## Syllabus: Intro. To Physical Fitness & Wellness

### Course Information
- **Course Number**: PHED 1164
- **Section Number**: 53440
- **Credit Hours**: 1
- **Class Meeting Time**: INET*(Flex)*

### Course Title
Intro. To Physical Fitness & Wellness

### Course Description
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 Prerequisites
None.

### Student Learning Outcomes

**DISTRICT-SANCTIONED**

Texas Core Objectives for Student Learning

The College defines essential knowledge and skills that students need to develop during their college experience. These general education competencies parallel the Texas Core Objectives for Student Learning. In this course, the following skills are in focus.

- **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

**DEPARTMENT-SANCTIONED**

- Students will communicate with others in a respectful manner.
- Students will actively participate and follow a prescribed workout program as outlined by the instructor.
- Students will show improvement with their overall health and wellness.

### Course Materials

- **Title**: Questions and Answers: A Guide to Fitness and Wellness *(2nd edition)*
- **Author**: Gary Liguori/ Sandra Carroll-Cobb
- **Publisher**: McGraw-Hill Publishing Company


This is only the ISBN for the printed access card.

**Recommended**: Instead of purchasing the book now, register for the FREE 14 day trial through blackboard by clicking on any McGraw Hill assignment within your course. This will give you free access to the course tools and online textbook.

### ISBN for Textbook

**Course Outline**

- **Week 1**: Online Orientation, Read Chapter 1: Introduction to Health, Wellness, and Fitness (Complete Chapter 1: Learn Smart & Behavior Change Activity & Myth Fact Video)
- **Week 2**: Workout Journal (Complete Pre-Fitness Assessments, Pre-Strength Assessment, Weight Room Scavenger Hunt)
- **Week 3**: Read Chapter 2: Positive Choices/Positive Changes, (Complete Chapter 2: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Journal (Complete Goal Setting Contract, Pre-Healthy Lifestyle Questionnaire)
- **Week 4**: Read Chapter 3: Fundamentals of Physical Fitness, (Complete Chapter 3: Learn Smart & Behavior Change Activity & Myth Fact Video), Assign Workout Logs
- **Week 5**: Read Chapter 4: Cardiorespiratory Fitness, (Complete Chapter 4: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Logs
- **Week 6**: Read Chapter 5: Muscle Fitness, (Complete Chapter 5: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Logs

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**Week 7:** Read Chapter 6: Flexibility and Low-Back Fitness, (Complete Chapter 6: Learn Smart & Myth Fact Video), Workout Logs

**Week 8:** Read Chapter 7: Body Composition Basics, (Complete Chapter 7: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Logs

**Week 9:** Read Chapter 8: Nutrition Basics: Energy and Nutrients, (Complete Chapter 8: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Logs

**Week 10:** Read Chapter 9: Eating for Wellness and Weight Management, (Complete Chapter 9: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Logs

**Week 11:** Read Chapter 10: Stress and Its Source, (Complete Chapter 10: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Logs

**Week 12:** Read Chapter 11: Chronic Diseases, (Complete Chapter 11: Learn Smart & Myth Fact Video), Workout Logs

**Week 13:** Read Chapter 12: Infectious Diseases, (Complete Chapter 12: Learn Smart & Myth Fact Video), Workout Journal (Complete Post-Fitness Assessments, Post-Strength Assessment)

**Week 14:** Read Chapter 13: Substance Use, Dependence, and Addiction, (Complete Chapter 13: Learn Smart & Behavior Change Activity & Myth Fact Video), Workout Journal (Complete Goal Assessment, Post-Healthy Lifestyle Questionnaire)

**Week 15:** Workout Journal Due, Short Essay Due

**Week 16:** Finals Week

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### Evaluation Procedures

<table>
<thead>
<tr>
<th>Category</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 Minute Step Test (Pre)</td>
<td>10</td>
</tr>
<tr>
<td>250 Word Short Essay (on 3 min test)</td>
<td>50</td>
</tr>
<tr>
<td>Learn Smart Lessons 25pts X 13 assignments</td>
<td>325</td>
</tr>
<tr>
<td>Online Assignments 20 pts X 23 assignments. Assignments consist of Behavior Change Assignments and Myth/Fact Video Assignments</td>
<td>460</td>
</tr>
<tr>
<td>Data/Graph Assignment (25 word minimum)</td>
<td>20</td>
</tr>
<tr>
<td>Discussion Board</td>
<td>25</td>
</tr>
<tr>
<td>Workout Journal</td>
<td>100</td>
</tr>
<tr>
<td>3 Minute Step Test (Post)</td>
<td>10</td>
</tr>
<tr>
<td>Total</td>
<td>1000</td>
</tr>
</tbody>
</table>

### Grading Scale

<table>
<thead>
<tr>
<th>Grade</th>
<th>Points Required</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>900 – 1000 points</td>
</tr>
<tr>
<td>B</td>
<td>800 – 899 points</td>
</tr>
<tr>
<td>C</td>
<td>700 – 799 points</td>
</tr>
<tr>
<td>D</td>
<td>600 – 699 points</td>
</tr>
<tr>
<td>F</td>
<td>0 – 599 points</td>
</tr>
</tbody>
</table>

