TABLE OF CONTENTS
CONTACT INFORMATION ...............................................................................................................................................1
CATALOG DESCRIPTION ......................................................................................................................................1
COURSE OUTCOME ...............................................................................................................................................2
STUDENT LEARNING OUTCOMES .......................................................................................................................2
CORE COURSE COMPETENCIES ........................................................................................................................2
REQUIRED MATERIALS .........................................................................................................................................2
LEARNING UNITS ..................................................................................................................................................3
COURSE REQUIREMENTS AND ASSESSMENTS .................................................................................................3
IMPORTANT ADDITIONAL INFORMATION .........................................................................................................4

CONTACT INFORMATION

PROFESSOR:
Robert Stock
OFFICE (Located above the Gym):
T-315
PE/Nut/KINE DIVISION PHONE:
972-860-4120
CAMPUS ADDRESS:
Brookhaven College
3939 Valley View Lane
Farmers Branch, TX 75244

E-MAIL (the BEST way to contact me):
bstock@dcccd.edu

OFFICE HOURS: Online
Monday only: 9:00 a.m.– 12:30 pm
Tuesday only: 2:00 pm – 5:30 pm

• During office hours: E-mail response within the posted office hours.
• Outside posted office hours: response within 24 hours during weekdays and 48 hours over the weekend.

CATALOG DESCRIPTION

PHED 1164: Introduction to Fitness & Wellness (3 Lab)
This is a common course number.
Coordinating Board Academic Approval Number 3105015128
Prerequisite: Either of the following must be met:
• Developmental Reading 0093 or English as a Second Language (ESOL) 0044
• 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.
COURSE OUTCOME
The outcome of this Tier I requirement for the DCCCD core is to help students recognize the importance of wellness as part of the human experience. Students will engage in a variety of wellness activities that will enable them to achieve a life-long approach to maintaining personal wellness based on personal life goals.

This course satisfies the Tier 1 requirement for Wellness & the Human Experience in the 2010 DCCCD Core:

EXEMPLARY EDUCATIONAL OBJECTIVES / STUDENT LEARNING OUTCOMES
Students who successfully complete Lifetime Fitness and Wellness I will be able to:

1. Demonstrate their fitness level and or skill level through a pre/post physical fitness assessment.
2. Construct a wellness portfolio that includes but not limited to fitness, nutrition, weight management, stress labs and activities.
3. Evaluate personal wellness behaviors and identify methods to obtain lifetime healthy habits.

NOTE: Supporting Activities may include but are not limited to: Physical or Skill Assessments, Attendance &/or Participation, Chapter Quizzes, Interactive CD Activities, Lab Activities, Discussions, Workout Logs, Diet Analysis, Written Exams.

INTELLECTUAL COMPETENCY
As defined by The Texas Higher Education Coordinating Board, the Intellectual Competency of Critical Thinking embraces methods for applying both qualitative and quantitative skills analytically and creatively to subject matter in order to evaluate arguments and to construct alternative strategies. Problem solving is one of the applications of critical thinking used to address an identified task.

Critical thinking (CT), Quantitative Literacy and Written Communication will be assessed in PHED 1164 course via the Diet & Physical Activity Analysis Program.

REQUIRED MATERIALS
TEXTBOOK:
Title: Fitness and Wellness, 12th ed.
Authors: Hoeger, Werner W.K. and Sharon A. Hoeger
Publisher: Wadsworth Cengage Learning

ORDERING COURSE MATERIALS
Students may order all required course materials through the Internet (see details online under Course Information, Course Materials) or at the College Bookstore.
LEARNING UNITS

UNIT 1: This unit will introduce students to fitness and wellness concepts, explain how to correctly assess fitness and how to develop an exercise prescription.

UNIT 2: This unit will explain to students how to evaluate various fitness activities, how to log weekly workouts, and will introduce students to nutrition principles.

UNIT 3: This unit will introduce students to weight management principles and stress management techniques.

UNIT 4: This unit will introduce students to a healthy lifestyle approach and relevant fitness & wellness issues.

COURSE REQUIREMENTS AND ASSESSMENTS

“Go to https://www1.dcccd.edu/catalog/ss/code.cfm .

