PHED 1164: Introduction to Physical Fitness and Wellness

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.

Approval Number: 36.0501.52.23

Maximum SCH per student: 1

Maximum SCH per course: 1

Maximum contact hours per course: 48

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.

PHED 1134: Lifetime Fitness and Wellness II (1 Credit Hour)

Course Description: This is a Texas Common Course Number. Basic skills and techniques of fitness-related activities are developed beyond the beginner level. (3 Lab.)

Coordinating Board Academic Approval Number: 3601085123

PHED 1141–Intermediate Weight Training (1 Credit Hour)

Course Description: This is a Texas Common Course Number. Skills and instruction in weight training techniques are developed beyond the beginner level. (3 Lab.)

Coordinating Board Academic Approval Number: 3601085128

PHED 1119: Beginning Weight Training (1 Credit Hour)

Course Description: This is a Texas Common Course Number. This is a DCCCD Core Curriculum Course. Course Description: Instruction in weight training and conditioning techniques are stressed. Emphasis is placed on muscular strength and endurance. (3 Lab.)

Coordinating Board Academic Approval Number: 36010851283

Student Learning Outcomes: Upon successful completion of this course, student will:

1. Demonstrate and evaluate personal fitness level and or skill level through a pre/post fitness assessment.
2. Complete and analyze data and information in personal wellness portfolio that includes but is not limited to fitness, nutrition, weight management, stress labs and activities.
3. Evaluate personal wellness behaviors and identify methods to obtain lifelong healthy habits.

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.

**Recommended Text:** Fitness and Wellness 12th edition Authors: W.H. Hoeger and Sharon A Hoeger

Evaluation Procedure:

**Your grade will be derived from** 1. Attendance. Students will be given the opportunity to make up all missed assignments due to an absence. 2. The physical and mental effort put into your fitness program. Students are required to follow and perform a balanced fitness program, wear proper athletic attire and come to class prepared. 3. The accuracy and thoroughness of your training diary. Using the required format, students will keep a detailed record of each performed fitness activity. *Failure to meet the above requirements will adversely affect a student’s grade.*

**Grade Scale:** A = 100-90  B = 89-80  C = 79-70  D = 69-65  F = 64 or below

**Class Procedures:** 1. Be dressed to workout. Athletic workout type clothes and sport type running/walking rubber sole shoes are required. 2. Bring towel to put on workout equipment as you work out. 3. Nothing to eat or drink in workout room except bottled water with cap. 4. All personal belongings go in designated area during workout. No phones during workout. 5. Log in each day’s workout in your journal. Keep good records of your progress. 6. Use your time wisely. Make it count. 7. Make every effort to attend each class session. Each session is an opportunity for improvement in our fitness. 8. Set realistic goals and work in a progressive manner to achieve them. 9. Use a “spotter” when using heavy weights. 10. Replace free weights when finished. Leave empty bars on benches. 11. Use collars for safety. 12. Be serious and courteous about your workout. No sitting and socializing on equipment for extended time. 13. No children are permitted in fitness lab.

**Outline:** Weeks 1-2 - Lectures
- Introduction to “Fitness and Wellness text”
- Equipment demonstration
- How to’s for fitness journal Weeks 3-4 - Guide students toward development of a personal fitness program Weeks 4-8 - Apply principles in chapters 1-9 of text book while engaging in various physical activities as well as health and wellness awareness to encourage a lifelong approach to a healthy lifestyle.

**Tests/Assignments:**
- Construct a balanced personal fitness program
- Keep an accurate record in a training journal using a standardized format of evaluation
- Knowledge of basics/fundamentals as presented in text “Fitness and Wellness”
LAST DAY TO DROP: Sections: 48501 Nov. 27

CERTIFICATION DATE: Sections: 48501 Oct. 28

“Institutional Policies relating to this course can be accessed from the following link:”

www.eastfieldcollege.edu/syllabipolicies

Instructor reserves the right to amend the syllabus at any time.