Eastfield College - STEM Division
Course Syllabus 2019FA 1st 8 Weeks  8/26 to 10/16
PHED 1119-47500 Beginning Weight Training PHED 1141-47500
PHED 1164--47500 Intro to Fitness and Wellness I
PHED 1134-47500 Lifetime Fitness and Wellness II
Instructor: Dr Larry Richmond

Contact Information:
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Hours Available: By appointment; Office #P212

Meeting Times: MW, 7:05 -8:20 PM 47500

COURSE DESCRIPTION
PHED 1119 (1 Credit Hours)
Beginning Weight Training
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 3601085128

PHED 1134 (1 Credit Hours)
Lifetime Fitness and Wellness II
This is a Texas Common Course Number.
Course Description: Basic skills and techniques of fitness-related activities are developed beyond the beginner level. (3 Lab.)
Coordinating Board Academic Approval Number 3601085123

PHED 1141 (1 Credit Hours)
Intermediate Weight Training
This is a Texas Common Course Number.
Course Description: Skills and instruction in weight training techniques are developed beyond the beginner level. (3 Lab.)
Coordinating Board Academic Approval Number 3601085128

PHED 1164 (1 Credit Hours)
Lifetime Fitness and Wellness I
This is a Texas Common Course Number. This is a DCCCD Core Curriculum Course.
Prerequisite: DREA 0093 or English as a Second Language (ESOL) 0044 or have met the Texas Success Initiative (TSI) standard in Reading.
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. (3 Lab.)
Coordinating Board Academic Approval Number 3105015223

You must attend and participate in your on-campus or online course(s) in order to receive federal financial aid. Your instructor is required by law to validate your
Attendance in your on-campus or online course in order for you to receive financial aid. You must participate in an academic related activity pertaining to the course but not limited to the following examples: initiating contact with your instructor to ask a question about the academic subject studied in the course; submitting an academic assignment; taking an exam; completing an interactive video; participating in computer-assisted instruction; attending a study group assigned by the instructor; or participating in an online discussion board about academic matters relating to the course. In an online course, simply logging in is not sufficient by itself to demonstrate academic attendance. You must demonstrate that you are participating in your online class and are engaged in an academically related activity such as in the examples described above. Failure to do so will prevent you from being certified and will affect your financial aid.

TEXTBOOKS

Fitness and Wellness; Hoeger & Hoeger; 12th edition - ISBN-9780495388401 (recommended)

Student Learning Outcomes:
Upon successful complete 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.

INSTRUCTIONAL METHODS: Lecture and laboratory

COURSE MATERIALS

1. Required Text:
   (A textbook and/or class handouts will be selected by the individual instructor/PHED Department and will include content that supports course objectives)
2. Attire:
   Appropriate workout clothing must be worn during class.

GENERAL COURSE OUTLINE

Throughout the semester students will be actively involved in PHED 1164 as follows:
* attend the course orientation
* read assigned textbook chapters and/or class handouts
* listen to lectures relating to the course objectives and to the topics found in the textbook/class handouts
  * perform laboratory activities to assess health status, physical fitness, stress level, nutrition status, and weight. Students may participate in various laboratory activities which may include, but are not limited to, the following:
    - explain how health risks, dietary habits, and exercise habits are impacted by gender and ethnic/cultural influences
    - analyze personal dietary habits and determine desirable body weight (may use computer software, if available)
- determine personal stress level and develop a plan to reduce stress
* participate in pre/post physical assessments to determine cardio-respiratory endurance, muscle strength, muscle endurance, flexibility, and body composition
* design and implement an exercise program to support personal fitness/wellness goals
* maintain an exercise log to monitor frequency, intensity, and duration of a personal exercise program
* take written examinations to test cognitive understanding of fitness/wellness concepts

GRADE SCALE

90-100=A
80-89=B
70-79=C
69 & below=F

ATTENDANCE POLICY
Attendance is expected for all class sessions.

COURSE POLICIES will be discussed during orientation.

METHODS OF EVALUATION may include, but are not limited to, the following:

1. Pre/Post Fitness Assessments
   * To determine cardio-respiratory endurance, muscle strength, muscle endurance, flexibility, and body composition.

2. Written Exams
   * To assess cognitive understanding of fitness/wellness concepts

3. Attendance/Workout Charts or Exercise Journals
   * To record and monitor personal fitness program to improve fitness parameters

4. Laboratory Assignments
   * To determine how gender impacts health risks, dietary habits, and exercise habits
   * To determine personal stress level and develop a plan to reduce stress

5. Health/Wellness Inventories
   * To evaluate personal habits to determine impact on health/wellness

FINAL GRADE will be based upon the following:

1. CLASS PARTICIPATION/ATTENDANCE
   * Daily Exercise Journals
   * Personal Goals
   * Attendance/Workout Charts

2. WRITTEN EXAMINATIONS/LABORATORY ASSIGNMENTS:
   * Textbook readings/class handouts

3. PHYSICAL FITNESS
   * Pre/Post Physical Fitness Assessments

STUDENT ACKNOWLEDGEMENT and/or PHYSICAL SCREENING FORM will be provided during orientation.

Certification date: Aug. 31.
W-withdraw by the following date: 10/3.

www.eastfieldcollege.edu/syllabipolicies

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