PHED 164

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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
Listening – Analyze and interpret various forms of spoken communication. Possess sufficient literacy skills of writing, reading – above 12th grade.

Course Prerequisites: College level reading required

COURSE MATERIALS

Text: Stanson, *Commit to be fit: A balanced approach to total health and fitness*. 2004 pre-published. Available at no charge on e-campus.

As a student, you are required to

1. Complete one fitness/wellness assessment.
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 two (2) online tests on e-campus.
ASSIGNMENT GUIDE

The assignment 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 assignments. 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 weekly assignment calendar. In short, the weekly assignment guide shows assignments for the week. Assignments are due on midnight of the last day of the week stated.

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 book 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 if the assignment has been submitted properly, indicating to me that it requires grading. Also, please do not send zip 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; however, time may be modified during holidays and short (flex) term semesters.

2) LAB ACTIVITIES
You will complete laboratories as identified in your Assignments 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. To see comments or grade explanations, you must open the assignment. Lab due dates are listed on the course calendar.

3) ONLINE TESTS
You will complete three (3) online tests on e-campus. They cover material in your textbook. Refer to your Weekly Guide for the exact textbook chapters for each test. Check the course calendar for test dates & deadlines.

4) FITNESS ASSESSMENTS/EVALUATIONS
You will complete one fitness (Wellness) assessment during the semester. The initial & final assessment helps you determine your status in each of five (5) health-related components of physical fitness: cardio respiratory 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. To see comments or grade explanations, you must open the assignment.

5) FITNESS PROGRAM
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. To see comments or grade
explanations, you must open the assignment. Due dates for your fitness program are listed in the course calendar.

6) **FITNESS EXERCISE LOGS**
   You will complete and submit weekly exercise logs of your fitness activities. Forms to log your fitness activities are provided on e-campus. To see comments or grade explanations, you must open the assignment. 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. To see comments or grade explanations, you must open the assignment. 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. To see comments or grade explanations, you must open the assignment. The due date for your plan is listed in the course calendar.

9) **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 or testing may be eligible to receive partial credit (50%). Some assignments are time sensitive and have little or no value if submitted late. Contact your instructor if you have any questions about your progress in the course or computation of your course grade. **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 drop without a “W” is Wednesday, December 13, 2017**
   **The last day to drop with a “W” is Friday, December 22, 2017**

10) **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 7:00 am – 7:00 pm
    Friday 7:00 am – 5:00 pm
    Saturday- Sunday – CLOSED

    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.

    Library Link: [http://www.rlc.dcccd.edu/lrc/rlclib.htm](http://www.rlc.dcccd.edu/lrc/rlclib.htm)
    Tech support link: [FAQs and support site](http://www.rlc.dcccd.edu/dl/)
    Distance learning homepage link: [http://www.rlc.dcccd.edu/dl/](http://www.rlc.dcccd.edu/dl/)
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/](http://www.richlandcollege.edu/qep2013/).

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<th>Topic</th>
<th>Description</th>
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<tr>
<td>Core Courses (if applicable) OR</td>
<td>DCCCD Course Catalog.</td>
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<td>WECM Courses (if applicable) OR</td>
<td>SCANS competencies</td>
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<td>Developmental Courses (if applicable)</td>
<td>The Texas Success Initiative (TSI) is a statewide program designed to ensure that students enrolled in Texas public colleges and universities have the basic academic skills needed to be successful in college-level course work. The TSI requires assessment, remediation (if necessary), and advising of students who attend a public college or university in the state of Texas. The program assesses a student’s basic academic skills in reading, writing, and math. Passing the assessment is a prerequisite for enrollment in many college-level classes such as English 1301/1302, History 1301/1302, Math 1414, etc. Students who do not meet assessment standards may complete prerequisite requirements by taking developmental courses in the deficient area and passing them with a grade of C or higher. In some cases retesting will also be required. It is up to each student to be aware and informed about requirements that are subject to change. Additional information is available from the TSI Office in T170T or T170S (phone no. 972-238-6115 or 972-238-3787) or at <a href="http://www.rlc.dcccd.edu/regi/resource/TSI.htm">http://www.rlc.dcccd.edu/regi/resource/TSI.htm</a></td>
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| Specific Course Learning Outcomes (if applicable) | Specific Course Learning Outcomes are determined by program coordinators and related faculty. (normally for transfer courses not in CORE) |
| Required/Recommended Mat. | Textbook with complete bibliographic information, manuals, equipment, etc. |
| ISBN for Textbook | |
| Evaluation Procedures | Weighting of assignments, exams, etc. |
| Grading Scale | Method of calculating final grade, using points, percentages, etc. |
| Exams and Assignments | Number and type of exams and major assignments |
| Attendance Policy | In order to be successful students must attend and participate in enrolled courses. |
| Attendance Policy for DL Winter Term | “This section will require students to engage in class activities during the winter holiday period.” |
| Classroom Policies: Food, drink, cell phones, etiquette, etc. | Instructional staff are responsible for setting policy regarding use of food, drink and cell phones in each class they teach. Faculty will include a statement in course syllabi detailing their policy. Exceptions: This right does not extend to classrooms/areas with or near computers, lab materials, equipment, and/or college-owned books—these are restricted from food and drink. |
| Course Drop Date: | The last day to drop this class is Friday, December 22, 2017 |
| Academic Progress: | Students are encouraged to discuss academic goals and degree completion with their instructors. Specific advising is available throughout the semester. Check [www.richlandcollege.edu/admissions/process.php](http://www.richlandcollege.edu/admissions/process.php) for more details. |
| Institution Policies | For Institution Policies, please refer students to [www.richlandcollege.edu/syllabusinfo/syllabiInformation.pdf](http://www.richlandcollege.edu/syllabusinfo/syllabiInformation.pdf) |
| Syllabus Change Disclaimer | The instructor reserves the right to amend a syllabus as necessary. |