PHED 1123 Beginning Walking for Fitness
Spring 2017 83440
ON-LINE DISTANCE LEARNING SYLLABUS
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Please read this syllabus thoroughly and retain it for future reference. It contains valuable information about this distance learning course.

COURSE DESCRIPTION
This course is designed for the student who desires cardiovascular fitness by means of a low impact method. Maximum physical fitness is achieved by vigorous walking. The heart rate is elevated to the appropriate target zone for peak conditioning. An extensive warm-up and cool down increases joint and muscle flexibility. 1 credit hour
Coordination Board
Academic Approval Number 3601085128

COURSE EDUCATIONAL OBJECTIVES
1. Evaluate personal cardiorespiratory fitness and health behaviors by utilizing established criteria for physical fitness and wellness.
2. Design and implement an active cardiorespiratory program to improve personal fitness and health behaviors.
3. Describe the importance of cardiorespiratory 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 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
Course Prerequisites: None

COURSE MATERIALS  Pedometer or other optional tracking device
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 two walking cardiorespiratory assessments.
2. Develop a personal fitness goal contract, and a personal fitness walking program.
3. Develop and implement a personalized plan for stress reduction, nutrition and weight control.
4. Complete and turn in weekly logs of your walking exercise activities.
5. Complete and turn in laboratory activities.
6. Submit (2) repeatable online open book learning tests on e-campus

**WEEKLY GUIDE**
At the beginning of each Unit there you will find a list of the assignments and due dates. It is a guide to aid you in successfully completing this course in fitness & wellness. It is designed to guide you through the course in an organized and efficient manner. Each Unit is different and will contain different objectives and assignments. Some Units will be longer than others. The activities to be accomplished each week are listed in the Unit. The textbook reading assignment for any given week is clearly stated in the unit as well. Due dates are provided in each Unit. Assignments are due by 11:59 p.m. on the due date.

**1) MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS**
Throughout the semester, you will be submitting assignments on ecampus. All assignments are sent through e-campus and go directly into your grade center 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 indicating to me that requires grading. Also, please do not send scanned, zip or PDF files. If questions arise, contact me by phone or email, (see the listing at the beginning of this syllabus). The turnaround time for my response is usually 24 hours M-F and 48 hours on weekends. The turnaround time for grading assignments is 48 hours from the due date deadline.

**2) LAB ACTIVITIES**
You will complete laboratories as identified in your Weekly Guide 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 or optional external web pages. If you have any questions about the labs, contact your instructor. Lab due dates are listed on the course calendar and are always due by 11:59 p.m.

**3) ONLINE LEARNING TESTS**
You will complete two repeatable open book online learning tests on ecampus. The tests cover material on general wellness, fitness and nutrition found in your textbook. Refer to your Weekly Guide for the exact textbook chapters for the tests. Check the units for the test start dates & deadline.

**4) FITNESS ASSESSMENT/EVALUATION**
You will complete two fitness (Wellness) assessments during the semester. The initial assessment helps you determine your status in three of the five health-related components of physical fitness: The three we will assess are: cardiorespiratory endurance, flexibility, and body composition. The assessment results form the basis for your personal fitness goals from which you develop your personal walking for fitness program.
5) FITNESS PROGRAM
Based on the results of your fitness assessment, you will establish personal fitness goals (lab 1) and a personal walking for fitness plan. Your walking for fitness plan is the foundation for achieving your personal fitness goals. By implementing your plan, you will work to achieve your goals and fulfill your contract. Due dates for your walking for fitness plan are listed in the course calendar and grade center.

6) WALKING FOR FITNESS 5-DAY EXERCISE LOGS
You will complete and submit five (5) five-day exercise logs of your fitness activities. Forms to log your fitness activities are provided on ecampus or you may upload your results from a GPS enabled smart phone or similar device (optional). The due date for logs are found in each Unit.

7) STRESS REDUCTION
You will determine your stress level and develop a plan to achieve your personal goals for stress reduction.

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.

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 (received past 11:59 p.m. Central time) or late testing will receive partial credit (50%). Contact your instructor if you have any questions about your progress in the course or computation of your course grade.

10) 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 withdraw with a “W” - see Richland web page http://www.richlandcollege.edu/schedules/

11) 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 7:00am – 7:00 pm
Friday 7:00 am – 5:00 pm

This point system is based on workload for a one hour credit not the traditional 90% = "A" formula.
See assignment points and due dates in your e-campus Blackboard grade center
Final Grade reports are available online. Log onto e-Connect at
Students are encouraged to discuss academic goals and degree completion with their instructors. Degree plan advising is available throughout the semester. Information about academic advising locations at Richland is available at under the Step 6 tab at www.richlandcollege.edu/admissions/process.php

Richland College's Quality Enhancement Plan ~
Learning to Learn:
Developing Learning Power

**Syllabus Change Disclaimer:**
Richland College is piloting 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 http://www.richlandcollege.edu/qep2013/.
The instructor reserves the right to amend the syllabus as necessary