



Physical Education 1164.001 I1
Introduction to Physical Fitness and Wellness
Spring 2025 – 1st 8 Weeks
D2L - Asynchronous Online

Instructor Information

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Student Office Hours and Location: Student office hours are set aside for tutorials and questions about our class. If you prefer to meet face-to-face during our student office hours Monday - Thursday, simply drop by my office, which is room 123 in the gym. We can also meet virtually on Monday – Thursday. 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. See the schedule below.

Student Office Hours:

Monday - Thursday

- 11:00 am – 12:15 pm – face-to-face in Gym 123

Friday

- 9:00 am – 11:30 am – virtual only on Microsoft Teams or COM email

All other times during the week by appointment. I am happy to meet with you :) Please contact me through COM email to schedule a face-2-face or virtual meeting or tutorial.

Utilizing the COM Gym: (optional) You are not required to come to the COM campus to successfully complete any of the assignments for this course. With this being a 100% online course, all assignments may be completed at a location that is most convenient for you. Access to the COM gym provides one option for completing your fitness assessment and workouts this semester.

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.)

Required Textbook/Materials: There is not a textbook required for this course.

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:

- COM ID (only if you will be utilizing the COM Gym)
- Smart phone with a working camera & video recording capability
- Smart phone with a course approved fitness app (example: Run Keeper app)
- Workout shoes and clothes

Computer and internet access are necessary to complete some assignments. If you do not have a computer and internet access, you may utilize the computers in the COM Library.

If you experience technology issues with COM software or applications (D2L, Office 365, etc.), immediately notify the COM Educational Technology department by submitting a support ticket. On our course menu in D2L, click on the Help with D2L link to submit your support ticket. You may also follow the link below to submit your support ticket:

<http://de-support.com.edu/requests>

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 D2L, 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.

Technology issues outside of COM’s control (personal computer problems, power outages, etc.) may justify an extension of an assignment due date. In these instances, contact me within 24 hours of the issue so we can discuss your options.

You are expected to upload assignments in the proper file format according to assignment directions. All COM students have access to Microsoft 365 which includes Word, Excel and PowerPoint.

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

1. If you are using Microsoft Office 365 no special modifications to the document are necessary. Simply save the assignments and upload them to D2L.
2. If you are using a program other than Microsoft Office (example: Apple apps) you will need to save the document in Word or PDF format and upload it to D2L.

If you create an assignment in Mac-specific programs such as “Pages” I will not be able to grade it. D2L is not able to open Pages, Numbers, and HEIC files.

Assignments:

During the semester, you will complete assignments and workouts and review course material. You may be evaluated through instructor observation, assignment rubrics, peer assessment and standardized testing.

Below is a brief description of the assignments. Check the course outline on the syllabus for weekly due dates.

Discussion Board - Who Am I? = 20 pts.

The estimated amount of time needed to complete this assignment is 30 minutes. This assignment is your chance to learn about your instructor and other students and share about yourself.

My Fitness Assessment (parts 1 & 2) = 55 pts. This assignment makes up part of your fitness and wellness portfolio. The estimated amount of time needed to complete this assignment is 2 ½ hours.

Part 1 – My Assessment – The “Non-Sweaty Stuff” 😊 = 35 pts.

This portion of the assignment is based on the 1st step of the self-help approach to behavior change, which is assessing behavior. You will determine your current fitness level by means of a general fitness assessment.

Part 2 – My Fitness Goals = 20 pts.

This is based on the 2nd and 3rd steps of the self-help approach to behavior change which are setting goals and formulating an action plan. You will set fitness goals and develop an action plan for overcoming barriers you will experience while working towards these goals.

My Workout Tracking & Documentation = 25 points

Under construction 😊.

My Fitness & Wellness Program (parts 1, 2 & 3) = 620 pts.

This assignment makes up part of your fitness and wellness portfolio.

Part 1 – My Exercise Intensity = 20 pts.

The estimated amount of time needed to complete this assignment is 30 minutes. This assignment is based on the 2nd step of the self-help approach to behavior change which is setting goals.

Before beginning your first workout, you will calculate a safe and effective training intensity to adhere to during all your cardiorespiratory “cardio” workouts and strength training workouts.

