



**PHED 1164-006I5**  
**Introduction to Physical Fitness and Wellness**  
**Summer 2025- Session 2**  
**Online**

**Instructor Information:** Lisa Brashier M.Ed.

Email: [lbrashier@com.edu](mailto:lbrashier@com.edu)

Phone: 281-290-3972

**Student hours and location:** Monday-Thursday: 9:00 am-12:00 pm via Microsoft Teams, COM email or D2L chat. All other days/times by appointment.

**Required Textbook/Materials:**

**You will need an Activity Tracker and eFit (your interactive eBook) for this class.**

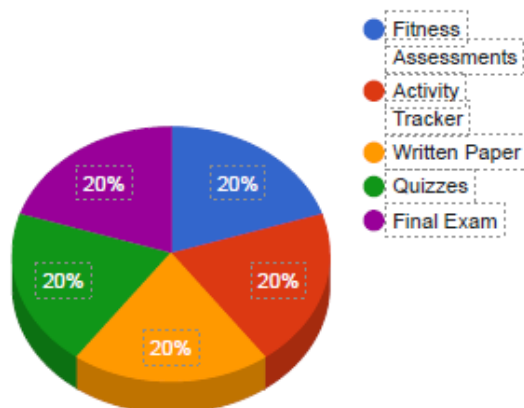
1. An **activity tracker** (Fitbit, Apple Watch, etc..) is required. If your activity tracker is not a Fitbit, it needs to be compatible with Google Fit. Alternative methods such as mobile tracking are also available.
2. **eFit:** Registration for eFit is required for this class.
  - **Register at eFit:** <https://efit.health/register/register.php?c=879>
  - There is a cost for the eFit lab portion of this class (\$59)
  - Use this link if you need to purchase eFit through the bookstore to use financial aid.  
<https://www.combookstore.com/CourseMaterials?ids=8779303&search=eFit>

**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.

**Determination of Course Grade:**

**Letter Grade Assignment**

Letter Grade	Total Points	Final Percent
A	450-500	90-100%
B	400-449	80-89%
C	350-399	70-79%
D	300-349	60-69%
F	Below 300	59% and below



Assignment	Details	Points	Percent
Activity Tracker	Sync activity tracker with <a href="https://efit.health">https://efit.health</a> . Your eFit username should be the first part of your D2L login username, up to the @ symbol.	100	20%
Fitness Assessment	1-mile walk, Push-ups, and Plank (50 points for the Pre-Test and 50 points for the Post-Test). Submit to <a href="https://efit.health">https://efit.health</a> .	100	20%
Nutrition Written Paper	Track nutrition for 3 days follow instructions in D2L to write paper. (Submit in D2L)	100	20%
Quizzes	8 D2L Module Quizzes, Syllabus Quiz and Par-Q (10 points per quiz)	100	20%
Final Exam	Complete in D2L	100	20%
<b>Total</b>		<b>500</b>	<b>100%</b>

## Course Requirements:

### Activity Tracker Assignment

**Alternative Methods:** [Fitbit MobileTrack](#) is free software that will track steps on your phone. This is an alternative to using an activity tracker. However, purchasing an activity tracker is recommended.

#### Details:

1. If using a Fitbit, you can set up an account at <https://fitbit.com>
2. If you are using an activity tracker other than Fitbit, you will need to download the [Google Fit](#) app onto your phone.

3. **Register at eFit** using the link at the top of your syllabus in the **Required Textbook/Materials** section. This is important because your Activity Tracker and Fitness Assessment Assignments are calculated at eFit.
4. After logging in, click Sync Tracker on the left menu and follow the steps to link your activity tracker to eFit. You will only need to Sync once on eFit. This will enable your activity to be automatically tracked and auto submitted to your grade book at the end of the semester.

Wear your activity tracker at least 5 out of 7 days/week. **Obtain at least 100 Active Minutes/week or 10,000 steps/day for maximum credit.** Your weekly grade will be determined by the highest value between active minutes and steps. You need to open the activity tracker on your phone at least once a week.

- If you are unsure how to use your activity tracker, please look at that manufacturer's website for instructions and details.
- You need to sync your activity tracker at least once a week with your smartphone. It is best to sync every Monday. To sync your data just open the app that is associated with your activity tracker.
- You do not have to submit any documents for this assignment as eFit will sync your activity grade with your D2L grade book at the end of the semester.

