



**PHED 1164.005IN**  
**Introduction to Physical Fitness and Wellness**  
**Fall 2022**  
**Online**

**Instructor Information:** Zachary Stuckwisch, [zstuckwisch@com.edu](mailto:zstuckwisch@com.edu)

**Student hours and location:** Tuesday and Thursday 12:30 - 1:30 pm, online

**Required Textbook/Materials:**

- Current COM ID (to access the Gym)
- Introduction to Physical Fitness and Wellness Workbook (available from campus bookstore)
- Smartphone or digital camera and pedometer
- Athletic shoes and attire

**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:** 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 Computer Lab and the library.

Students enrolled in online sections are expected to be familiar with the technology and software they must use for this course, including Desire2Learn Brightspace and any word-processing technology. Students enrolled in online courses are also assumed to have completed the required training. Students are expected to be able to upload assignments in the proper file format according to assignment directions without instructor assistance. Problems with technology, including computer problems and power outages, will not justify extending a deadline, unless the issue is with the college network. Do not wait until the day an assignment or assessment (test) is due to complete the work. Inevitably, something will go wrong. Plan ahead.

There are numerous word processors available today in many different versions. It is the responsibility of the student to submit work using a file that is recognized by the instructor's computer. 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 to Brightspace

2. If you are using a program other than Microsoft Office (including Microsoft Works), you will need to save the document in the “.rtf” or “.pdf” format, then upload and send. The generic format is referred to as an “.rtf” document or a Rich Text Format document. The adobe format is referred to as a “.pdf” document. Both of these file extensions are available from a drop down menu when performing the “Save As” function.

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 assignments 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 weekly multiple choice quizzes. Students will also complete workouts each week which will be documented in the Course Workbook and then reported and graded through the Physical Activity Logs link. Each completed task earns points that will be accumulated throughout the course and totaled. The breakdown of points per activity is listed below. Logging into Brightspace frequently and completing required assignments is essential to success in this course.

#### **Course Assignments/Grade Details:**

Introduction: 10 points

Students will write a brief introduction in the “discussion” area, sharing their background and what they hope to accomplish in the course.

Weekly Quizzes: 25 points each x 5 quizzes = 125 points

There will be one short, multiple-choice quiz for each section of the course material. These quizzes will be based on the reading and video content posted in Brightspace, and will be worth 20 points each.

Wellness Wheel and Smart Goal Sheet: 30 points

Students will complete Princeton’s Wellness Wheel Assessment and use the attached worksheet to set a “SMART” goal for the semester related to their personal assessment results.

Physical Fitness Assessments: 50 points each x 3 assessments = 150 points

Students will determine their fitness level by means of a general fitness assessment. The assessment will include: girth measurements, body mass index, body fat estimation, blood pressure, flexibility measurements, muscular endurance, and a cardiovascular endurance test. This assessment will be performed at the beginning, middle, and end of the semester in order to track progress with training.

Personal Strength Training Program: 50 points

Students will use the provided resources to design their own strength training programs, based on individual abilities, goals, and available equipment. These plans will provide the basis for most of the workouts during the course.

Step Log: 30 points

Students will use a smartphone app or other pedometer to track their number of steps for a total of at least five days. Step numbers will be recorded each day as well as a written reflection on personal physical activity level.

Workout Logs: 10 points each x 40 logs = 400 points

Students will complete a log sheet (found in the course workbook) for each of the required workouts during the course and submit them on a weekly basis.

Food Journal: 30 points

Students will record all of their food and drink intake for at least three days and generate a report (including portion/serving sizes) using the MyFitnessPal website.

Dietary Assessment: 30 points

Students will identify micronutrients and macronutrients, calculate the amount of sugar and fiber in their diet and answer questions about the basics of nutrition.

Calorie Worksheet: 15 points

Students will use the NIH calculator to create a plan for daily caloric intake

Healthy Grocery List: 50 points

Students will search an online database to develop their own personal healthy grocery list, identifying foods rich in each of macro- and micronutrients.

Sleep Log: 30 points

Students will record their time and subjective quality of sleep for a total of at least five days, and submit their results in a written report.

Disease Risk Assessment and Prevention Report: 50 points

Students will utilize an online assessment tool to determine their health risks for cancer, diabetes, osteoporosis, heart disease and stroke. Once the assessment is complete, students will research the disease processes and answer questions related to each disease.

Additional extra credit assignments may be available throughout the course for bonus points.

Grading Scale:

895 - 1000 points = A

795 - 894 points = B

695 - 794 points = C

595 - 694 points = D

0 - 594 points = F

**Late Work, Make-Up, and Extra-Credit Policy:** Students are expected to complete and submit work on time. If you are not able to make a deadline, may submit an assignment within 7 days of the original due date and you will still earn 80% of the credit. After 7 days past the original due date assignments are no longer accepted and the grade will be a zero. The exception to this policy would be if you missed some of your required workouts during a week due to a busy schedule, illness or injury. If this occurs, you will have the option of making up some of those workouts without penalty in a later week.