Part 2 – My Workouts = 25 pts. for each workout X 20 workouts = 500 pts.

The estimated amount of time needed to complete this assignment is 20 hours.

Your workouts are based on the 2nd, 3rd, and 4th steps of the self-help approach to behavior change which are setting goals, formulating an action plan, and evaluating progress.

You will complete and track 20 workouts according to the schedule in the Course Outline section below.

Part 3 – My Fitness & Wellness Journal

The practice of reflecting and journaling is a positive motivation tool. It is also a method for processing and retaining information learned in this course.

My Reflection Journal Entry = 10 pts. for each journal entry X 5 weekly entries = 50 pts.

The estimated amount of time needed to complete this assignment is about 15 minutes per week. This assignment is based on the 4th step of the self-help approach to behavior change which is evaluating progress.

Each week you will track and reflect upon your weekly workouts in your fitness and wellness journal. I may also provide prompts for you to respond to in your journal. This journal entry will help you identify any changes you need to make in your fitness & wellness program as you work towards your fitness goals.

My Mental Health Practice Entry = 10 pts. for each journal entry X 5 weekly entries = 50 pts.

The estimated amount of time needed to complete this assignment is about 15 minutes per week. This assignment is based on the 3rd step of the self-help approach to behavior change which is formulating an action plan.

You will choose 2 tools for improving your mental health and practice with those tools each week. At least 1 of the 2 mental health tools you practice with each week must come from the three options in the instructions. Each week you will record which 2 tools you practiced with in your fitness and wellness journal.

My Diet (parts 1, 2, 3 & 4) = 90 pts.

The estimated amount of time needed to complete this assignment is 3 hours.

Part 1 – My 3 Day Dietary Analysis = 30 pts.

This part is also based on the 1st step of the self-help approach to behavior change, which is assessing behavior. You will utilize an assigned website or app to complete a 3 Day food log and diet assessment. You will also calculate the average amount of sugar and fiber in your diet and compare it to the American Heart Association recommendations.

Part 2 – My Total Daily Energy Expenditure (TDEE) = 10 pts

We often hear recommendations like “Eat a healthy diet”, “Track your macros”, “Eat less move more”, etc. Those recommendations for nutrition and physical activity are simplistic and too broad. You will learn about the pros and cons of nutrition and activity tracking and the impact they may have on motivation.

Part 3 – My Nutritious Grocery List = 30 pts.

This portion of the assignment (see what I did there 😊) is based on the 3rd step of the self-help approach to behavior change, which is formulating an action plan. You will create your own nutritious grocery list by considering your personal food preferences and current financial situation.

Part 4 – My Nutrition Goals = 20 pts

This is based on the 2nd and 3rd steps of the self-help approach to behavior change which are setting goals and formulating an action plan. You will set nutrition goals and develop an action plan for overcoming barriers you will experience while working towards these goals.

My Health (parts 1, 2, 3 & 4) = 50 pts.

The estimated amount of time needed to complete this assignment is 3 hours.

Part 1 – How Old Will I Be?

First, you will need to decide how old you will pretend to be for this assignment. Choose any chronological age from 40 – 65 years old.

Part 2 - My Real Age = 20 points

This assessment will compare your pretend chronological age from part 1 to your "RealAge". Your RealAge is how old your body thinks you are. You will also review the RealAge recommendations, choose 3 to improve your health and respond to the ranking and rationale prompts provided.

Part 3 - My Hypokinetic Disease Risks = 20 points

You will assess your risk of developing cancer, heart disease, stroke, and diabetes. These 4 diseases are known as hypokinetic diseases. They are conditions associated with inactivity and poor fitness levels. You will also choose 1 of those diseases to research. You will identify 3 ways to decrease your risk of the disease and respond to the ranking and rationale prompts provided.

Part 4 - My Infectious Disease Risks = 10 points

You will be completing online research on an infectious disease of your choice. Infectious diseases are disorders caused by organisms — such as bacteria, viruses, fungi, or parasites. A few common examples are influenza (the flu), COVID 19, tuberculosis (TB), hepatitis and

sexually transmitted diseases (STDs). You will identify 5 ways to decrease your risk of the disease and respond to the prompts provided.