#### **Activity Tracker Assignment Grading Scale**

<b>Grade Percent</b>	<b>Average Steps/Day</b>		<b>Activity Minutes/Week</b>
100	10,000 or more	<b>or</b>	100
90	9,000		90
80	8,000		80
70	7,000		70
60	6,000		60
50	5,000		50
40	4,000		40
30	3,000		30
20	2,000		20
10	1,000		10
0	0		0

#### **eFit includes the following:**

- Your personalized eBook access
- Activity tracker assignment
- Fitness assessment data collection
- Nutrition Written Assignment instant feedback

- The eFit system compares your writing to the assignment requirements and grading rubric
- Provides advice on how to improve your paper
- Custom weight training routines
- Cardiovascular training program
- Custom meal plans that consider your budget
- An online walking journey
- Completion badges to earn
- Assignment reminders
- And much more!

### **Fitness Assessment Assignment:**

You will perform a Pre-Test Fitness Assessment at the beginning of the semester, consisting of several fitness tests. You will do the same fitness assessment again (Post-Test) at the end of the semester to see your progress. You will not be graded on performance, so please enter your results accurately. Each assessment is worth 50 points. Your Fitness Assessment points will be added to your D2L gradebook at the end of the semester. Please see the instructions in D2L for the 1 Mile Walk Test, Plank and Push Ups fitness test.

Enter your results at <https://efit.health>.

### **Nutrition Written Assignment:**

You will have one written assignment that you will participate in this semester. This is a 3-day nutrition diary of everything you eat and drink. You need to start this at least 4 days before the due date. However, you can start it anytime once the class starts. The directions and rubric for grading the assignment are located under the content tab in D2L. Please refer to the D2L calendar to see the due date for this assignment. Do NOT wait until the due date to start or it will be incomplete.

**Nutrition Written Assignment Grading Rubric: 100 points.**

- **5 Points** Save your Nutrition Paper, as an example: John Doe Nutrition Paper.docx
- **5 Points** Cover Page
- **5 Points** Only One document. Your graphs must be inserted into your written work document.
- **5 Points** Works Cited and/or Reference Page
- **10 Points** Same layouts as Sample Paper. Must include all these sections: Nutritional Write Up, Initial Thoughts, What I Learned, Concluding Remarks
- **10 Points** 3-day log and % consumption report

- **10 Points** 500-word minimum write-up
- **10 Points** Grammar and Sentence Structure
- **10 Points** Charts and Graphs from the fitness app
- **10 Points** Personal Consumption Analysis
- **10 Points** Comparison to Nutritional Guidelines
- **10 Points** Application to Body Composition

### **Quizzes:**

You will complete eight module quizzes located under the Content tab in D2L. The study materials are in the PowerPoint slides located in D2L. You can complete any of these quizzes any time during the semester before the due date. Each quiz will have 10 multiple-choice questions. (You may see one or two short answer questions.) You will have 60 minutes to complete each quiz, after which, if time expires the quiz will automatically submit for grading. Please refer to the D2L online calendar for quiz availability and due dates/times. There will be no makeup quizzes.

### **Final Exam Details:**

- The exam will open on **Monday, August 4th at midnight.**
- The deadline for completing the exam is **Friday, August 8th 11:59pm.**
- You will only be able to take the exam once.
- The exam is NOT common sense. You will need to use the PowerPoints to help you with the exam.
- You can take the exam from any location. It does not have to be on campus.
- Once you start the exam, you must complete it. You cannot stop and save it.
- You will have 2 hours to complete the exam.
- The questions will be delivered one at a time.
- Once you answer a question and go to the next question, you cannot go back to a previous question.
- Please review all your grades for this class. If you have any questions, you must email me before **Saturday, August 9th, by 9:00 am.**

### **Late Work, Make-Up, and Extra-Credit Policy:**

No Late Work Accepted for this ONLINE Kinesiology Class!

**Attendance Policy:** You are required to “attend” this class regularly by logging into the course on D2L and completing work. You'll also need to meet your daily step goals, which will be tracked through eFit. You are required to complete the PAR-Q and Syllabus Quiz by the Census day. If they are not complete by the Census day, you will be dropped for non-attendance.

**Communicating with your instructor:** ALL electronic communication with the instructor must be through your COM email. Due to FERPA restrictions, faculty cannot share any information about performance in the class through other electronic means. I will return all emails within 24 hours Monday-Friday and with intermittent replies on the weekend.

