



**PHED 1164.003IN & PHED 1164.004IN**  
**INTRODUCTION TO PHYSICAL FITNESS AND WELLNESS**  
**COURSE SYLLABUS**  
**SUMMER 2021**  
**(JULY 12-AUGUST 13)**

**INSTRUCTOR INFORMATION**

Crystal Collins, M.A.

E-Mail: [ccollins@com.edu](mailto:ccollins@com.edu) \*Best

Phone: 409-933-8420 (*As this is an online class I will not be in my office to receive calls but will get notification of voice messages; however, email is preferred and quickest*)

**STUDENT HOURS AND LOCATION** (Virtual only)

Monday/Thursday 7:15 a.m. – 8:15 a.m. and Tuesday 11:00 a.m. – 1:00 p.m.

During the virtual student hours I will respond to emails and Teams Chat as quickly as they come in and I am able to during those times. I will also be available to meet with you through Microsoft Teams, but you will need to contact me ahead of time to schedule the meeting. If you would like to set up a face-to-face meeting on campus, please send me an email and I will be happy to set an appointment with you.

**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.

**REQUIRED MATERIALS**

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

Course Workbook (must be purchased from the college bookstore)

Activity Tracking App (downloaded to smart phone or smart watch)

Pedometer (app downloaded to smartphone/smartwatch or purchased at any local sports store)

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/SPECIAL PROJECTS**

During the course of the semester students will complete **two fitness assessments**: an initial fitness

assessment to determine baseline data and a final fitness assessment to document improvement. Also, students will complete **six assignments/projects** to assess personal health, disease risk, and other wellness concepts. Additionally, 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 will be tested over concepts such as the components of fitness, nutrition, and prevention practices in **three written exams**. Students will also complete between **three to five cardio workouts** per week for the five weeks that will be documented in the course workbook and then reported and graded through the **Weekly Workout Logs** link on the course menu. Students are responsible for exercising at a local gym, using home equipment, a local track, trail, etc. or COM's gym. To use the COM gym, student ID and proper attire are required. The COM gym hours are Monday through Thursday 7:00 a.m. – 7:00 p.m. and Friday 7:00 a.m. – 5:00 p.m. Documentation (verification) of each workout is required using a fitness tracking device/app/smartwatch and/or “selfie”-type pictures or videos.

Each completed task will earn points that will be accumulated throughout the semester and totaled. The breakdown of points per activity is listed below. **Logging into Blackboard regularly** and completing required coursework is essential to success in this course.

**DETERMINATION OF GRADE**

Below you will find how the grades will be determined. Grades will be available to the student via the **My Grades** and **Report Card** tool in this Blackboard class so that you will know how you are progressing as the semester continues.

<b>PHYSICAL/FITNESS TESTING</b>	<b>100</b>
Initial (50 points)	
Final (50 points)	
<b>WRITTEN EXAMS</b>	<b>150</b>
Exam #1 (50 points)	
Exam #2 (50 points)	
Exam #3 (50 points)	
<b>WORKOUTS (16 x 10 points/workout)</b>	<b>160</b>
<b>ASSIGNMENTS/PROJECTS</b>	<b>90</b>
Fun Fact Discussion (10 points)	
Target Heart Rate (10 points)	
Metabolism Lab, Health Risk Assessment (15 points each)	
Real Age Assessment, Health Lifestyle Group Project (20 points each)	

<b><u>GRADE SCALE</u></b>
<b>A = 450 - 500</b>
<b>B = 400 - 449</b>
<b>C = 350 - 399</b>
<b>D = 300 - 349</b>
<b>F = &lt;300</b>

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**MAX TOTAL** **500**

**LATE WORK AND MAKE-UP POLICY**

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

- Late **assignments** will lose **ONE** point for each day the assignment is late. Once no points are left the assignment will close and will not be reopened.

- **Physical fitness assessments missed cannot be made up.**
  - Because of the seven possible workout days per week, students will not be permitted to make-up any workouts missed.
  - Because of the multiple possible days to complete a written exam, **students will not be permitted to make-up a missed exam.** Exams are timed. Once the time expires, Blackboard will save and submit the exam regardless of whether you were done. You will not be permitted to complete the exam.
- Students will have the opportunity to earn bonus points throughout the semester. Each opportunity will be worth 5 points up to an accumulated max of 25 points over the course of the semester.

**ATTENDANCE POLICY**

Students are required to “attend” class on a regular basis by logging into this course and completing coursework. Any absence has the possibility of lowering the quality of a student’s work in class. Students enrolled in online courses are expected to **log in minimally four times each week** during the five-week course. **Students are expected to read announcements, complete assignments and assessments (exams), participate in discussions and other learning activities, and complete required workouts each week.**

**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**

At the beginning of each week, students will receive an outline of the week’s activities and assignments through Blackboard in the form of **Announcements**. These will also be forwarded to your COM email and can be most helpful keeping on pace with the course.

Students with a question are asked to post on the discussion board forum for questions (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. Students can expect submitted work to be graded in a timely manner, typically within 72 hours of the assignment deadline. It is imperative that students log into this Blackboard course **minimally four times per week** to stay on track.

Student Learner Outcomes	Maps to Core Objective	Assessed via...
1. Describe how the components of physical fitness impact health and wellness.	Not needed	Exams 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	Exam 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	Course Workbook

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 Activity
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**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, exams, physical testing and workouts.

