COURSE DESCRIPTION

Students are introduced to health 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 endurance, flexibility, agility exercise, strength training and body composition. 1 credit hour (3 lab) Coordinating board academic approval # 3105015223

COURSE EXEMPLARY EDUCATIONAL OBJECTIVES

1. Evaluate personal fitness and health behaviors by utilizing established criteria for physical fitness and wellness.
2. Design and implement an active program to improve personal fitness and health behaviors.
3. Describe the importance of fitness and wellness as part of a healthy lifestyle and demonstrate evidence for the interaction of lifestyle and disease.
4. Identify methods for attaining lifelong fitness and wellness.
5. Discuss the contribution of physical activity to overall physical, social, mental, and emotional well-being.
6. Demonstrate an understanding of the following basic wellness concepts: nutrition principles, principles of weight control, and stress management principles.

Core Curriculum Intellectual Competencies

Critical Thinking – Think and analyze at a critical level
Listening – Analyze and interpret various forms of spoken communication. Possess sufficient literacy skills of writing, reading – above 12th grade.

Course Prerequisites: College level reading required

COURSE MATERIALS

Text: Stanson, Commit to be fit: A balanced approach to total health and fitness. 2004 pre-published. Available at no charge on e-campus.

As a student, you are required to

1. Complete one fitness/wellness assessment.
2. Develop a personal fitness goal contract, and a personal fitness program.
3. Develop and implement a personalized plan for stress reduction, nutrition and weight control.
4. Complete and turn in weekly logs of your exercise activities.
5. Complete and turn in laboratory activities.
6. Complete 2 written tests over course content.
7. Write 250 word paper over approved course topic.
8. Write 25 word analysis of course artifact.
ASSIGNMENT GUIDE
The assignment 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 assignments. The textbook reading assignment for any given week is clearly stated in the guide. Due dates are provided in the course weekly assignment calendar. In short, the weekly assignment guide shows assignments for the week. Assignments are due on midnight of the last day of the week stated.

1) MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS
Throughout the semester, you will be submitting assignments on e-campus. All assignments are sent through e-campus and go directly into your grade book for grading. DO NOT send any assignments through e-mail. Please follow the directions in the e-campus assignments section. A green exclamation mark (!) will appear in your grade book if the assignment has been submitted properly, indicating to me that it requires grading. Also, please do not send zip files. If questions arise, contact me by phone or e-mail, (see the listing at the beginning of this syllabus).

2) LAB ACTIVITIES
You will complete laboratories as identified in your Assignments and described in your textbook. The labs help you assess your health status, health risks, physical fitness, stress level, nutrition, and weight. All labs are described in detail in your textbook. If you have any questions about the labs, contact your instructor. To see comments or grade explanations, you must open the assignment. Lab due dates are listed on the course calendar.

3) ONLINE TESTS
You will complete three (3) online tests on e-campus. They cover material in your textbook. Refer to your Weekly Guide for the exact textbook chapters for each test. Check the course calendar for test dates & deadlines.

4) FITNESS ASSESSMENTS/EVALUATIONS
You will complete one fitness (Wellness) assessment during the semester. The initial & final assessment helps you determine your status in each of five (5) health-related components of physical fitness: cardio respiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. The assessment results form the basis for your personal fitness goals from which you develop your personal fitness program. To see comments or grade explanations, you must open the assignment.

5) FITNESS PROGRAM
Based on the results of your fitness assessment, you will establish personal fitness goals (lab 1) and a personal fitness program. Your fitness program is the foundation for achieving your personal fitness goals. By implementing your program, you will work to achieve your goals and fulfill your contract. To see comments or grade
explanations, you must open the assignment. Due dates for your fitness program are listed in the course calendar.

6) FITNESS EXERCISE LOGS
You will complete and submit weekly exercise logs of your fitness activities. Forms to log your fitness activities are provided on e-campus. To see comments or grade explanations, you must open the assignment. The due days for logs is identified in the course calendar.

7) STRESS REDUCTION
You will determine your stress level and develop a plan to achieve your personal goals for stress reduction. To see comments or grade explanations, you must open the assignment. The due date for your plan is listed in the course calendar.

8) NUTRITION AND WEIGHT CONTROL
You will analyze your nutritional habits and determine your Body Mass Index to estimate your health risk classification based on your body weight. You will develop a plan to achieve your personal goals in this area. To see comments or grade explanations, you must open the assignment. The due date for your plan is listed in the course calendar.

9) GRADING & DEADLINE POLICIES
Each graded activity is worth a maximum number of points. Refer to the E-campus "My grades" button for the possible point values of each assignment. Points will be deducted for assignments that are incomplete, contain errors, or late. Late assignments or testing will be eligible to receive partial credit (50%). Some assignments are time sensitive and have little or no value if submitted late. Contact your instructor if you have any questions about your progress in the course or computation of your course grade.

