This instructor’s course has been “Peer Reviewed” and approved. Also, this instructor’s course has been reviewed for ADA accessibility and is enhanced for ADA compliance. If you find anything is difficult to address, please contact me by email so it may be addressed.

This course meets the fitness and wellness CORE requirement for PHED.

Read this syllabus thoroughly and retain it for future reference. It contains valuable information about this course and is subject to change by the instructor.

PHED 1164 Introduction to Physical Fitness and Wellness 1 credit hour. 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.

Learning Outcomes

Upon successful completion of this course, students 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 a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

Eastfield Learning Outcomes

1. Student demonstrates improvement in their fitness level as measured by their fitness scores.
2. Student designs an appropriate individual program of fitness for future fitness and wellness.

Core Objectives:

PHED 1164 develops the following Core Objectives: Critical Thinking - to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
Communication - to include effective development, interpretation and expression of ideas through written, oral and visual communication. Social Responsibility - to include intercultural
competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities. **Empirical and Quantitative Skills** - to include the manipulation of data and analysis of numerical data or observable facts resulting in informed conclusions.

**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.

**COURSE OBJECTIVES:**

To evaluate personal fitness levels and health behaviors within the parameters of fitness components. **To develop** plans for, and to demonstrate active participation in a personal fitness program for improvement in fitness levels and health behaviors. **To describe** the relationship and the interaction of lifestyle and disease and the major issues that affect our health and wellness. **To understand** the contribution of physical activity to overall physical, social, mental, and emotional well being. **To identify** methods and techniques for attaining lifelong fitness and wellness. **To demonstrate** and understand the basic nutrition principles, weight control, injury prevention and stress management

**COURSE MATERIALS:**


Module/Assignment Guide: Available on eCampus under the Content button.

Please follow this link for a list of Institutional Policies:

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

**REQUIREMENTS/ATTENDANCE POLICY:**

As a student, you are required to

1. Complete two (2) fitness assessments.
2. Develop personal fitness goals, a personal fitness contract, and a personal Exercise Prescription fitness program.
3. Develop and implement personalized plans for stress reduction, nutrition and weight control.
4. Complete and turn in weekly logs of your activities.
5. Complete and turn in laboratory activities, graph analysis, and research paper.
6. Take two (2) written tests on eCampus. Note: In addition, one (1) written final paper is required.
7. Complete orientation.
8. Attend/participate in class. See Grade form for Workout logs.

GUIDE-MODULES COURSE OUTLINE
The weekly guide is written to aid you in successfully completing this course in physical fitness. It is designed to guide you through the course in an organized and efficient manner. The guide is divided into sections, each section representing one week of the semester.

The activities to be accomplished each week are listed in the guide. As you complete each activity, place a check (√) in the space provided. You can tell at a glance when you have completed that week’s assignments. It will probably be helpful to you to perform the tasks in order, although in some instances, the order is not critical.

The textbook reading assignment for any given week is clearly stated in the guide. Laboratory activities described and the textbook pages for the labs are referenced. The Personal Fitness Contract is a separate document that is handed out. Reminders of due dates are provided where appropriate. Your instructor will provide a final project for the final assessment.

In short, the weekly guide is your road map to success in this course. It enables you to stay on track as you wind your way through the semester.

1) MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS
Instructor: Bob Flickner Office #: 972-860-7642 BobFlickner@dcccd.edu  Rm: P203
Way(s) to turn in assignmentsWay(s) I receive grades
eCampus, Go to Course, then Assignments eCampus grade center

2) LAB ACTIVITIES

<table>
<thead>
<tr>
<th>Lab Activities</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Activity 1.2</td>
<td>Dec. 11</td>
</tr>
<tr>
<td>Activity 3.2</td>
<td>Dec. 12</td>
</tr>
<tr>
<td>Activity 3.3 and Contract</td>
<td>Dec. 13</td>
</tr>
<tr>
<td>Activity 6.1</td>
<td>Dec. 15</td>
</tr>
<tr>
<td>Eating Log</td>
<td>Dec. 18</td>
</tr>
<tr>
<td>Obesity Graph Analysis</td>
<td>Dec. 19</td>
</tr>
<tr>
<td>Activity 7.1</td>
<td>Dec. 20</td>
</tr>
<tr>
<td>Activity 8.1</td>
<td>Dec. 21</td>
</tr>
<tr>
<td>Next Step</td>
<td>Jan. 11</td>
</tr>
<tr>
<td>Activity 9.1</td>
<td>Jan. 12</td>
</tr>
</tbody>
</table>

3) WRITTEN TESTS/FINAL PAPER

<table>
<thead>
<tr>
<th>Written Tests</th>
<th>Date/Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test 1</td>
<td>Dec. 14</td>
</tr>
<tr>
<td>Test 2</td>
<td>Jan. 3</td>
</tr>
<tr>
<td>Research Project</td>
<td>Jan. 9</td>
</tr>
</tbody>
</table>

Go to eCampus, look under assignments, 55 minute time limit for tests.
4) **FITNESS ASSESSMENT**

<table>
<thead>
<tr>
<th>Fitness Assessments</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Initial-Early Semester</strong></td>
<td>Check Announcements-then RSVP</td>
</tr>
<tr>
<td><strong>Final-Late Semester</strong></td>
<td>Check Announcements</td>
</tr>
</tbody>
</table>

5) **EXERCISE PRESCRIPTION REQUIREMENTS**

Your Exercise Prescription will contain the following FOUR components: cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility. Your Prescription components will be determined from your assessment results and in consultation with your instructor.

6) **FITNESS CONTRACT & EXERCISE PRESCRIPTION**

<table>
<thead>
<tr>
<th>Fitness Contract &amp; Prescription</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Personal Fitness Contract &amp; Prescription 3.3</td>
<td>Dec. 13</td>
</tr>
</tbody>
</table>

7) **FITNESS LOGS (3)**

- Fitness Logs Due Dates: Dec. 22, Jan. 5, and Jan. 12
- Must be submitted, starting Dec. 22

8) **GRADING & DEADLINE POLICIES**

Grading & deadline policies: see the following pages. *Work submitted late is subject to reduced credit.*

9) **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 of “F.” The last day to drop/withdraw is .

10) **OTHER CAMPUS INFORMATION:**

To use P215 check with the instructor on duty of that particular class to see if the fitness lab is available.
Grade Form

Lab. Act. 1.2  50  pts.
Lab. Act. 3.2  50  pts.
Fitness Contract  50  pts.
Lab. Act. 3.3  50  pts.
Lab. Act. 6.1  50  pts.
Eating Lab  50  pts.
Lab. Act. 7.1  50  pts.
Lab. Act. 8.1  50  pts.
Next Step/Assessment  50 pts.
Lab. Act. 9.1  50  pts.

Test 1  75  pts.
Test 2  75  pts.

Weekly Logs (3)  200  pts.
Research Projects  150  pts. (Obesity Graph-75 pts.  Cardio Paper 75 pts.)

TOTAL

Grading Scale

<table>
<thead>
<tr>
<th>Points Range</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>900-1000</td>
<td>A = Excellent Performance</td>
</tr>
<tr>
<td>800-899</td>
<td>B = Good Performance</td>
</tr>
<tr>
<td>700-799</td>
<td>C = Average Performance</td>
</tr>
<tr>
<td>600-699</td>
<td>D = Poor Performance</td>
</tr>
<tr>
<td>0-599</td>
<td>F = Failing Performance</td>
</tr>
</tbody>
</table>

Late work receives reduced credit or result in 0 points. There are no extra credit options.