PHED 1164 Syllabus, Wintermester 2018
El Centro College

Instructor Information
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Office Hours: email for appointment

Course Information
Title: Introduction to Physical Fitness & Wellness
Number & Section: PHED-1164-52400
Semester/Year: Wintermester 2018
Credit Hours: 1
Time/Location: MTWTF-online

Course Description
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.

Coordinating Board Academic Approval Number: 31.0501.52 23
Course Prerequisites: College level ready in Reading

Student Learning Outcomes
- Describe how the components of physical fitness impact health and wellness.
- Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
- Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
- Plan, implement, and evaluate a personal fitness program.
- Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

Required Course Materials
You do not need to purchase a textbook for this class. All materials are FREE and will be provided online on ECampus.
Course Outline
This course is divided into eight Lessons, each with required readings and assignments.
1. Taking Charge of your Fitness and Wellness
2. Your Road Map to Fitness and Wellness
3. Nutrition for Wellness
4. Nutrition/Weight Management
5. Lifestyle Disease
6. Mental Wellness
7. Relevant Fitness and Wellness Issues
8. A Lifetime Commitment to Fitness and Wellness

Course Assignments
Workout Log and Wellness Journals
Beginning in Lesson 3, you will keep a weekly journal of your exercise, nutrition, and other health-related habits. You can download the journal template on eCampus.

Labs
Lab assignments help you evaluate your own health and begin to understand how personal behaviors and choices will impact your health and wellness.

Discussion Boards
The discussion boards allow you to introduce yourself to other students in the course, share your experiences and ideas, and ask questions.

Final Exam
The exam consists of five short essay questions that ask you to reflect on the course, evaluate your fitness and health behaviors, and explain any benefits you experienced.

Grading Policy

<table>
<thead>
<tr>
<th>Requirement</th>
<th>Points Each</th>
<th>Total Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Workout Log &amp; Wellness Journals</td>
<td>6 @ 60 points</td>
<td>360 points</td>
</tr>
<tr>
<td>Labs</td>
<td>8 @ 60 points</td>
<td>480 points</td>
</tr>
<tr>
<td>Discussion Boards</td>
<td>2 @ 30 points</td>
<td>60 points</td>
</tr>
<tr>
<td>Clearance for Exercise Participation</td>
<td>1 @ 30 points</td>
<td>30 points</td>
</tr>
<tr>
<td>Final Exam</td>
<td>1 @ 70 points</td>
<td>70 points</td>
</tr>
</tbody>
</table>

Total Course Points: 1,000
Letter Grade Conversion
Use the conversion table to see how your point total will translate to a final letter grade.

<table>
<thead>
<tr>
<th>Total Points</th>
<th>Percent</th>
<th>Letter Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>900-1,000 points</td>
<td>90-100%</td>
<td>A</td>
</tr>
<tr>
<td>800-899 points</td>
<td>80-89%</td>
<td>B</td>
</tr>
<tr>
<td>700-799 points</td>
<td>70-79%</td>
<td>C</td>
</tr>
<tr>
<td>600-699 points</td>
<td>60-69%</td>
<td>D</td>
</tr>
<tr>
<td>599 points and below</td>
<td>59% and below</td>
<td>F</td>
</tr>
</tbody>
</table>

Late Work
This is not a self-paced class. You MUST submit all assignments by the due dates listed in the course Calendar. If you have an issue (family, illness, etc.) that will keep you from finishing an assignment on time, please contact me as soon as possible to discuss it.

Other Course Policies

Participation Policy
Since this is an online class, no on-campus attendance is required. However, you are expected to log in and participate actively via eCampus (http://ecampus.dcccd.edu). Try to check emails daily and access the class at least 3 times a week.

**IMPORTANT:** You must show participation in this class prior to the certification date, by posting to the Self-Introduction discussion board.

Withdrawal Policy
Students sometimes drop a course when help is available that would allow them to continue. Before you drop this course, please contact me. If you are unable to complete this course, your withdrawal request must be received in the Registrar’s Office by [the official drop date]. See: [Dropping or Withdrawing from Classes](http://example.com).

Students receiving any form of financial aid should check with the Financial Aid Office before withdrawing from classes. Withdrawals may affect your eligibility for 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.

Academic Honesty
Someone else cannot complete assignments for you, nor can they take a test with your Student ID number. This is cheating and is in violation of the Student Code of Conduct. If you are caught, all matters of academic dishonesty will result in a failing grade for the assignment -- and possibly for the course. The college may, at its discretion, impose additional penalties on you including academic probation, suspension, or expulsion.
ADA Statement
If you are a student with a disability and/or special needs, contact the college Disability Services Office (DSO). If you are eligible for accommodations, please request that the DSO send your accommodation letter to me as soon as possible.

Institutional Policies
All El Centro students are responsible for knowing and adhering to the following institutional and course-related policies:

- Institutional Policies
- Course-related Institutional Policies
- DCCCD Office of Institutional Equity Syllabi Statement
- Title IX and Sexual Misconduct
- Concealed Carry (Campus Carry)

Statement of Purpose and Core Objectives
Statement of Purpose
Through the Texas Core Curriculum, students will gain a foundation of knowledge of human cultures and the physical and natural world, develop principles of personal and social responsibility for living in a diverse world, and advance intellectual and practical skills that are essential for all learning.

Core Objectives
This course supports, develops, and assesses the following Core Objectives:

- **Critical Thinking Skills (CT)** - creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information
- **Communication Skills (COM)** - effective development, interpretation and expression of ideas through written, oral and visual communication
- **Empirical and Quantitative Skills (EQS)** - manipulation and analysis of numerical data or observable facts resulting in informed conclusions
- **Social Responsibility (SR)** - intercultural competence, knowledge of civic responsibility, and the ability to engage effectively in regional, national, and global communities
Disclaimer

The provisions contained in this syllabus do not constitute a contract between the student and El Centro College. These provisions may be changed at the discretion of the Coordinator/Instructor. When necessary, appropriate notice of such changes will be given to the student.