Plagiarism is using 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. When in doubt – cite!! 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 the appropriate discipline action.

<http://en.writecheck.com/ways-to-avoid-plagiarism/>

The maximum penalty imposed for violations will be an "F" in the course. The student will be referred to the Judicial Coordinator for further disciplinary action. 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 Department Chair Science at 409-933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu).

**COURSE OUTLINE**

See the chart on the final page of this document for a breakdown by week of what the student is responsible for completing. Submit to change if necessary.

**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, including an approved face covering. 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.

**STUDENT RIGHTS**

Students taking this class have rights, but also responsibilities. One student right is the expectation that this course be taught within the parameters specified within this syllabus. While the instructor reserves the right to alter the course, no material or assignment will be added without proper notification and advance warning.

## **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>. 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 Blackboard Learning System and any word-processing technology. Students enrolled in Blackboard 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 a 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 an assignment or assessment (test) is due to complete the work. Inevitably, something will go wrong. Plan ahead.

## **THE TUTORING CENTER**

The Tutoring Center provides free tutoring services to students, staff and faculty seeking assistance for writing, reading and oral presentations for academic and non-academic assignments/projects. Located in the Technical Vocational Building, Room 1306, the center provides face-to-face and online tutoring sessions in a welcoming environment. Appointments can be made in person, or on the center scheduler at [com.mywconline.com](http://com.mywconline.com), or by clicking the Tutoring Center icon on the COM website.

## **INSTITUTIONAL POLICIES**

### **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 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 Holly Bankston at 409-933-8520 or [hbankston@com.edu](mailto:hbankston@com.edu). The Office of Services for Students with Disabilities is located in the Student Success Center.

### **COUNSELING STATEMENT**

Any student that is needing counseling services is requested to please contact Holly Bankston in the student success center at 409-933-8520 or [hbankston@com.edu](mailto:hbankston@com.edu). Counseling services are available online for free and students can email [counseling@com.edu](mailto:counseling@com.edu) to setup their appointment. Please take advantage of this great service as needed.

### **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 only permitted to withdraw six times during their college career by State law. The last day to withdraw from this course is April 26. It is the student's responsibility to withdraw himself/herself should the need arise. Students should be aware that they may receive an "F" in the class for failure to attend or complete assignments. **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." In the event that 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.

### **EARLY ALERT PROGRAM**

The Counseling Center at College of the Mainland has implemented an Early Alert Program. 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 Counseling Department. As student success and retention is very important to us, someone from the Counseling

Department will schedule a meeting with you to see what assistance they can offer in order for you to meet your academic goals.

COURSE OUTLINE		TOPIC	ASSIGNMENT	PHYSICAL ACTIVITY
July 12-18	Week 1	View the <b>Syllabus</b> and <b>Read Me First</b> link and complete the tasks listed  Begin <b>Unit I: Positive Health Lifestyle &amp; Body Composition</b>	<b>Fun Fact discussion</b> post due Wednesday, 7/14  <b>Health Lifestyle Assessment</b> (extra credit) due Wednesday, 7/14  <b>Assignment #1:</b> Calculate your Training Heart Rate Zone (THR Zone) due Sunday, 7/18	<b>Beginning Physical Fitness Assessment</b> -pages 1-8 in course workbook should be completed and submitted through the <i>Physical Fitness Assessments</i> link by Thursday, 7/15  <b>Workouts #1-2</b> -See <i>Weekly Workout Logs</i> link for instructions on exercise requirements -Complete weekly workouts and report by Sunday each week through the <i>Weekly Workout Logs</i> link
July 19-25	Week 2	<b>Unit I: Basics of Nutrition &amp; Weight Management</b>  <b>Exam #1</b> (open Thursday-Sunday)	<b>Assignment #2:</b> Calculate your Metabolic Rate (MR) due Sunday, 7/25	<b>Workouts #3-6</b> -See <b>Weekly Workout Logs</b> link for the updated instructions and submit by Sunday
July 26 – August 1	Week 3	<b>Unit II: Developing Muscular Strength &amp; Endurance Understanding Flexibility &amp; Back Health</b>	<b>Assignment #3:</b> Discover your Real Age due Sunday, 8/1  <b>Begin Healthy Lifestyles group project</b>	<b>Workouts #7-10</b> -See <b>Weekly Workout Logs</b> link for the updated instructions and submit by Sunday
August 2-8	Week 4	<b>Exam #2</b> (open Monday – Thursday)  Begin <b>Unit III: The Cold Heart Facts &amp; Preventing CVD &amp; Cancer Awareness &amp; Prevention</b>	<b>Assignment #4:</b> Health Risk Assessment due Sunday, 8/8  <b>Complete Healthy Lifestyles group project and post on discussion board by 8/8</b>	<b>Workouts #11-14</b> -See <b>Weekly Workout Logs</b> link for the updated instructions and submit by Sunday
August 9-13	Week 5	<b>Unit III: Substance Use &amp; Abuse</b>  <b>Exam #3</b> (open Tuesday-Thursday)	<b>Health Lifestyle Assessment</b> (extra credit) due 8/12	<b>Workouts #15-16/17</b> -See <b>Weekly Workout Logs</b> link for the updated instructions and submit by Thursday, 8/12  <b>Final Physical Fitness Assessment</b> -pages 1-8 in course workbook should be completed and submitted through the <i>Physical Fitness Assessments</i> link by Thursday, 8/12