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 a grade of "F". **The last day to drop with a “W” is Thursday, April 16, 2015.**

10) OTHER CAMPUS INFORMATION
For those that may be on campus periodically, you are allowed to use the fitness center free of charge.

RICHLAND FITNESS CENTER HOURS:
Monday – Thursday 7:00 am – 7:00 pm
Friday 7:00 am – 5:00 pm
Saturday- Sunday – CLOSED

Final Grade reports are available online. Log onto e-Connect at [www.econnect.dcccd.edu/](http://www.econnect.dcccd.edu/) by using your student identification number.

Library Link: [http://www.rlc.dcccd.edu/lrc/rlclib.htm](http://www.rlc.dcccd.edu/lrc/rlclib.htm)
Tech support link: [FAQs and support site](http://www.rlc.dcccd.edu/dl/)
Distance learning homepage link: [http://www.rlc.dcccd.edu/dl/](http://www.rlc.dcccd.edu/dl/)
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<tr>
<th>Institution Policies</th>
<th>Richland College Syllabi Information</th>
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<tr>
<td><strong>Stop Before You Drop</strong></td>
<td><strong>6Drop</strong></td>
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<td>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. Your campus counseling/advising center will give you more information on 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. For more information, you may access <a href="https://www1.dcccd.edu/6drop">https://www1.dcccd.edu/6drop</a>.</td>
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<td><strong>Withdrawal Policy</strong></td>
<td>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 the official drop date for this course 04-16-15. Failure to do so will result in your receiving a performance grade, usually an “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/Student Records office at 972-238-6100 or 6101 (Thunderduck Hall, T170), or contact the school office.</td>
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<td><strong>Repeating a Course</strong></td>
<td>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 <a href="http://www.dcccd.edu/thirdcourseattempt/">http://www.dcccd.edu/thirdcourseattempt/</a>.</td>
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<td><strong>Financial Aid</strong></td>
<td>Failure to attend classes could result in loss of Financial Aid (FA). If you are receiving any form of financial aid, you 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.</td>
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<td><strong>Academic Honesty</strong></td>
<td>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 DCCCD Code of Student Conduct <a href="http://www.richlandcollege.edu/conduct">http://www.richlandcollege.edu/conduct</a>.</td>
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<td><strong>ADA Statement</strong></td>
<td>If you are a student with a disability and/or special needs who requires accommodations, please contact the college Disability Services Office at 972-238-6180 (Voice/TTY), visit Thunderduck Hall, suite T120, or go <a href="http://www.richlandcollege.edu/dso/">http://www.richlandcollege.edu/dso/</a>.</td>
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<td><strong>Religious Holidays</strong></td>
<td>Absences for observance of a religious holy day are excused if you inform your instructor at the beginning of the course. 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 reasonable time after the absence.</td>
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<td><strong>Campus Emergency Operation Plan And Contingency Plan</strong></td>
<td><strong>Campus Emergency Operation Plan:</strong> Richland College and the Dallas County Community College District have developed policies and procedures for dealing with emergencies that may occur on campus. ● To familiarize yourself with these procedures, please take time to watch the overview video: <a href="http://video.dcccd.edu/rtv/DO/emergency_dcccd.wmv">http://video.dcccd.edu/rtv/DO/emergency_dcccd.wmv</a> ● The complete Emergency Operations Plan can be viewed and printed at the following website: <a href="http://www.richlandcollege.edu/emergency">http://www.richlandcollege.edu/emergency</a> If you have questions or concerns, please contact the Richland College Office of Emergency Management. This office can be reached by phone (972/238-3794) or by e-mail (<a href="mailto:rlcoem@dcccd.edu">rlcoem@dcccd.edu</a>). <strong>Contingency Plan:</strong> Richland College has developed an Instructional Contingency Plan for Temporary College Closing for On-Campus Courses. Please discuss this contingency plan with your instructor. For distance learning courses, your instructor will use email to contact students in the event of extended technology downtime. To assure work in the class continues, it is important for all students to have an accurate email address recorded in both eCampus and eConnect.</td>
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<td>Richland College's Quality Enhancement Plan ~ Learning to Learn: Developing Learning Power</td>
<td>Richland College is implementing its Quality Enhancement Plan (QEP) in select classes. The QEP provides techniques, practices, and tools to help students develop the habits, traits or behaviors needed to be effective and successful lifelong learners in college and in life. For more information, please log onto <a href="http://www.richlandcollege.edu/qep/">http://www.richlandcollege.edu/qep/</a></td>
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<td>Disclaimer Reserving Right to Change Syllabus</td>
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