



Physical Education 1164.221CL
Introduction to Physical Fitness and Wellness
Spring 2022 Semester - 16 Weeks
Monday 6:00 PM –8:50 PM
COM Gym – Room 118

Instructor Information

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Office Phone: 409-933-8422

Student Hours and Location: Student hours (office hours) are set aside for tutorials and questions about our class. Virtual meetings will take place through Microsoft Teams, and you will have the option of chatting, voice calls and video conferencing to ask questions about the class. During this time, I will also respond through COM email. If you prefer to meet face-to-face during our Student Hours, simply drop by before the start of class.

Student hours are:

- Monday
 - 5:30 PM – 6:00 PM

Utilizing the COM Gym:

Hours of Operation

- Monday - Friday from 7:00 am - 7:00 pm
- Saturday from 8:00 am - 12:00 pm
- Sunday from 12:00 pm – 4:00 pm

To Enter and Use the COM Gym Facility

- You must have your COM I.D.
- If you do not have a COM I.D., to have one made, go to the Welcome Center which is on the 1st floor of our new Administration Building (building #2).
- You must wear sneakers and appropriate gym attire (“yoga” pants, shorts, tank tops, t-shirts, etc.)
- You may or may not wear a face covering. It is your choice.

Required Textbook/Materials: The Introduction to Physical Fitness and Wellness PHED 1164 course workbook is required for this class and will be needed for week 1. See the two options below and choose which works best for you.

Option 1 - Hard copies of the course workbook are available in the COM bookstore. You will be able to complete the required lab activities (fitness assessments and tracking your workouts) by writing in the course workbook.

The COM bookstore link is below:

<http://www.combookstore.com/home>

Option 2 – A digital copy of the course workbook is available in Blackboard as a Word document. You will be able to download the digital copy to your computer and complete the lab pages electronically. You may also print out those pages to complete the required lab activities (fitness assessments and tracking your workouts) if you prefer writing instead of typing.

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.

Course Requirements:

- Course workbook (hard copy or digital version)
- Smart phone with a working camera and video capabilities along with the capability to add course required fitness apps (example: Run Keeper)
- Workout shoes and clothes J

Computer and internet access are necessary to complete most assignments. If you do not have your own computer and internet access, you may utilize the computers in the Innovations Computer Lab and the library.

All assignments need to be submitted in one of the following approved formats:

- 1st option - Hard copy, submitted in class.
- 2nd option - When applicable, you may submit assignments on Blackboard.

During the semester you will be completing assignments and workouts along with reviewing course material and taking exams. You may be evaluated through instructor observation, assignment rubrics, peer assessment and standardized testing.

Initial Fitness Assessment = 50 PTS

This assignment will be based on the first two steps of the self-help approach to behavior change which is assessing behavior and setting goals. You will determine your current fitness level by means of a general fitness assessment. The assessment will include girth measurements, body mass index, waist-to-hip ratio, body composition, flexibility measurements, muscular endurance tests and a cardiovascular endurance test.

Final Fitness Assessment = 50 PTS

This assignment will be based on all 4 steps of the self-help approach to behavior change which is assessing behavior, setting goals, formulating an action plan, and evaluating progress. You will determine your fitness level at the end of the semester by means of a general fitness assessment. The assessment will include girth measurements, body mass

index, waist to hip ratio, body composition, flexibility measurements, muscular endurance tests and a cardiovascular endurance test.

Written Exams = 150 PTS

You will complete three multiple choice, true/false and matching exams. The exams will cover the following: lecture topics on nutrition and lecture topics on fitness and wellness. Additional topics may be added during the semester.

Workouts = 200 PTS

You will complete 20 workouts based on the 2nd, 3rd, and 4th steps of the self-help approach to behavior change which is setting goals, formulating an action plan and evaluating progress (tracking your workouts and making changes as needed to reach your goals). These workouts will be submitted throughout the semester to earn credit and receive feedback.

Goal Setting = 10 PTS

This plan will be based on the first three steps of the self-help approach to behavior change which is assessing behavior, setting goals, and formulating an action plan. You will create a starting plan for your workouts and set fitness goals.

Health Risk Assessment = 10 PTS

You will determine your health risks for cancer, diabetes, osteoporosis, heart disease and stroke. Once the assessment is complete, you will research each disease processes and answer questions about each disease.

Target Heart Rate = 5 PTS

This assignment is based on the 2nd step of the self-help approach to behavior change which is setting goals. You will calculate your recommended exercising heart rate zone. This calculation (using the Karvonean formula) is based on personal data (maximum heart rate, resting heart rate, heart rate reserve and age).

