PHED 1164 Lifetime Physical Fitness and Wellness
Spring fast track 2017 Sections 83440, 83441, 83442
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
Students are introduced to health 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 endurance, flexibility, agility exercise, strength training and body composition. 1 credit hour (3 lab)
Coordinating board academic approval # 3105015223

COURSE EXEMPLARY EDUCATIONAL OBJECTIVES
1. Evaluate personal fitness and health behaviors by utilizing established criteria for physical fitness and wellness.
2. Design and implement an active program to improve personal fitness and health behaviors.
3. Describe the importance of 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 fitness and 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. Submit a written assignment meeting the following minimum criteria: 250 words on a course related topic prepared and submitted electronically using standard written English
Communication – Analyze and interpret various forms of written, oral and visual communication. Submit a minimum 250 word paper using standard written English on a course content related topic. Submit a minimum 25 word interpretation of visual artifact related to course content
Empirical and Quantitative Skills – interpret a visual artifact (data or graph),

Course Prerequisites: College level reading required
COURSE MATERIALS


As a student, you are required to
1. Complete one fitness/wellness assessments.
2. Develop a personal fitness goal contract and a personal fitness program.
3. Develop and implement a personalized plan for stress reduction, nutrition and weight control.
4. Complete and turn in weekly logs of your exercise activities.
5. Complete and turn in laboratory activities.
6. Submit one online open book tests on e-campus.
7. Submit a 250 word paper on a course content related topic
8. Submit a 25 word interpretation of a visual artifact related to course content and interpret a visual artifact (data or graph).

WEEKLY GUIDE

The weekly guide is written 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. The guide is divided into 8 sections, each section representing one week. The activities to be accomplished each week are listed in the guide. The *textbook* reading assignment for any given week is clearly stated in the guide. *Due dates* are provided in the course calendar and in your online grade book. *Assignments are due by 10 p.m. Central time on the due date.* In short, the weekly guide enables you to stay on track.

1) MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS

Throughout the semester, you will be submitting assignments on e-campus. 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 it requires grading. Also, please do not send scanned, zip or PDF files. If questions arise, contact me by phone or e-mail, (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. 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 **10 p.m. Central time**.

3) **ONLINE LEARNING TEST**
You will complete one repeatable open book online learning test on e-campus. The test will cover materials in your textbook. Refer to your *Weekly Guide* for the exact textbook chapters for test. The test is located in the assignment unit folders. Check the course calendar for the test dates & deadline.

4) **FITNESS ASSESSMENT/EVALUATION**
You will complete one fitness (Wellness) assessment during the semester. The initial assessment helps you determine your status in each of five (5) health-related components of physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. The assessment results form the basis for your personal fitness goals from which you develop your personal fitness program.

5) **FITNESS PROGRAM (Projected Plan of Action)**
Based on the results of your fitness assessment, you will establish personal fitness goals (lab 1) and a personal fitness program. Your fitness program is the foundation for achieving your personal fitness goals. By implementing your program, you will work to achieve your goals and fulfill your contract. Due dates for your fitness program are listed in the course calendar.

6) **FITNESS 5-DAY EXERCISE LOGS**
You will complete and submit (five) 5-day exercise logs of your fitness activities. Forms to log your fitness activities are provided on e-campus. The due days for logs is identified in the course calendar.

7) **STRESS REDUCTION**
You will determine your stress level and develop a plan to achieve your personal goals for stress reduction. The due date for your plan is listed in the course calendar.

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. The due date for your plan is listed in the course calendar.
9) **ASSESSMENT OF CORE OBJECTIVES**
You will submit electronically a minimum 250 word paper using standard written English on a course content related topic. You will also submit a minimum 25 word interpretation of a visual artifact related to course content and interpret a visual artifact (data or graph).

10) **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 10 p.m.) 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” (please see Richland web page [http://www.richlandcollege.edu/schedules/](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

Grade scale: Points Grade
250 – 300 = A
200 – 249 = B
150 – 199 = C
100 – 149 = D
99 or less = F

This point system is based on workload for a one hour credit and 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 [www.econnect.dcccd.edu/](http://www.econnect.dcccd.edu/) by using your student identification number.
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

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/.

**Syllabus Change Disclaimer:** The instructor reserves the right to amend the syllabus as necessary