Course Information

<table>
<thead>
<tr>
<th>Course Title:</th>
<th>Introduction to Fitness and Wellness</th>
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<tbody>
<tr>
<td>Instructor Name:</td>
<td>Cherilyn Cox, M.A.</td>
</tr>
<tr>
<td>Course Number and Section:</td>
<td>PHED 1164 - 23405</td>
</tr>
<tr>
<td>Semester:</td>
<td>Spring 2017 – Flex II</td>
</tr>
<tr>
<td>Office Phone Number:</td>
<td>(972) 860 – 4128</td>
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<tr>
<td>Office Location:</td>
<td>T 316</td>
</tr>
<tr>
<td>Office Hours:</td>
<td>MW 10:00 – 11:00 am &amp; TRF 8:00 – 9:00 am</td>
</tr>
<tr>
<td>Time:</td>
<td>Online Course (INET)</td>
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<tr>
<td>Credit Hours:</td>
<td>1.0</td>
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DCCCD Catalog Description: PHED 1164: Lifetime Fitness & Wellness I (3 lab)
This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.

Prerequisites:

*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

ISBN: 978-1-305-63801-3 (*older editions are acceptable)

Student Learning Outcomes: Upon successful completion of this course, students will be able to:

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 a 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 for Student Learning:

As defined by The Texas Higher Education Coordinating Board, the Intellectual Competency of students taking core curriculum courses will be measured. The following will be measured in PHED 1164:

- **Critical Thinking Skills** - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
- **Communication Skills** - to include effective development, interpretation and expression of ideas through written, oral and visual communication
- **Empirical and Quantitative Skills** - to include the manipulation and analysis of numerical data or observable facts resulting in informed conclusions
- **Social Responsibility** - to include intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities.
<table>
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<tr>
<th>Assignments</th>
<th>Descriptions</th>
<th>Points Possible</th>
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<tbody>
<tr>
<td>Course Orientation Activities</td>
<td>Health History Form – complete a form regarding your health history to ensure safe participation in fitness assessment and physical activity. (10 points)</td>
<td>30 points</td>
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<tr>
<td></td>
<td>Class Introductions – Introduce yourself to your classmates via the discussion board. (20 points)</td>
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<tr>
<td>Fitness Testing Worksheet</td>
<td>You will be conducting a variety of fitness tests to assess your current level of physical fitness. After the tests are complete you will analyze your results.</td>
<td>50 points</td>
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<tr>
<td>Quizzes (5)</td>
<td>Each quiz will consist of select response and short answer questions. Quizzes are based off materials found within each module including PowerPoint presentations (slides and notes sections) and textbook reading assignments.</td>
<td>30 points each = 150 points</td>
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<tr>
<td>Discussion Board Activities (4)</td>
<td>Each discussion activity requires 2 postings, a primary response to the discussion prompt and a reply to a classmate. Both postings are due by the specified due date.</td>
<td>30 points each = 120 points</td>
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<tr>
<td>Diet Analysis Assignment</td>
<td>After tracking your diet and physical activity for 7 days, write a 2 – 3 page diet and physical activity analysis and improvement plan. More details posted within the course.</td>
<td>100 points</td>
</tr>
<tr>
<td>Workout Log</td>
<td>After you have conducted fitness testing, begin to record all your physical activity. You should be able to record 5-6 weeks of activity to submit by the end of the course. More details posted within the course.</td>
<td>50 points</td>
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**Grading Scale:**

- A = 450 – 500
- B = 400 – 449
- C = 350 – 399
- D = 300 – 349
- F = 0 – 299

**Total Possible Points: 500**

**Assignment Deadlines:**

- All 8 modules are broken into 1 week increments that run from Monday to Monday. See course calendar for details.
- Modules, assignments, and quizzes will be available to view on Mondays by 8 am.
- Most, but not all, assignments will be due on Monday at 11:59 pm. **Remember to always check the due date that is posted on the assignments.**
- No late work will be accepted for ANY reason including technology issues. Do not procrastinate and you can avoid this problem.
- I do work with students who communicate with me ahead of time when a conflict is anticipated.
Course Orientation:
- This course begins on Monday, 03/17/2017.
- The course orientation (Health History Form and Classmate Introductions) is due on Friday, 03/24/2017 at 11:59 pm.
- To be certified as attending and active in the course you MUST turn in these assignment by the specified due date.
- If the assignments are late, you will be certified as non-attending and it may impact your financial aid status and your enrollment in this course.