My Discussion Topics = 75 pts.

The estimated amount of time needed to complete these discussions is 3 hours.

The discussion topics will require critical thinking and application of knowledge. You will have the chance to reflect on your prior knowledge of the topics and share what you learn about them based on the information and prompts provided.

Topic #1 – The Dimensions of Wellness and the Stages of Change = 25 pts.

You will share examples of how the dimensions of wellness and stages of change have impacted your life.

Topic #2 – The Components of Fitness = 25 pts.

You will share examples of how the components of fitness may be involved in your future health and wellness.

Topic #3 – My "Aha!" Experiences = 25 pts.

Within an assigned group in D2L, you will share your Top 5 "Aha!" Experiences this semester. "Aha!" experiences are surprising, interesting or helpful things you learned about fitness and wellness during this semester. Then your group will collaborate to create an Our Group's Top 5-7 "Aha!" Experiences list that you will be sharing with the entire class.

My Final Fitness Assessment (parts 1, 2 & 3) = 65 pts.

This assignment makes up part of your fitness and wellness portfolio. The estimated amount of time needed to complete this assignment is 2 ½ hours.

Part 1 - My Assessment – The "Non-Sweaty Stuff" 😊 = 35 pts.

This part is based on the 4th step of the self-help approach to behavior change which is evaluating progress. You will complete a 2nd fitness assessment at the end of the semester and compare the results to your initial fitness assessment.

Part 2 - My Assessment – The "Sweaty Stuff" 😊 = 15 pts.

This part of the assessment is based on the 1st step of the self-help approach to behavior change, which is assessing behavior. You will complete a cardiorespiratory test to measure your level aerobic fitness. Level. There are four options: 1 mile walk test, 1.5 mile run or run & walk test, 12-minute cycling test and 12-minute swim test. Choose the option that best suits your ability.

Part 3 - Evaluating My Fitness & Wellness Program = 15 pts

You will be evaluating the effectiveness of your fitness & wellness program and your goals and action plans. You will answer 3 questions about what you might need to add, take away, or adjust on your workouts, goals, and action plans.

Determination of Course Grade/Detailed Grading Formula:

Who Am I?	= 20 points
My Fitness Assessment	= 55 points
My Workout Tracking & Documentation	= 25 points
My Fitness & Wellness Program	
• My Exercise Intensity	= 20 points
• My Workouts	= 500 points
• My Fitness & Wellness Journal	= 100 points
My Discussion Topics	
• Topic #1	= 25 points
• Topic #2	= 25 points
• Topic #3	= 25 points
My Diet	= 90 points
My Health	= 50 points
My Final Fitness Assessment	= 65 points
Total Possible	= 1000 points

Grading Scale:

895 - 1000	points = A
795 - 894	points = B
595 - 794	points = C
495 - 594	points = D
0 - 494	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 may submit the assignment late and earn 80% credit. Late assignments are typically due within 14 days of the original due date. Assignments are not accepted for credit once the semester ends.

Extra credit work is not typically offered. You will have an opportunity to revise (correct) and resubmit most assignments. All revisions and resubmissions are typically due within 14 days of the original due date. Revised assignments are not accepted once the semester ends.

There is one exception to this policy. If you are unable to complete any of your required course workouts due to a busy schedule, illness, injury, etc., you can make up those workouts without penalty. Below is the policy regarding make-up workouts:

You may make up only earn credit for 2 make-up (extra) workouts per week. This is to protect you from overtraining. You choose which week you would like to complete a make-

up (extra) workout. For example, if you need to make-up 2 workouts and would like to wait till the last 2 weeks of semester you can. This gives you some flexibility.

For example, you may complete the 3 required workouts for week 3 and then also complete 2 make-ups (extra workouts) during week 3. Then you would simply submit all 5 workouts during week 3 on the same Word document. There is no need to submit the make-up workouts separately.

Attendance Policy: You should attend class regularly. COM policy states that “students are not permitted a determined number of absences”. Regular class attendance will be logging into the online class at least 2 times each week and reviewing course content, assignments and/or discussions. Expect to spend about 5-6 hours each week reviewing information, participating in discussions and completing assignments.