Resting Metabolic Rate = 5 PTS

You will utilize the Basal Metabolic Rate (BMR) formula and the Harris Benedict equation to calculate recommended caloric intakes based on your varying activity levels.

Musculoskeletal Fitness Lab = 10 PTS

You will perform a battery of exercises which will include specific measures for the upper and lower body.

Determination of Course Grade/Detailed Grading Formula: During the semester you will be completing assignments, papers, workouts and exams. They may be evaluated by instructor observation, assignment rubrics, peer review and standardized testing.

Grading Scale:

450 - 500 Points = A
400 - 449 points = B
350 - 399 points = C
300 - 349 points = D
< 299 points = F

Late Work, Make-Up, and Extra Credit Policy: You are expected to complete and submit work on time. If you are not able to submit an assignment by the due date, you will have up to 14 days past the original due date to submit the assignment late. One point will be deducted for each day the assignment is late. Assignments are no longer accepted for credit after 14 days past the original due date. Assignments are not accepted for credit once the semester ends.

There is one exception to this policy. If you are not able to complete any of your required weekly workouts due to a busy schedule, illness, or injury, you will have the option of making up some of those workouts without penalty. Below is the policy regarding make-up workouts:

- You may make up only one workout per week.

There will be Extra Credit opportunities offered throughout the semester. Each Extra Credit opportunity is worth five extra credit points. You may earn a maximum of 15 extra credit points by participating. Extra Credit will be based on course content and assignments. Participation is optional. The benefit to participating is to build on your prior knowledge of the topics and to earn extra credit.

Attendance Policy: You are required to attend class on a regular basis. COM policy states that “students are not permitted a determined number of absences”. Full participation in all course activities is required to earn credit for all graded activities.

Communicating With Your Instructor: Due to FERPA restrictions, faculty cannot share any information about performance in the class through personal email accounts. Electronic communication of this nature must be through your COM email.

Student Learner Outcome (SLO)	Maps to Core Objective(s)	Assessed via this Assignment
Describe how the components of physical fitness impact health and wellness.	N/A	Lecture Topic Exams
Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.	Communication	Reflection Paper - Communication
Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Empirical and Quantitative Skills	My Dietary Analysis – Metabolic Rate Lab
Plan, implement, and evaluate a personal fitness program.	Critical Thinking	My Weekly Workouts
Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Teamwork	Exercise Prescription - Teamwork

Academic Dishonesty: Any incident of academic policy will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as cheating on

exams, quizzes or assignments is an extremely serious offense and will result in a grade of zero. The student will also be referred to the Office of Student Conduct for the appropriate disciplinary action.

Student Concerns: If you have any questions or concerns about any aspect of this course, please contact me using the contact information previously provided. If, after discussing your concern with me, you continue to have questions, please contact Sheena Abernathy, Science and Engineering Department Head, at 409-933-8330 or sabernathy@com.edu

Classroom Conduct Policy:

College of the Mainland requires that students enrolled at COM be familiar with the Standards of Student Conduct, which can be found in the on-line Student Handbook. <http://www.com.edu/student-services/student-handbook.php>. Any violations of the Code of Conduct will result in a referral to the Office for student Conduct and may result in dismissal from this class.

The GCIC Academic Symposium: The Gulf Coast Intercollegiate Consortium (GCIC) Academic Symposium is a yearly academic conference held at College of the Mainland in Texas City. This year, the symposium is Friday, April 1, 2022. The abstract submission deadline is Friday, Feb. 25, 2022, at 11:59pm.

A primary goal of this event is to encourage community college students to participate in academic discourse, thereby providing them with the experience of presenting original research in an academic environment, networking with peers, faculty and general public.

COM's GCIC Academic Symposium is an opportunity for students to showcase their best academic and creative projects. Participation in the symposium helps develop your professional skills, widens your professional networks, and should be noted on your resume.

If you are interested in the symposium or simply would like to learn more about the event, I would be happy to meet with you. I would enjoy chatting with you regarding your ideas 😊. You can also learn more at: <http://www.com.edu/symposium>.

COM Honors Program Mission Statement:

The College of the Mainland (COM) Honors Program provides highly motivated students challenges above and beyond their typical coursework. Students may enroll in honors courses or seek honors contracts and work one-on-one with COM faculty to develop independent projects. Honors contracts enhance students' work ethic and provide opportunities to expand academic networks.

If you are interested in earning honors credit in our course, please let me know. I would be happy to meet with you and discuss your options and the process.