Course Etiquette:
- Email – I normally reply to emails within 24 hours. There may be periods where it may take longer to get a reply, such as weekends and holidays. Remember to contact the technical support team for technical issues.
- Grading – It normally takes me 3 – 5 days to grade quizzes and discussion boards and 1 week to grade the diet analysis. If you do not see a grade after these time periods have passed, then feel free to email and inquire about your grades.

Additional Course Requirements and information:
- Students are required to check course announcements on a weekly basis. I sent out announcements on Monday mornings between 8 am and 12 pm.
- There will be at least 1 assignment due for every module to correspond with the lessons.
- All assignments must be neatly prepared and representative of college level course work. I do not grade assignments or reply to emails that are written in text message language.

Academic Honesty:
Academic integrity is a critical part of the learning environment. Academic dishonesty of any form will not be tolerated in this course. If you are caught cheating on any assignment, your grade for that assignment will be a zero. Be aware that there are several types of academic dishonesty. Academic dishonesty includes, but is not limited to:
- Plagiarism: taking credit for some else’s work.
- Cheating: copying another’s answers; sharing a test with another student, which includes buying, selling, stealing, ect; substituting for another student while taking an exam or allowing another student to substitute for you; using materials to complete work that were not authorized by the instructor.
- Collusion: unauthorized collaboration with one or more other students on an assignment or assessment.

Basic Computer Skill Requirements: To be successful in this course, you should be able to execute the following basic computer skills:
- Use a mouse to select and highlight menu commands and tools
- Open, close, and re-size windows
- Use scroll bars and otherwise navigate in a Windows environment as well as on the Internet
- Send and receive e-mail
- Attach and retrieve files (such as Word, WordPerfect, text files, or rich text format files)
- Copy and paste documents into an e-mail or other electronic document

Minimum Computer Requirements:
The college's online course management system, eCampus, requires a computer capable of running Internet Explorer 7 or higher or Firefox 3 or higher. The more current the hardware and software, the better. Also, each class may have additional hardware and software requirements. These specifications are recommended to work with eCampus:
Platform
- PC (Windows XP, Vista)
- Mac (10.3, 10.4, 10.5)

Hardware
• 128 MB of RAM
• 2 GB of free disk space
• Sound card with speakers (for courses with multimedia)
• Ethernet or Wireless network card (for high-speed Internet connection) or 56K modem (for dial-up Internet connection)
• T1, DSL, Cable, or Satellite high-speed connection (56K dial-up will work, but the online course system will run slowly)

Software
• **Java JRE plugin (very important so that everything in the system works properly!)**
• Microsoft Office Viewers and File Converters (for viewing and printing Word, PowerPoint, Excel, and Visio files)
• Adobe Acrobat Reader (for viewing and printing PDF files)
• RealPlayer (for viewing streaming video or listening to streaming audio clips)
• QuickTime (for viewing QuickTime video)
• Flash Player (for viewing animations or using interactive content)
• Shockwave Player (for viewing animations or using interactive content)
• Windows Media Player (for viewing streaming video or listening to streaming audio clips)

**Get Java (very important!)**
1. Click [here](#) to download Java.
2. Follow the instructions on the Java Downloads site.
3. When installing Java, follow the prompts to install the Typical Java installation. Be patient during the install process!
4. Restart your computer to complete the installation process.

NOTE: If you are using a Macintosh, click [here](#) to download Java for your Mac OS version.