- For any incident of Academic Dishonesty in this course the student will receive a zero and a 10% point penalty for the assignment value OR a failing grade for the course.

1. Your points are available 24-7 in the online grade book (click Student Tools, My Grades).
2. It is your responsibility to check your online grade book for errors:
   - Save all emails sent to and received from me (for confirmation). I will do the same.
   - If I enter points incorrectly, you must notify me immediately to make the correction.
3. All assignments are due by the deadlines posted on the Calendar.
   - ZERO points will be entered into the grade book if an assignment is not received by the stated deadline.

FINAL NOTE: It is your choice to be in this class either for a degree requirement or for personal reasons. As your course facilitator, I’m always here for you when you need me. However, I do expect you as an ADULT Distance Learner to take the initiative to complete all assignments according to instructions and deadlines. Please contact me at bstock@dcccd.edu if you ever need help.

There are 700 points possible in Introduction to Fitness & Wellness. The assessments in this course are designed to measure student progress toward achieving the course outcome and student learning outcomes. Points will be distributed as follows:

1. Orientation (150 pts)
2. Pre/Post Self-Fitness Assessments (50 pts)
3. Core Required Project (100 pts)
4. **Review Quizzes (100 pts)**
5. **Weekly Workout Logs (100 pts)**
6. **Written Exams (2 Exams @ 100 pts each = 200 points)**

**Final Course Grade**
The final course grade is based on total points accumulated by the deadlines:

- Grades are not based on an average of points.
- Grades are not rounded up to the next highest point.
- Your final grade is NOT negotiable . . . what you earn is what you get!

Your final grade is based on the following 700-point scale:

- **A** = 700-630
- **B** = 584-560
- **C** = 559-490
- **D** = 489-420
- **F** = 419 or less

**IMPORTANT ADDITIONAL INFORMATION**

**Minimum Computer Requirements to Access All Features**
1. High speed cable or DLS connection to the Internet
2. Dial-up connection is not recommended
3. Operating System: Windows Vista, 7, 8, 8.1
4. Browser: Internet Explorer, Google Chrome or Mozilla Firefox (other Browsers or newer versions may not work properly).
5. Audio speakers or headphones
6. Video display properties set to at least 800x600, High Color (32 bit) is recommended
7. Pentium II 300 MHz or greater is preferred

**Basic Computer Skills**
To be successful in this course you should be able to execute the following BASIC computer skills:
1. Use a mouse to select and highlight menu commands and tools
2. Open, close, and re-size windows
3. Use scroll bars and otherwise navigate in a Windows environment as well as on the Internet
4. Send and receive e-mail
5. Attach and retrieve files (such as Word, text files, or Rich text format files, Pdf.)
6. Copy and paste documents into an e-mail or other electronic document

*If you do not possess the above computer skills (or if you cannot work independently), you should be in a traditional fitness course. Please request a Lateral Transfer into a traditional section BEFORE the 2nd week of class.*
EXTRA CREDIT Extra credit is offered in this course. It is optional and offered to all students at various points in the course.

PART II

Institutional Policies

DROP/WITHDRAWAL POLICY: Withdrawing from a course is a formal procedure which YOU must initiate; the instructor cannot do it for you. You may withdraw from a class in either the Admissions office or Advising Center. If you stop attending or are unable to complete this class and you do not withdraw before the official drop date, you will receive a performance grade, usually a grade of “F.” Students sometimes drop a class when help is available that would enable him to continue. Please discuss your plans with the instructor if you feel you need to withdraw. The full drop and withdrawal policy is online in the college catalog. https://www1.dcccd.edu/coursedrops

STOP BEFORE YOU DROP: For students who enroll 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 college counseling/advising center will give you more information on the allowable exceptions. Remember that once you have accumulated six 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. The full drop and withdrawal policy is online in the college catalog. https://www1.dcccd.edu/coursedrops

FINANCIAL AID STATEMENT: Failure to attend classes could result in a 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.

