



PHED 1164.106H2

Introduction to Physical Fitness and Wellness

Fall 2025 – 8 Week Course

Monday & Wednesday 12:30pm-1:50pm

Instructor Information

Crystal Collins, M.A.

E-Mail: ccollins@com.edu (*preferred*)

Phone: 409-933-8420

Student Office Hours and Location

On campus: Monday & Wednesday 10:00-11:00am / 1:50-3:00pm in Gym 128

Virtual: Tuesday 11:30am-12:30pm via email, Teams, D2L chat

Thursday 7:30-9:40am via email, Teams, D2L chat

To meet on campus come to my office in the gym, Gym-128. You may also contact me via email, Teams or D2L chat, and I will respond as quickly as I am able to during those times. I will be available to meet with you through Microsoft Teams during office hours or outside of these scheduled times, but you will need to contact me ahead of time to schedule the meeting.

Required Materials

COM I.D. (if using COM gym for physical activity)

Course Workbook (available for free download in D2L)

Activity Tracking App (installed on smart phone or smart watch)

Athletic shoes

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.

The course is designed to help the student understand the basis of physical conditioning and to provide sound information and practice for developing a systemic program of exercise and physical activity that best fits the individual needs of each student. Additionally, students will identify ways to develop and maintain a healthy lifestyle considering both nutrition and physical activity habits.

Course Requirements

During the eight-week course students will complete **physical fitness assessments**: an initial physical fitness assessment to determine baseline data and a final physical fitness assessment to document improvement, **assignments/projects** to assess personal health, disease risk, and apply additional wellness concepts. Students will identify ways to develop and maintain a healthy lifestyle considering both nutritional and physical habits and will create a wellness plan based on these studies. Students' knowledge will be assessed through **quizzes** over concepts such as the components of fitness, nutrition, and prevention practices. Students will also

complete **weekly workouts** in and outside of class. Per COM gym rules, student ID and proper attire are required.

Each completed task will earn points that will be accumulated throughout the semester and totaled. The breakdown of points per activity is listed below. **Attending the two class meetings each week and logging into Brightspace/D2L regularly** are essential to success in this course.

Determination of Grade

Below you will find how the final grade will be determined. Grades will be available to students via the **Grades** tab on the top navigation bar in our D2L course to keep track of course progress.

Physical Fitness Assessments

Entry (Beginning)	(100 points)
Exit (Final)	(100 points)

Quizzes

Quiz 1	(50 points)
Quiz 2	(50 points)
Quiz 3	(50 points)

Workouts (200 points)
20 x 10 points per workout

Assignments/Projects

- My Training Heart Rate (50 points)
- My Metabolic Rate Lab (50 points)
- My Mental Health Practice (50 points)
- My Real Age Assessment (50 points)
- My Disease Risk Assessment (50 points)
- Health Lifestyle Group Project (50 points)

In class Labs

- My Cardio Lab (75 points)
- My Strength Training Lab (75 points)

Max Total = 1,000

Grade Scale

A = 900-1,000
B = 800-899
C = 700-799
D = 600-699
F = <600

Students can expect submitted work to be graded in a timely manner, typically within 72 hours of the assignment deadline.

Late Work/Make-Up/Extra Credit Policy

Students are expected to complete and submit work on time. *Keep track of deadlines carefully and plan accordingly.*

- Late **assignments** will lose **5 points per day** the assignment is late for the first week, then 2 points per day thereafter. Once no points are left the assignment will close and not be reopened.
- **Physical fitness assessments missed cannot be made up.**
- Because of the multiple possible days to complete a quiz, **students will not be permitted to make-up a missed quiz.** Quizzes are timed. Once the time expires, Brightspace/D2L will save and submit the quiz

even if the quiz is incomplete. You will not be permitted to complete the quiz. Closed quizzes will not be reopened.

- In the event of an illness or other situation, it may be possible to add **additional workouts** in subsequent weeks, time permitting, if workouts are missed. You will need to contact me to discuss. *Only one workout per day is permitted.*
- Students will have the opportunity to earn **bonus points** throughout the semester. Opportunities will be posted on the course schedule and shared in class.