**Academic Dishonesty:** Academic integrity is a fundamental principle of learning. In this course, all students are expected to uphold the highest standards of academic honesty. Any form of academic dishonesty, including, but not limited to, plagiarism, cheating on exams or assignments, unauthorized collaboration, falsifying data or sources, or submitting the work of others as your own (including AI) will not be tolerated. The minimum penalty will be a zero for the assignment. The student will also be referred to the Judicial Coordinator for further disciplinary action. Students are responsible for understanding what constitutes academic dishonesty. If you are unsure whether something may be considered a violation, please ask me before submitting your work.

**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** (Department of Science and Engineering Chair) 409-933-8330. [sabernathy@com.edu](mailto:sabernathy@com.edu)

#### **Course Outline:**

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| • Activity Tracker Assignment Begins           | Monday, July 7th   |
| • Par-Q  | Before Wednesday, July 9 <sup>th</sup> at 11:59 PM             |
| • Syllabus Quiz                                | Before Wednesday, July 9 <sup>th</sup> at 11:59 PM             |
| • Fitness Assessment Pre-Test                  | Before Friday, July 11 <sup>th</sup> at 11:59 PM               |
| • Nutrition Written Assignment Upload          | Before Friday, July 25 <sup>th</sup> at 11:59 PM               |
| • Module 1 Quiz - Intro to Health and Wellness | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 2 Quiz - Cardiovascular Endurance     | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 3 Quiz - Strength                     | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 4 Quiz – Nutrition                    | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 5 Quiz – Weight Management            | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 6 Quiz - Flexibility                  | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 7 Quiz – Relevant Fitness Topics      | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Module 8 Quiz – Wellness Issues              | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM <sup>4</sup> |
| • Fitness Assessment Post-Test                 | Before Sunday, August 3 <sup>rd</sup> at 11:59 PM              |
| • Fitness Tracker Assignment                   | Sunday, August 3 <sup>rd</sup> at 11:59 PM                     |
| • FINAL EXAM will be taken ONLINE using D2L.   |  |
| ○ Exam Opens                                   | Monday, August 4th   |
| ○ Exam Closes                                  | Friday, August 8 <sup>th</sup> at 11:59 pm.                    |

Student Learner Outcome	Maps to Core Objective	Assessed via this Assignment
1. Describe how the components of physical fitness impact health and wellness.	Communication Skills and Critical Thinking	Module Quizzes Fitness Assessment
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.	Communication Skills and Personal Responsibility Critical Thinking	Nutrition Paper Module Quizzes
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Critical Thinking Empirical & Quantitative Skills	Nutrition Paper Fitness Assessment Activity Tracker
4. Plan, implement, and evaluate a personal fitness program.	Critical Thinking Empirical & Quantitative Skills Personal Responsibility Communication	Activity Tracker Fitness Assessment Nutrition Paper
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Personal Responsibility Communication	Activity Tracker Nutrition Paper Module Quizzes

### 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://www.com.edu/student-services/docs/Student\\_Handbook\\_2024-2025\\_v2.pdf](https://www.com.edu/student-services/docs/Student_Handbook_2024-2025_v2.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.*

**Academic Success & Support Services:** College of the Mainland is committed to providing students with 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:

Kimberly Lachney, Student Accessibility Services Coordinator

Phone: 409-933-8919

Email: [AccessibilityServices@com.edu](mailto:AccessibilityServices@com.edu)

Location: COM Doyle Family Administration Building, Student Success Center

**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 for the 2<sup>nd</sup> 5-week session is **August 1**.

**FN Grading:** The FN grade is issued in cases of *failure due to a lack of attendance*, as determined by the instructor. The FN 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 FN grade is at the discretion of the instructor. The last date of attendance should be documented for submission of an FN 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.

**Resources to Help with Stress:**

If you are experiencing stress or anxiety about your daily living needs including food, housing or just feel you could benefit from free resources to help you through a difficult time, please click here <https://www.com.edu/community-resource-center/>. College of the Mainland has partnered with free community resources to help you stay on track with your schoolwork, by addressing life issues that get in the way of doing your best in school. All services are private and confidential. You may also contact the Dean of Students office at [deanofstudents@com.edu](mailto:deanofstudents@com.edu) or [communityresources@com.edu](mailto:communityresources@com.edu).

**Nondiscrimination Statement:**

The College District prohibits discrimination, including harassment, against any individual on the basis of race, color, religion, national origin, age, veteran status, disability, sex, sexual



orientation, gender (including gender identity and gender expression), or any other basis prohibited by law. Retaliation against anyone involved in the complaint process is a violation of College District policy.