PHED 1164-43210, 43211 Lifetime Fitness and Wellness I
PHED 1134-43214, 43211 Lifetime Fitness and Wellness II

Instructor:  Ken Balvin  
Phone:  972-860-7644  
Office:  P206  
Email:  KenBalvin@dccc.edu

Office Hours:  
MWF  8:45AM-9:05AM Office  
12:15PM-1:00 Office  
5:00PM-5:30PM Office  
(Wednesday Only)  
TR  9:00AM-9:30AM Office  
12:00PM-12:30PM Office  
5:00PM-5:35PM Office  
(Thursday Only)

Course Meeting Times:  
MW  9:05AM-10:00AM PHED 1164/1134 P215  
TR  9:30AM-10:50AM PHED 1164/1134 P215

COURSE DESCRIPTION:
PHED 1134  Lifetime Fitness and Wellness II (1)  
This is a Texas Common Course Number.  
Basic skills and techniques of fitness-related activities are developed beyond the beginner level. (3 Lab.)  
Coordinating Board Academic Approval Number 3601085123

PHED 1164  Lifetime Fitness and Wellness I (1)  
This is a Texas Common Course Number.  
Prerequisite: Developmental Reading 0093 or English as a Second Language (ESOL) 0044 or have met the Texas Success Initiative (TSI) standard in Reading.  
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. (3 Lab.)  
Coordinating Board Academic Approval Number 3105015223

TEXT:  Proof of a one-year subscription to a fitness magazine is required. Lifetime fitness requires keeping up with the most current knowledge available, new training techniques, medical research, nutrition, etc.

Websites:  RUNONTEXAS.com, DFWRACES.com, COMPETITOR.com, DOCTOROZ.com, ACTIVE.com

Uniform:  All participants must be dressed in appropriate workout clothing, including a shirt and footwear.

Student Learning Outcomes:  
Upon successful completion of this course, student 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 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, Communication, Empirical and Quantitative Skills.

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.

Goal Setting: If you think you can or you think you can't ... You are right! Be realistic in assessing your present and future, but dare to take risks and challenge yourself. Remember that the most important thing you can do for your long-term health is lead an active life.

Physical Fitness Assessment:
1. Height, Weight, Resting Heart Rate
2. Body Mass, Fat Index
3. Body Strength  
   A. Push-ups  
   B. Flexibility  
   C. Planks  
   D. 1 Rep Max
4. Cardiovascular Endurance - 1 ½ mile run, 1 mile walk
5. Establish goals for your fitness program

EVALUATION: Attendance - This physical activity class requires your active participation on a regular basis for you to be successful in attaining your goals. No student missing more than 3 classes will receive a grade of “A,” excellent. Please be on time for class and turn your cell phone off!
1. Weekly Wellness Journal  25 points
2. Written Assignments  25
3. Attendance/Work Ethic  15
4. Participation in Fitness Event, 5k  15
5. Fitness Magazine Subscription, 1YR  10
6. Final Exam  10

SPECIAL REQUIREMENTS:
As part of the requirements for this class, I realize that I will be participating in some unsupervised, off campus activities. I agree to accept all responsibility for liability.

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 Financial Aid. 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 Financial Aid Office as a "non-attendee". All students receiving financial aid should open an E-mail account through Net Mail. See directions in this syllabus for opening an E-mail account.

PLAGIARISM:
In any written paper, you are guilty of the academic offense known as plagiarism if you half-copy or copy the author's sentences or words. Usually this results in an automatic grade of "F" for the course.
You cannot mix the author's words with your own or "plug" your synonyms into the author's sentence structure. To prevent unintentional borrowing, resist the temptation to look at the source as you write. The author's words, phrases, sentences must be put in your words, in your way of writing. When you do this, you are demonstrating the ability of understanding and comprehension.

ACADEMIC HONESTY:
The purpose of the Student Code of Conduct is to provide guidelines for the educational environment of the Dallas County Community College System. 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. The Eastfield College Catalog and the DCCC Catalog contain the entire Student Code of Conduct, which is also on the internet at http://dcccd.edu.

"W" DATE: If you are unable to complete this course, you must withdraw from it by April 29, 2017. Withdrawing from a course is a formal procedure which you must initiate; I cannot do it for you. You may do this in Admissions or Counseling. If you stop attending and do not withdraw, you will receive a performance grade, usually an "F".