*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.*

**Technical Support:**
If you should have any technical difficulties, the fastest way to get help with eCampus is to click the “help” link on the left side tool bar and then “Submit a Ticket” or call (972) 669-6402.
You may also click this link: [DCCCD Technical Support Center](#)
You may also email: helpdesk@dccc.edu
Visit this website for Student Support: [BHC Distance/Online Classes Student Support](#)

**Brookhaven College Syllabus Addendum**
Click [here](#) for important information!!!
<table>
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<tr>
<th>Module</th>
<th>Week</th>
<th>Module Topics</th>
<th>Assignments</th>
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<tr>
<td>1</td>
<td>03/20 (M) – 03/27 (M)</td>
<td><strong>Course Introduction &amp; Introduction to Fitness &amp; Wellness</strong>&lt;br&gt;Chapter 1: Intro to Fitness &amp; Wellness&lt;br&gt;Pages 4 – 14</td>
<td>Health Form – 03/24 (F) @ 11:59 pm&lt;br&gt;Classmate Introduction Discussion – 03/24 (F) @ 11:59 pm&lt;br&gt;Quiz #1 – 03/27 (M) @ 11:59 pm</td>
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<tr>
<td>2</td>
<td>03/27 (M) – 04/03 (M)</td>
<td><strong>Fitness Assessment, Behavior Modification &amp; Goal Setting</strong>&lt;br&gt;Chapter 1: Intro to Fitness &amp; Wellness&lt;br&gt;Pages 13 – 22&lt;br&gt;Chapter 2: Assessment of P.A.</td>
<td>Fitness Assessment Worksheet – 04/03 (M) @ 11:59 pm&lt;br&gt;Discussion #1 – 04/03 (M) @ 11:59 pm</td>
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<tr>
<td>3</td>
<td>04/03 (M) – 04/10 (M)</td>
<td><strong>Cardiorespiratory Endurance</strong>&lt;br&gt;Chapter 3: Exercise Prescription&lt;br&gt;Pages 59 – 69</td>
<td>Quiz #2 – 04/10 (M) @ 11:59 pm</td>
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<tr>
<td>4</td>
<td>04/10 (M) – 04/17 (M)</td>
<td><strong>Muscular Strength &amp; Endurance</strong>&lt;br&gt;Chapter 3: Exercise Prescription&lt;br&gt;Pages 70 – 78</td>
<td>Discussion #2 – 04/17 (M) @ 11:59 pm</td>
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<tr>
<td>5</td>
<td>04/17 (M) – 04/24 (M)</td>
<td><strong>Flexibility &amp; Core</strong>&lt;br&gt;Chapter 3: Exercise Prescriptions&lt;br&gt;Pages 78 – 88</td>
<td>Quiz #3 – 04/24 (M) @ 11:59 pm</td>
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<tr>
<td>6</td>
<td>04/24 (M) – 05/01 (M)</td>
<td><strong>Nutrition</strong>&lt;br&gt;Chapter 5: Nutrition for Wellness</td>
<td>Discussion #3 – 05/01 (M) @ 11:59 pm&lt;br&gt;Diet Analysis Assignment Due – 05/01 (M) @ 11:59 pm</td>
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<tr>
<td>7</td>
<td>05/01 (M) – 05/08 (M)</td>
<td><strong>Weight Management &amp; Body Composition</strong>&lt;br&gt;Chapter 6: Weight Management</td>
<td>Quiz #4 – 05/08 (M) @ 11:59 pm</td>
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<tr>
<td>8</td>
<td>05/08 (M) – 05/11 (Th) *4 days – Final Week</td>
<td><strong>Stress Management &amp; Lifelong Health</strong>&lt;br&gt;Chapter 7: Stress Management&lt;br&gt;Chapter 8: A Healthy Lifestyle Approach</td>
<td>Discussion #4 – 05/11 (Th) @ 11:59 pm&lt;br&gt;Quiz #5 – 05/11 (Th) @ 11:59 pm&lt;br&gt;Fitness Log Due – 05/11 (Th) @ 11:59 pm</td>
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*The course calendar is tentative and subject to change. If the schedule changes, I will provide an updated version on Blackboard and send out an announcement.

**Important Dates:**

March 24th: Course Orientation Date; Orientation assignment due on 3/24 to ensure certification in course

March 25th: 12th Class Day

April 28th: Last day to withdraw