Financial Aid Certification of Attendance: You must attend and participate in your on-campus and online course(s) in order to receive federal financial aid. Your instructor is required by law to validate your attendance and participation. In an online course, you must participate in an academic related activity pertaining to the course in order for your attendance to be validated. Simply logging in is not sufficient by itself to demonstrate academic attendance. You must demonstrate that you are participating in your online class and engaged in an academically related activity by the certification date. The academic related activity used to validate online course participation is at the discretion of your instructor. This statement of certification of attendance applies to all students enrolled regardless of whether they are receiving financial aid or not. All students must be certified.

INTERNATIONAL STUDENTS: Students on an F-1 visa cannot withdraw from classes without jeopardizing their official status. If you are on an F-1 visa, you MUST NOT withdraw from any class without the permission of an International Student Advisor in the Multicultural Center, in Room S-124 or at 972-860-4192.

RELIGIOUS HOLIDAYS: A student shall be excused from attending classes, or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this provision may not be penalized for that absence and shall be allowed to take an examination or complete an assignment within a reasonable time after the absence.
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 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: dcccd.edu/DSOffices or contact DCCCD Office of Institutional Equity at (214) 378-1633.

### College Disability Services Offices

<table>
<thead>
<tr>
<th>Campus</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brookhaven</td>
<td>972-860-4673</td>
</tr>
<tr>
<td>Cedar Valley</td>
<td>972-860-8119</td>
</tr>
<tr>
<td>Eastfield</td>
<td>972-860-8348</td>
</tr>
<tr>
<td>El Centro</td>
<td>214-860-2411</td>
</tr>
<tr>
<td>Mountain View</td>
<td>214-860-8677</td>
</tr>
<tr>
<td>North Lake</td>
<td>972-273-3165</td>
</tr>
<tr>
<td>Richland</td>
<td>972-238-6180</td>
</tr>
</tbody>
</table>

### 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.

### College Title IX Coordinators

<table>
<thead>
<tr>
<th>Campus</th>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brookhaven</td>
<td>Terri Edrich</td>
<td><a href="mailto:TitleIX-BHC@dcccd.edu">TitleIX-BHC@dcccd.edu</a></td>
<td>972-860-4825</td>
</tr>
<tr>
<td>Cedar Valley</td>
<td>Grenna Rollings</td>
<td><a href="mailto:TitleIX-CVE@dcccd.edu">TitleIX-CVE@dcccd.edu</a></td>
<td>972-860-8181</td>
</tr>
<tr>
<td>Eastfield</td>
<td>Rachel Wolf</td>
<td><a href="mailto:TitleIX-EFC@dcccd.edu">TitleIX-EFC@dcccd.edu</a></td>
<td>972-860-7358</td>
</tr>
<tr>
<td>El Centro</td>
<td>Shaneé’ Moore</td>
<td><a href="mailto:TitleIX-ECC@dcccd.edu">TitleIX-ECC@dcccd.edu</a></td>
<td>214-860-2138</td>
</tr>
<tr>
<td>Mountain View</td>
<td>Regina Garner</td>
<td><a href="mailto:TitleIX-MVC@dcccd.edu">TitleIX-MVC@dcccd.edu</a></td>
<td>214-860-8561</td>
</tr>
<tr>
<td>North Lake</td>
<td>Kent Seaver</td>
<td><a href="mailto:TitleIX-NLC@dcccd.edu">TitleIX-NLC@dcccd.edu</a></td>
<td>972-273-3430</td>
</tr>
<tr>
<td>Richland</td>
<td>Bill Dial</td>
<td><a href="mailto:TitleIX-RLC@dcccd.edu">TitleIX-RLC@dcccd.edu</a></td>
<td>972-238-6386</td>
</tr>
<tr>
<td>Dallas Colleges Online</td>
<td>Le’Kendra Higgs</td>
<td><a href="mailto:TitleIX-LEC@dcccd.edu">TitleIX-LEC@dcccd.edu</a></td>
<td>972-669-6672</td>
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### District Title IX Coordinator

<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>LaShawn Grant</td>
<td><a href="mailto:TitleIX-District@dcccd.edu">TitleIX-District@dcccd.edu</a></td>
<td>972-860-1633</td>
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