Census Day Participation Policy: For Census Day purposes, participation in our online class will be logging into the online class at least 1 time during the 1st week of class and reviewing, working on and/or completing course content, assignments and/or discussions.

** Students in online classes must participate (as defined in the syllabus) during the first week of classes or they will be dropped from the class for non-attendance. Students who have not attended their in-person or hybrid class by Census Day will automatically be dropped from their class for non-attendance. (COM Student Handbook, pg. 27)*

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.

Monday – Friday I will typically respond to all COM email messages within 24 hours. Weekend response time is 24 - 48 hours.

In this course, I may also communicate with you through D2L Announcements (which are also sent to your COM email), D2L discussion forums and group blogs, Microsoft Teams and EAB Navigate texts.

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	Discussion Topic #2 – Components of Fitness
Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.	N/A	My Health
Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Empirical and Quantitative Skills	My Diet

Plan, implement, and evaluate a personal fitness program.	Critical Thinking	My Fitness & Wellness Portfolio
Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Teamwork and Communication	Discussion Topic #3 – “Aha!” Experiences

Academic Dishonesty: Academic dishonesty can include various behaviors, such as cheating, plagiarism, and fabricating information. Any academic dishonesty incident will be dealt with according to college policy and the Student Handbook. A grade of zero will be earned on the exam, quiz, discussion, lab and/or assignment the academic dishonesty occurred on.

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

Course Outline:

Week	Assignments	Points	Estimated Time	Due Date by 11:59 pm
Week 1	Discussion Board - Who Am I?	20	½ hour	1-19-25
	My Fitness Assessment	55	2 ½ hours	
	My Workout Tracking & Documentation	25	1 hour	
Week 2	Discussion Board Topic #1	25	1 hour	1-26-25
	My Fitness & Wellness Program (includes 3 workouts)	115	4 ½ hours	
Week 3	My Diet – Begin this week. Due 2/9/25	90	3 hours	2-2-25
	My Fitness & Wellness Program (includes 3 workouts)	95	3 ½ hours	
Week 4	My Diet – Continue this week. Due 2/9/25	90	3 hours	2-9-25
	My Fitness & Wellness Program (includes 3 workouts)	95	3 ½ hours	
Week 5	Discussion Board Topic #2	25	1 hour	2-16-25
	My Fitness & Wellness Program (includes 4 workouts)	120	4 ½ hours	
Week 6	My Health	50	2 hours	2-23-25
	My Fitness & Wellness Program (includes 4 workouts)	120	4 ½ hours	
Week 7	Discussion Board Topic #3 part 1 due 3/2/25 parts 2 & 3 due 3/4/25 part 4 due 3/5/25	25	1 hour	3-2-25
	My Fitness & Wellness Program (includes 3 workouts) (Fitness & wellness journal is optional this week)	75	2 ½ hours	
Week 8	My Final Fitness Assessment	65	2 ½ hours	Wednesday 3-5-25

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.

Honors Credit: Honors contracts are special projects that extend the work we do in class. They are for ambitious students who wish to deepen their knowledge and experiences of the practices and ideas related to this class. They require students to earn at least a B in class and approval from me since the Honors Contract will require the student and I to work closely together. Please speak with me if you are interested or have questions and visit this site for more information: <https://www.com.edu/honorsprogram/>.

The GCIC Academic Symposium: COM's GCIC Academic Symposium is an opportunity for students to showcase their best academic and creative projects. To learn more, visit: [com.edu/symposium](https://www.com.edu/symposium). Participation in the symposium helps develop your professional skills and widen your professional networks; it should be noted on your resume/CV. This academic year, the Symposium is on Friday, March 28, 2025, from 9 a.m. to 2:30 p.m. in the ICB building. The abstract submission deadline is Thursday, Feb. 6, 2025, at 11:59 p.m. Please speak with me if you are interested or have questions and visit this site for more information: <https://www.com.edu/symposium/>

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. *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

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 from the 1st 8-week session is February 26. The last date to withdraw from the 16-week session is April 21. The last date to withdraw for the 2nd 8-week session is April 30.

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 or 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.