EMERGENCY/INCLEMENT WEATHER PROCEDURE:
In case of emergency or inclement weather conditions, Eastfield students should listen to KEOM-FM Radio (88.5FM) 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 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.

REPEATABILITY ISSUE
Pending legislative action and DCCCD Board approval, effective for Fall Semester 2005, the Dallas County Community Colleges will charge a higher tuition rate 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 higher tuition to be charges. Developmental Studies and some other courses will not be charges a higher tuition rate. Third attempts include courses taken at any of the Dallas County Community Colleges since the Fall 2002 semester. For complete information and updates, go to: http://www.dcccd.edu/ThirdCourseAttempt/.

STUDENT E-MAIL:
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 questions 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 clicking on Student Services, On Line Services, and Student Net Mail. All students receiving financial aid must open a Net Mail account.

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.
DCCCD OIE Faculty Syllabi Statement- FALL 2016

The Office of Institutional Equity, in coordination with DCCCD colleges, has the primary responsibility for reviewing, updating and implementing compliance policies and procedures. The Institutional Equity and Compliance Officer and the Office of Institutional Equity will ensure compliance with College District policies, federal and state laws related to sexual assault, Title IX, Title II (Americans with Disabilities Act) and the Military Veterans Full Employment Act to support diversity and inclusion.

Students with Disabilities:
If you are a student with a disability and/or special needs, or if you think you may have a disability, please contact the college Disability Services Office (DSO). Please note that all communication with DSO is confidential. If you are eligible for accommodations, please provide or request that the DSO send your accommodation letter to me as soon as possible (students are encouraged to contact DSO at the beginning of the semester). For more information regarding the College Disability Services Office, please visit the Student Services website: [https://www.dcccd.edu/SS/OnCampus/DisSvs/DisSvsOffices/Pages/default.aspx/](https://www.dcccd.edu/SS/OnCampus/DisSvs/DisSvsOffices/Pages/default.aspx/) or contact DCCCD Office of Institutional Equity at (214) 378-1633.

College Disability Services Office  972-860-8348

A Note on Harassment, Discrimination and Sexual Misconduct

We are committed to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX and DCCCD policy prohibit harassment, discrimination and sexual misconduct. If you encounter harassment, sexual misconduct (sexual harassment, sexual assault, stalking, relationship violence, stalking), retaliation or discrimination based on race, color, religion, age, national origin, disability, sex, sexual orientation, gender identity, and/or gender expression, please contact your College Title IX Coordinator or the Office of Institutional Equity. We treat this information with the greatest degree of confidentiality possible while also ensuring student welfare and college safety.

We are concerned about the well-being and development of our students, and are available to discuss any concerns. There are both confidential and non-confidential resources and reporting options available to you. If students wish to keep the information confidential, please contact the college Counseling or Student Health Services. As required by DCCCD policy, incidents of discrimination and/or sexual misconduct shared with faculty will be reported to the College Title IX Coordinator or District Title IX Coordinator. The Title IX Coordinator will contact the student and determine if further investigation is needed. For more information about policies, resources or reporting options, please contact your college Title IX Coordinator or visit [www.dcccd.edu/titleIX](http://www.dcccd.edu/titleIX).

College Title IX Coordinator
Eastfield  Rachel Wolf  TitleIX-EFC@dcccd.edu  972-860-7358

OBTAINING YOUR GRADES AT THE END OF THE SEMESTER:
Grade reports are no longer mailed. Convenient access is available online or by telephone. Just use your student identification number when you log in to e-Connect or call DCCCD Touch Tone Services. Web site address: [http://econnect.dcccd.edu/](http://econnect.dcccd.edu/). Telephone number: 972-613-1818.

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 latecomers, noisy devices or inconsiderate behavior will not be tolerated. Repeated violations will be penalized and may result in expulsion from the class.

PRINTING ON CAMPUS: Printing in the Computer Lab (L108), Library, and Learning Assistance Center will cost 5 cents per page. Students must bring a $1.00, $5.00, $10.00, or $20.00 bill to the lab to create an account. Accounts must be created before attempting to print. No Change is made in the lab. Once the money is in the bill
acceptor, it cannot be retrieved. Cash refunds are not possible. Accounts stay active as long as the account has value.

**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. 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: 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.

**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.

**Food and Drink Policy**

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

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