
|                 | Read BMI Chart  
|                 | Assignments  
|                 | 1) Fitness assessment and goals assignment  
|                 | 2) Design your own workout program assignment Weekly  
|                 | 3) BMI Assignment  
|                 | 4) Behavior Modification Assignment  
| Week #2         | All assignments for week #2 are due by 11:59pm  
|                 | Sunday Feb 8  
|                 | Assignments:  
|                 | 1) Journal #1  
|                 | 2) Sugar assignment  
|                 | 3) Obesity Epidemic assignment- (20%) of your final grade  
| Week 3          | Assignments: Due Sunday Feb 15  
|                 | Read Food label Information  
|                 | Read Food is not just Fuel information  
|                 | Assignments:  
|                 | 1) Food labels  
|                 | 2) Food color chart  
|                 | 3) Nutritional Analysis- this will take 3 days to complete  
|                 | 4) Journal #2  
|                 | 5) Fast Food assignment  
| Week 4          | Assignments: DUE Sunday Feb 22  
|                 | 1) Weekly Journal #3  
|                 | 2) Cardiovascular Disease and Lifestyle Project – (20% of your final grade)-you have 2 weeks to complete. Project is due March 1st  
| Week 5          | Assignments- Due Sunday March 1st  
|                 | 1) Journal #4  
|                 | 2) Cardiovascular Disease Project is due this week  
| Week #6         | LAST DAY OF CLASS THURSDAY MARCH 5\(^{th}\)!!!!  
|                 | Final Exam –DUE THURSDAY March 5\(^{th}\)  
|
Evaluation Procedures
At the beginning of the course, the instructor provides a schedule of examinations and assignments that contribute to the final grade in the course for each student.

Portfolio Assignments- 100 points (10pts each)
Weekly Workouts and Journal – 120 pts (30pts each week for 4 weeks) – You must have the required number of workouts each week to earn credit for the journal.
Obesity Epidemic Assignment- 100points
Cardiovascular Disease and Lifestyle Project – 100 points
Final- 80 points

Grading Scale
450-500 points = A
449-400 Points =B
399-350 Points =C
349-300 Points =D
Below300 Points = F

Stop Before you Drop Under a Texas law (TEC Section 51.907), if you drop too many classes without having an acceptable reason, your GPA could be affected. Be sure you understand how this law may affect you before you drop a class.

The law applies to students who enroll in a Texas public institution of higher education (including the colleges of DCCCD) for the first time in fall 2007 or later. Under this law, you may not drop more than six classes without an acceptable reason during your entire undergraduate career without penalty. For more information, please see our catalog or read Facts About Dropping Classes.

If you drop or withdraw before the official drop/withdrawal deadline, you will receive a grade of W (Withdraw) in each class dropped until the seventh unacceptable drop. You will earn a grade of WF for the seventh unacceptable drop, and each unacceptable drop after that. A grade of WF will be calculated in
your GPA as an F.

The deadline for receiving a W is indicated on the academic calendar and the current class schedule. For more information, you may access: http://www.dcccd.edu/Why/Reg/Registration/Pages/DropWithdraw.aspx

The Dallas County Community Colleges will charge additional tuition to students registering the third or subsequent time for a course. This class may not be repeated for the third or subsequent time without paying the additional tuition. Third attempts include courses taken at any of the Dallas County Community Colleges since the fall 2002 semester. More information is available at: http://www.dcccd.edu/PC/Cost/3rdCrseAttmpt/Pages/default.aspx

Attendance Policy
In general, daily class attendance enhances student achievement of an A, B or C in the course. Students should advise instructors of illness, work or family situations that may require absence from a class. Instructor’s may modify or include other information as applicable to their course.

Classroom Policies
Optional for Instructors: enter your specific classroom policies (e.g., food, drink, cell phone, etiquette, etc). Remove this text if you have no policies to add.

Tutoring Services
All tutoring is available on a "drop in" basis; however, if you would like to make an appointment for a specific time, please call 972-860-2974. We encourage you to make an appointment for all written assignments. During each visit to the center, you will use your student ID# to sign in and out on our computer at the front desk. More information is available at: http://www.cedarvalleycollege.edu/FutureStudents/StudentServices/TutoringServices/default.aspx

QUALITY ENHANCEMENT PLAN
Cedar Valley College's Quality Enhancement Plan is designed to improve student learning in mathematics. Read more about our QEP at: http://www.cedarvalleycollege.edu/QEP/default.aspx

INSTITUTIONAL POLICIES
**Academic Advising**

Academic Advising is a collaborative educational process whereby students and their advisors are partners in meeting the students' academic, personal, and career goals. This partnership is a process that is built over the student’s entire educational career at Cedar Valley College.

Educational planning is available to all students. First time in college students must meet with academic advisors prior to enrolling in classes; however, continuing students may choose to see faculty advisors, faculty counselors, and/or program coordinators after classes begin. All parties have clear responsibilities for ensuring a successful partnership. For more information, you may access: [https://www.cedarvalleycollege.edu/FutureStudents/StudentServices/AcademicAdvising/Pictures/AdvisingSyllabus.pdf](https://www.cedarvalleycollege.edu/FutureStudents/StudentServices/AcademicAdvising/Pictures/AdvisingSyllabus.pdf)

**Academic Honesty**

Academic honesty is expected, and integrity is valued in the Dallas County Community Colleges. 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. See Also Student Code of Conduct. [https://www1.dcccd.edu/catalog/ss/code.cfm?loc=CVC](https://www1.dcccd.edu/catalog/ss/code.cfm?loc=CVC)

**ADA Statement**

If you are a student with a disability and/or special needs who requires accommodations, please contact the college Disability Services Office at 972-860-8119.

**Emergency Alert**

Sign up for DCCCD Emergency Alerts to receive a text-message, e-mail and/or phone call when there is an unscheduled evacuation or closure of a DCCCD campus or office because of weather closures, utility outages, police or other emergencies. Subscribing is free, but standard text message charges from your cell phone provider will apply. Please refer to: [http://www.dcccd.edu/SS/OnlineSvs/EmergAlerts/Pages/default.aspx](http://www.dcccd.edu/SS/OnlineSvs/EmergAlerts/Pages/default.aspx)

**Financial Aid**

Students who are receiving any form of financial aid should check with the Financial Aid Office prior to withdrawing from classes. Withdrawals may affect your eligibility to receive further aid and could cause you to be in a position of repayment for the current semester. Students who fail to attend or participate after the drop date are also subject to this policy.

**Health Center Services**

Basic first aid for minor cuts, scrapes, insect stings, and heat, etc.

- Over-the-counter medications for headaches, fever, seasonal allergies, and colds
- Over-the-counter medications for mild allergic reactions
- Emergency sanitary pads
- Blood Pressure check
• Coordination with outside health agencies such as Carter Blood Care; Dallas County Health Dept. (HIV/STD testing--free, twice a semester); UT Southwestern mobile mammography; Immunizations once a month for children <19 y.o. from the DCDHHS; Agape Massage; and Employee Wellness Screening

• Rest area for stress relief, migraine headaches, post seizure activity

• AED (Automatic External Defibrillator) for CPR


• Confidential "talks"

• Assists with health related club activities when asked and time permits

**Religious Holidays**

Absences for observance of a religious holy day are excused. A student whose absence is excused to observe a religious holy day is allowed to take a make-up examination or complete an assignment within a reasonable time after the absence.