Attendance Policy

As a hybrid course, *students are required to attend class* on a regular basis. This includes attending face-to-face meetings *every Monday and Wednesday in Gym 118* and *logging into this course in D2L weekly* and *completing coursework*. The face-to-face meetings will consist of group instruction, discussion, demonstration, and physical exercise. Punctual attendance and class participation in its entirety are required. Any absence has the possibility of lowering the quality of a student's work in class. More than **three absences** are considered excessive. Late arrivals and/or early departures from class will result in point reduction. Any absence has the possibility of lowering the quality of a student's work in class. Students are required to **log into D2L at least twice per week**. Students are expected to read announcements and content, complete assignments and participate in discussions and other learning activities.

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.

Communication Policy

Students with a question may ask in class or post on the discussion board forum (general questions) or email me (questions of a private nature) using my COM email provided on the first page of this document. Students can expect to receive a follow-up response within 48 hours unless the question is sent Friday afternoon in which case, the student can expect a response Monday morning.

Student Learner Outcomes	Maps to Core Objective	Assessed via...
1. Describe how the components of physical fitness impact health and wellness.	Not needed	Quiz 1 & 2
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.	Not needed	Quiz 3
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Empirical and Quantitative Skills	Metabolic Lab
4. Plan, implement, and evaluate a personal fitness program.	Critical Thinking	Personal Fitness & Wellness Program
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Teamwork & Communication	Health Lifestyle Assessment Group Activity

Academic Dishonesty

In an attempt to maintain a high standard of integrity and fairness to all students, *NO form of cheating* will be tolerated in class. In cases of convincing evidence of cheating the instructor will take immediate and appropriate action in accordance with college policy and the Student Handbook, and the student will be referred to the Office of Student Conduct for the appropriate discipline action. This includes assignments, quizzes, physical testing and exercise documentation.

The use of **artificial intelligence (AI)** can be a valuable tool for academic purposes and is permitted in this course as a supplementary resource for students. AI may assist with generating ideas, writing pseudo code, creating images, checking grammar, and improving writing skills and other class-related tasks, but it should not be relied upon solely. Students are expected to demonstrate independent thinking and analysis and use AI to supplement their work. Any work submitted must be the student's own, and using AI to generate entire assignments or portions of assignments is strictly prohibited and will result in academic consequences. To promote transparency and accountability, students must document their use of AI in their assignments, including the prompts or instructions they provided to the AI and any additional notes about the AI's output or their analysis. Plagiarism, including using AI to generate assignments, not only cheats the student out of learning but is considered a form of academic misconduct and will result in disciplinary action.

Plagiarism is using AI or someone else's words or ideas or pictures and claiming them as your own. Plagiarism is a very serious offense. Plagiarism includes paraphrasing someone else's words without giving proper citation, copying directly from a website and pasting it into your paper, using someone else's words without quotation marks, or having AI do the work for you. Any assignment containing any plagiarized material will receive a **grade of zero** and the student will be referred to the Office of Student Conduct for appropriate discipline action.

The minimum penalty imposed may be a zero for the assignment. The maximum penalty imposed for violations may be an "F" in the course. The student will be referred to the Judicial Coordinator for further disciplinary action, including a notation on the student's conduct record which other institutions and future employers may see. Please read the section on Privileges and Obligations in the Student Handbook for a more complete discussion of these issues, and of your rights and responsibilities. The grade will reflect the student's progress in the course at the time of the cheating.

Student Concerns/Questions Statements

If you have any questions or concerns about any aspect of this course, please contact me using the contact information provided on page one of this document. If, after discussing your concern with me, you continue to have questions, please contact Sheena Abernathy, Science & Engineering Department Chair, at 409-933-8330 or sabernathy@com.edu.

