



Physical Education 1164.101CL
Introduction to Physical Fitness and Wellness
Fall 2022 Semester - 16 Weeks
Monday and Wednesday 8:00 am – 9:20 am
COM Gym – Room 118

Instructor Information

Jason Abshire

Email: jabshire@com.edu

Office Phone: 409-933-8439

Student Hours and Location: Student hours (office hours) are set aside for tutorials and questions about our class. 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. If you prefer to meet face-to-face during our Student Hours, simply drop by my office, which is room 123 in the gym.

Student Hours:

- Monday and Wednesday
 - 1:00 pm – 2:00 pm – virtual or face-to-face
- Tuesday and Thursday
 - 9:00 am – 11:00 am – virtual or face-to-face
- Friday
 - 10:00 am – 12:00 pm – virtual only (I'm often off campus)

All other times during the week by appointment. Please contact me to schedule a meeting.

Utilizing the COM Gym:

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.)
- You may or may not wear a face covering. It is your choice.

Required Textbook/Materials: The Introduction to Physical Fitness and Wellness PHED 1164 course workbook is required for this class and will be needed for week 1. See the two options below and choose which works best for you.

Option 1 - Hard copies of the course workbook are available in the COM bookstore. You will be able to complete the required lab activities (fitness assessments and tracking your workouts) by writing in the course workbook.

The COM bookstore link is below:

<http://www.combookstore.com/home>

Option 2 – A digital copy of the course workbook is available in D2L as two separate Word documents. You will be able to download both documents to your computer. Then print out the Fitness Assessment pages and 22 workout log pages. Put the pages together in a 3-ring binder and bring your DIY course workbook with you to class.

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:

- Course workbook (hard copy or digital version)
- Workout shoes and clothes 😊

During the semester you will be completing assignments and workouts along with reviewing course material and taking quizzes. You may be evaluated through instructor observation, assignment rubrics, peer assessment and standardized testing.

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

- 1st option - Hard copy, submitted in class.
- 2nd option - When applicable, you may submit assignments on D2L.

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

Who Am I? = 10 pts

The estimated amount of time needed to complete this assignment is 15 minutes. This assignment is your opportunity to learn about your instructor and other students as well as to share about yourself.

My Fitness Assessment = 55 pts

The estimated amount of time needed to complete this part is 3 hours. Part 1 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. The assessment will include girth measurements, body mass index, waist to hip ratio, body composition and flexibility measurements.

Part 2 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 Weekly Workouts = 25 pts each workout X 22 workouts = 550 pts

The estimated amount of time needed to complete this assignment is 22 hours (about 1 hour per workout). 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, track, and submit workouts throughout the semester according to the schedule below. You will also make changes to your workouts, as needed, to reach your fitness goals.

My Reflection Journal = 5 pts each journal entry X 12 weekly entries = 60 pts

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

The practice of reflecting is a positive method for processing and retaining information learned in this course or through additional topics of interest. The ability to summarize what you have learned and apply that knowledge is a powerful learning opportunity. You will reflect upon your weekly workouts, the prompts provided, and how you are progressing. Your reflection journal entry will be written in your course workbook.

My Ending Fitness Assessment = 55 pts

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

This assignment is based on the 4th step of the self-help approach to behavior change which is evaluating progress. Part 1 you will complete a 2nd fitness assessment at the end of the semester and compare the results to your initial fitness assessment. For part 2, you will reflect on your fitness goals and action plans from earlier in the semester and adjust the plans.

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

The estimated amount of time needed to complete this assignment is 2 ½ hours (about 30 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 at least 1 of 3 options provided for improving your mental health and practice that habit for 5 weeks. Each week you will submit which option you choose to practice.

My Mental Health Practice “Amazon” Review = 20 pts

The estimated amount of time needed to complete this assignment is 1 hour. This assignment is based on the 4th step of the self-help approach to behavior change which is evaluating progress.

My Diet = 70 pts

The estimated amount of time needed to complete this assignment is 3 hours. Part 1 is based on the 1st step of the self-help approach to behavior change, which is assessing behavior. You will utilize the Basal Metabolic Rate (BMR) formula and the Harris Benedict equation to calculate your recommended calorie intake based on your varying activity levels. Next, you will utilize an assigned website 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 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.