### Active Participation

**Workout Journal**
The student will create an electronic Workout Journal and include the following:
1. Title page with the student’s name, course number, course name, and current semester
2. Table of Contents (A document describing the order of assignments)
3. Fitness Assessment (pre-test and post-test)
4. Strength Assessment (pre-test and post-test)
5. Goal Setting Contract
6. Goal Assessment Form

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### Course Drop Date
**Wednesday, April 12th, 2017**

### Course Policies

#### Healthy Lifestyle Questionnaire (HLQ) (pre- and post-test)
Each student will complete a Healthy Lifestyle Questionnaire at the beginning and end of the semester to determine, from a broader Wellness perspective, the extent to which improvements have been made in one’s life. This questionnaire covers a number of different areas related to one’s health & well-being.

#### Fitness Assessment (pre- and post-test)
The Fitness Assessment is a series of physical fitness tests to determine your starting point, and to measure your progress over the course of the semester. It should be used to make adjustments to your program. This assignment will be completed at the beginning and end of the semester.

#### Strength Assessment (pre- and post-test)
Much like the Fitness Assessment, the Strength Assessment helps us determine how strong you are on specific movements. Similarly, this assignment serves to provide students with a starting point, a frame of reference, for beginning a resistance-training program. It also helps the student measure his/her progress (i.e., strength). This assignment will be completed at the beginning and end of the semester.

#### Goal Setting Contract
Each student will write five (5) goals; one (1) career goal, one (1) academic goal, and three (3) health, wellness &/or fitness goals, as well as answer a series of questions intended to help determine how each goal will be achieved.

#### Goal Assessment Form
This assignment is a follow-up to the Goal Setting Contract. It helps the student assess the degree to which he/she has achieved the goals he/she set at the beginning of the semester.

#### Workout Entries
Students will maintain workout entries as part of their Workout Journal. Throughout the semester each student will complete and record several workouts. The details of each workout will be recorded on the Workout Journal template provided, and must include information about the following:
- Warm-up (time, mode, distance)
- Cardio (time, mode, distance)
- Strength (weight, sets, reps)
- Stretching (a list of stretches completed that day)
- Cool-down (time, mode, distance)

### Institution Policies

#### Stop Before You Drop
**6Drop**
For student 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”. 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/6drop](https://www1.dcccd.edu/6drop).

### Withdrawal Policy
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 (see Course Drop Date).
Repeating a Course

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 course will result in additional tuition to be charged. Developmental Studies and some other courses will not be charge 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 http://www.dcccd.edu/thirdcourseattempt/

Financial Aid

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 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.

Academic Ethics

Any violation of the Student Code of Conduct (as printed in the El Centro College Catalog and available at http://www1.dcccd.edu/catalog/about/standard.cfm) will be penalized accordingly. All matters of academic dishonesty (plagiarism, collusion, fabrication, cheating, etc.) will result in a failing grade for the assignment in question. All violations will be forwarded to the proper college authorities for review. The college may, at its discretion, impose additional penalties on the student including academic probation, suspension, or expulsion. ANY form of disruptive behavior will not be tolerated.

ADA Statement

If you are a student with a disability and / or special needs who requires accommodations, please contact the college Disability Services Office at 214.860.2411 (Voice / TTY), visit A110, or go to http://www.e1centrocollege.edu/Student_Services/Disability/

Religious Holidays

A student who is absent from classes for the observance of a religious holy day shall be allowed to take an examination or complete an assignment scheduled for that day within a reasonable time after the absence if, not later than the fifteenth day after the first day of the semester, the student notified the instructor of each class scheduled on the date that the student would be absent for a religious holy day. A “religious holy day” means a holy day observed by a religion whose places of worship are exempt from property taxation under Section 11.20, Tax Code. The notice shall be in writing and shall be delivered by the student personally to the instructor, with receipt acknowledged and dated by the instructor or by certified mail, return receipt requested, addressed to the instructor. A student who is excused under this section may not be penalized for the absence, but the instructor may appropriately respond if the student fails to satisfactorily complete the assignment or examination.

Campus Emergency Operation Plan

El Centro College and the Dallas County Community College District have developed policies and procedures for dealing with emergencies that may occur on campus.

Disclaimer reserving Right to Change Syllabus

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

Classroom Policies

Children on Campus

El Centro College strives to protect an environment most conducive to teaching and learning for all enrolled students. Minor children may not be brought to the classrooms, labs, testing areas or study areas of the college. This practice is disruptive to the learning process. Children who are taking part in organized scheduled activities, or who are enrolled in specific classes, are welcomed. For reasons of security and child welfare, the college will not permit unattended children to be left anywhere on the premises. Students / Parents who have problems with childcare should visit the advisement / counseling center or the Adult Resource Center to receive referrals to childcare services in the area.

Computer Use Policy

This class will require you to utilize campus computers.