Course Schedule

Dates		Topic	Assignment	Physical Activity
October 13-19	Week 1	Course Overview Go to the Before You Start module and view each item	My Health Lifestyle Inventory (extra credit) - due Sunday	Beginning Physical Fitness Assessment -pages 1-8 in course workbook will be completed in class on Wednesday
			My Training Heart Rate Zone (THR Zone) - due Sunday	Workout #1 on your own
October 20-26	Week 2	Unit I: Positive Health Lifestyle & Body Composition and The Basics of Nutrition & Weight Management	My Metabolic Rate (MR) - due Sunday	Workouts #2-3 (in class) Workout #4 on your own *Add gratitude journaling
October 27 - November 2	Week 3	Unit I Quiz Quiz will close at midnight on Thursday No make-ups permitted		Workouts #5-6 (in class) *Cardio Lab Workouts #7-8 on your own *Add mental health exercise
		Begin Unit II: Developing Muscular Strength & Endurance	My Mental Health Assessment & Strategies - due Sunday	
November 3-9	Week 4	Unit II: Understanding Flexibility	My Real Age - due Sunday	Workouts #9-10 (in class) *Strength Lab Workouts #11 on your own
		Unit II: Back Health		
November 10-16	Week 5	Unit II Quiz Quiz will close at midnight on Thursday No make-ups permitted		Workouts #12-13 (in class) Workouts #14-15 on your own
		Begin Unit III: All About the Heart: Cold Heart Facts and Preventing CVD	My Disease Risk Assessment - due Sunday	
November 17-23	Week 6	Unit III: Cancer Awareness & Prevention	Begin Healthy Lifestyles Group Project	Workouts #16-17 (in class) Workout #18 on your own
November 24-30	Week 7	Unit III: Substance Use & Abuse	Complete Healthy Lifestyles group project	Workouts #19-20 (in class)
December 1-4	Week 8	Unit III Quiz Quiz will close at midnight on Wednesday No make-ups permitted		Final Physical Fitness Assessment -pages 2-8 in course workbook completed in class on Monday
		Course Survey	My Health Lifestyle Inventory (extra credit) - due Wednesday	

*Highlighted items will be completed in class.

Success Tips for Students Working Out in COM's Gym

A COM I.D. and proper dress is required when entering and utilizing the facility. Face covering may be worn but is not required. Gym shoes are required. No exceptions. For comfort and safety, adhere to the following

dress code when exercising; athletic shoes, shorts or workout pants, t-shirt or tank top and clothing that does not restrict movement. Comfortable, breathable clothing is ideal. Water and sweat towels are great items to have handy when exercising, especially in the humid environment in which we live.

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: <https://www.com.edu/student-services/student-handbook.html>. Students should act in a professional manner at all times. Disruptive students (even in an online environment) will be held accountable according to college policy. 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.

Technology Expectations and Outage

Students enrolled in IN sections are expected to be familiar with the technology and software they must use for this course, including the Brightspace/D2L Learning System and any word-processing technology. Students enrolled in Brightspace/D2L courses are also assumed to have completed the required training – Online Learner Workshop.

Students are expected to be able to upload assignments in the proper file format according to assignment directions without instructor assistance.

There are numerous word processors available today in many different versions. Due to the size of this class, it is too difficult to find ways to open files not recognized by my computer and so all assignments need to be submitted in one of the following approved formats:

- Microsoft Word, Microsoft Excel and PDF files are best.
- If you are using Microsoft Word (Versions 1997-2003 or newer) no special modifications to the document are necessary, simply save the assignments as a Microsoft Word document (".doc" or ".docx"), upload and send.
- If you are using a program other than Microsoft Word (including Microsoft Works), you will need to save the document in the ".rtf" or ".html" format, then upload and send. The generic format is referred to as an ".rtf" document or a Rich Text Format document. This extension is available from a file type drop down menu when the student performs a "Save As" function in saving the document for the first time. You may also choose to save your file as a ".pdf" following the same guidelines as for the ".rtf" file.

Problems with technology, including computer problems and power outages, will not justify extending the deadline unless the issue is with the college network, in which case the deadline may be extended for 24 hours. Do not wait until the day a task is due to complete the work. Inevitably, something will go wrong. Plan ahead.

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/student-handbook.html>. *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 the necessary support and tools for success in their college career. 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

Withdrawal Statement

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 October 1. The last date to withdraw from the 16-week session is November 14. The last date to withdraw for the 2nd 8-week session is November 25. It is the student's responsibility to withdraw himself/herself should the need arise. After the official drop date, a "W" will not be given as a grade for any reason. The grade of "I" will be used only to allow a student who has encountered some emergency, such as illness or an accident, an opportunity to complete the requirements for the course. Students must have completed 75% of the class time to be considered for an "I". If an "Incomplete" is the course of action chosen by both the student and instructor, an "I" contract will need to be completed.

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.