How to earn honors credit in regular classes

Honors contract requirements:

- The student must complete a research paper, special project, performance or creative project, or other work in addition to the usual requirements of the course. The student will complete at least 15 hours in addition to normal course work on the project.

- The professor must approve the honors project for his/her course.
- The honors committee must approve the project.
- If the honors project involves human subjects, contact COM's Institutional Review Board at ir@com.edu before starting.
- The student will present their final results.
- The student must earn an A in the contracted course.
- The student must develop a meeting schedule with the professor.
- The student and the instructor must sign the honors contract.
- Submit a completed original typed copy of this form to the honors committee co-chair(s).
- The student and professor will develop a rubric for assessing whether a completed honors project merits honors credit. They will submit the rubric with the signed honors contract.
- Co-chairs may contact the faculty to learn the status of the project.
- The student must submit a final report to one of the co-chairs prior to the contract deadline. The final report must include the rubric developed jointly by the student and professor with the professor's comments on whether the student satisfied the criteria in the rubric and should receive honors credit.

Honors Scholars Recognition

Any student who completes at least 12 honors credit hours, maintains a GPA of 3.5 or higher, completes at least 24 hours of approved community service and completes at least 18 hours at COM will be recognized as a COM scholar at graduation.

Technology Outage Policy: Students are responsible for completing all course work by the due dates stated in the syllabus. Occasionally the College may experience emergency campus-wide technology outages, should this occur during an exam or submission of an assignment on Blackboard, you will need to notify the instructor. The due date will be extended after the campus-wide outage is confirmed by Informational Technology. An announcement/email will be sent to all students relaying the information about the new due date.

Institutional Policies and Guidelines

Grade Appeal Process: Concerns about the accuracy of grades should first be discussed with the instructor. A request for a change of grade is a formal request and must be made within six months of the grade assignment. Directions for filing an appeal can be found in the student handbook. <https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf>. *An appeal will not be considered because of general dissatisfaction with a grade, penalty, or outcome of a course. Disagreement with the instructor's professional judgment of the quality of the student's work and performance is also not an admissible basis for a grade appeal.* https://build.com.edu/uploads/sitecontent/files/student-services/Student_Handbook_2019-2020v5.pdf

Academic Success & Support Services: College of the Mainland is committed to providing students the necessary support and tools for success in their college careers. Support is offered through our Tutoring Services, Library, Counseling, and through Student Services. Please discuss any concerns with your faculty or an advisor.

ADA Statement: Any student with a documented disability needing academic accommodations is requested to contact Holly Bankston at 409-933-8520 or hbankston@com.edu. The Office of Services for Students with Disabilities is located in the Student Success Center.

Counseling Statement: Any student needing counseling services is requested to please contact Holly Bankston in the student success center at 409-933-8520 or hbankston@com.edu. Counseling services are available on campus in the student center for free and students can also email counseling@com.edu to set up their appointment. Appointments are strongly encouraged; however, some concerns may be addressed on a walk-in basis.

Textbook Purchasing Statement: A student attending College of the Mainland is not under any obligation to purchase a textbook from the college-affiliated bookstore. The same textbook may also be available from an independent retailer, including an online retailer.

Withdrawal Policy: Students may withdraw from this course for any reason prior to the last eligible day for a “W” grade. Before withdrawing students should speak with the instructor and consult an advisor. Students are permitted to withdraw only six times during their college career by state law. The last date to withdraw from the 1st 8-week session is March 2. The last date to withdraw from the 16-week session is April 25. The last date to withdraw for the 2nd 8-week session is May 4.

F_N Grading: The F_N grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The F_N grade may be issued for cases in which the student ceases or fails to attend class, submit assignments, or participate in required capacities, and for which the student has failed to withdraw. The issuing of the F_N grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an F_N grade.

Early Alert Program: The Student Success Center at College of the Mainland has implemented an Early Alert Program because student success and retention are very important to us. I have been asked to refer students to the program throughout the semester if they are having difficulty completing assignments or have poor attendance. If you are referred to the Early Alert Program you will be contacted by someone in the Student Success Center who will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

COVID-19 Statement: All students, faculty, and staff are expected to familiarize themselves with materials and information contained on the College of the Mainland’s Coronavirus Information site at www.com.edu/coronavirus. In compliance with [Governor Abbott's May 18 Executive Order](#), face coverings/masks will no longer be required on COM campus. Protocols and college signage are being updated. We will no longer enforce any COM protocol that requires face coverings. We continue to encourage all members of the COM community to distance when possible, use hygiene measures, and get vaccinated to protect against COVID-19. Please visit com.edu/coronavirus for future updates.