**Attendance Policy:** Students are required to attend class on a regular basis. COM policy states that “students are not permitted a determined number of absences”. Attending class will be by logging into the online class a minimum of 2 times each week. Expect to spend 6 to 8 hours each week to review new information, participate in discussions, complete assignments and other activities listed in the syllabus course outline and calendar as scheduled by the instructor. Full participation in all course activities is required to earn credit for all graded 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. (Faculty may add additional statement requiring monitoring and communication expectations via Blackboard or other LMS)

<b>Student Learner Outcome</b>	<b>Maps to Core Objective</b>	<b>Assessed via this Assignment</b>
1. Describe how the components of physical fitness impact health and wellness.	N/A	Quizzes
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	SMART Goal, Disease Report
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Empirical and Quantitative Skills	Dietary Analysis Assignment, Fitness Assessments
4. Plan, implement, and evaluate a personal fitness program.	Critical Thinking	Personal Training Program and Workout Logs

**Academic Dishonesty:** Any incident of academic policy will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as copying another student’s work or submitting falsified information on assignments is an extremely serious offense and will result in a grade of zero on the assignment. The student will also be referred to the Office of Student Conduct for the appropriate discipline 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 Department Chair, at 409-933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu).

**Course outline:**

Week 1 - Complete by Saturday, 8/27 at 11:59 pm

Content:

- Positive Health Lifestyle
- 23 ½ Hours

Assignments:

- Introductions (Discussion)
- Fitness Assessment #1
- Step Log (start now, due end of week 2)

Week 2 - Complete by Friday, 9/2 at 11:59 pm

Content:

- Flexibility and Warmup
- Flexibility Training

Assignments:

- Step Log
- Section One Quiz
- Wellness Wheel and SMART Goal Sheet
- Workout Log #1

Week 3 - Complete by Friday, 9/9 at 11:59 pm

Content:

- Muscular Strength and Endurance
- Muscular System Diagram
- Resistance Training Programming

Assignments:

- Personal Resistance Training Program
- Workout Logs #2-4

Week 4 - Complete by Friday, 9/16 at 11:59 pm

Content:

- Back Health
- Good Posture Tips
- Muscle Recovery

Assignments:

- Workout Logs #5-7

Week 5 - Complete by Friday, 9/23 at 11:59 pm

Content:

- Dynamic Warmups
- Cardio Training Articles

Assignments:

- Section Two Quiz
- Workout Logs #8-10

Week 6 - Complete by Friday, 9/30

- Basics of Nutrition
- What's the Best Diet?

Assignments:

- Food Journal (start now, due end of week 7)
- Workout Logs #11-13

Week 7 - Complete by Friday, 10/7 at 11:59 pm

Content:

- Fat Soluble Vitamins
- Water Soluble Vitamins

Assignments:

- Food Journal due
- Dietary Assessment
- Calorie Worksheet
- Healthy Grocery List
- Workout Logs #14-16

Week 8 - Complete by Friday, 10/14 at 11:59 pm

Assignments:

- Section Three Quiz
- Fitness Assessment #2
- Workout Logs #17-19

Week 9 - Complete by Friday, 10/21 at 11:59 pm

Content:

- How Stress Affects Your Body
- Substance Abuse Prevention

Assignments:

- Sleep Log (start now, due end of week 10)
- Workout Logs #20-22

Week 10 - Complete by Friday, 10/28 at 11:59 pm

Content:

- Mental Well-Being Screening Test
- CDC Mental Health Quiz

Assignments:

- Sleep Log due
- Workout Logs #23-25

Week 11 - Complete by Friday, 11/4 at 11:59 pm

Content:

- Personality Assessment
- Staying Mentally Healthy with Technology
- Health Benefits of Going Outside

Assignments:

- Section Four Quiz
- Workout Logs #26-28

Week 12 - Complete by Thursday, 11/11 at 11:59 pm

Content:

- Heart Facts
- Steps to Prevent Heart Disease and Stroke

Assignments:

- Workout Logs #29-31

Week 13 - Complete by Friday, 11/18 at 11:59 pm

Content:

- What is Metabolic Syndrome
- Diabetes Prevention

Assignments:

- Workout Logs #32-34
- Disease Risk Assessment and Prevention Report

Week 14 - Complete by Saturday, 11/26 at 11:59 pm

Assignments:

- Workout Logs #35-37

Week 15 - Complete by Friday, 12/2 at 11:59 pm

Content:

- Cancer Awareness and Prevention
- How Does Your Immune System Work

Assignments:

-Section Five Quiz  
-Workout Logs #38-40

Week 16 - Complete by Thursday, 12/8 at 11:59 pm

Assignments:

-Fitness Assessment #3

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## **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](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](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 Michelle Brezina at 409-933-8124 or [mvaldes1@com.edu](mailto:mvaldes1@com.edu). The Office of Services for Students with Disabilities is located in the 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 1<sup>st</sup> 8-week session is October 5. The last date to withdraw from the 16-week session is November 18. The last date to withdraw for the 2<sup>nd</sup> 8-week session is December 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 or communityresources@com.edu.