Part 3 is based on the 3rd step of the self-help approach to behavior change which is formulating an action plan. You will identify nutrient dense foods that you enjoy and fit within your budget, to create a nutritious grocery list.

My Health Risks = 70 pts

The estimated amount of time needed to complete this assignment is 3 hours. Part 1 is based on the 1st step of the self-help approach to behavior change, which is assessing behavior. You will utilize the assessment tools on the Siteman Cancer Center website to determine your health risks for cancer, diabetes, osteoporosis, heart disease and stroke. You will also complete research on each of those diseases and the impact stress and addiction have on your health.

Part 2 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 disease prevention goals and develop an action plan for overcoming barriers you will experience while working towards these goals.

My Discussion Topics = 20 pts each topic X 3 discussion topics = 60 pts

The estimated amount of time needed to complete this assignment is 3 hours (about 1 hour per discussion). The assigned classroom discussion topics will require critical thinking and application of knowledge. You will have the opportunity to reflect on your prior knowledge of the topics and share what you learn about the topic based on the information and prompts provided.

Determination of Course Grade/Detailed Grading Formula:

During the semester you will be completing assignments, presentations, and workouts. They may be evaluated by instructor observation, the use of grading rubrics and through peer evaluation.

Grading Formula:

| | | |
|-----------------------|---|-----------|
| Who Am I? | = | 10 points |
| My Fitness Assessment | = | 55 points |
| My Weekly Workouts | | |

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|--|---|-------------|
| 22 Workouts @ 25 points per | = | 550 points |
| My Reflection Journal Entries | | |
| 12 Weekly Journal Entries @ 5 points per | = | 60 points |
| My Mental Health Practice | | |
| 5 Weeks @ 10 points per week | = | 50 points |
| My Mental Health Practice Amazon Review | = | 20 points |
| My Ending Fitness Assessment | = | 55 points |
| My Diet | = | 70 points |
| My Health Risks | = | 70 points |
| My Discussion Topics | | |
| 3 Topics @ 20 points per | = | 60 points |
| | | |
| Total Possible | = | 1000 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: You are expected to complete and submit work on time. If you are not able to submit an assignment by the due date, you will have up to 14 days past the original due date to submit the assignment late and earn 80% credit. Assignments are no longer accepted for credit after 14 days past the original due date. Assignments are not accepted for credit once the semester ends.

There is one exception to this policy. If you are not able to complete any of your required weekly workouts due to a busy schedule, illness, or injury, you will have the option of making up some of those workouts without penalty. Below is the policy regarding make-up workouts:

- You may make up only 2 workouts per week. This is to protect you from over training since you will already be completing the required workouts during any given week plus make-up workouts.
- We will have face-to-face class days set aside for you to complete make-up workouts. See our course outline for days designated as No Workout days. On those class days, you may choose to complete a make-up workout.
- You may also attend another face-to-face class to complete a make-up workout or drop by during our Student Hours to complete a make-up workout.
- If you are dropping by during the scheduled Student Hours to complete a make-up workout, make sure to check in with me before you begin your workout and then check out with me when you have finished.

You will also have an opportunity to revise (correct) and resubmit most assignments. All revisions and resubmissions are due within 14 days of the original due date, and you can earn full credit. Revised assignments are no longer accepted after 14 days

past the original due date. Revised assignments are not accepted once the semester ends.

Attendance Policy: You are required to attend class on a regular basis. COM policy states that “students are not permitted a determined number of absences”. Full participation in all course activities is required to earn credit for all graded activities.

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.

| 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 #3 |
| 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 Risks |
| 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 Weekly Workouts |
| Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity. | Teamwork and Communication | Discussion Topic #2 |

Academic Dishonesty: Any incident of academic policy will be dealt with in accordance with college policy and the Student Handbook. Academic dishonesty – such as cheating on exams, quizzes or assignments is an extremely serious offense and will result in a grade of zero. The student will also be referred to the Office of Student Conduct for appropriate disciplinary 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 and Engineering Department Head, at 409-933-8330 or sabernathy@com.edu

Course Outline:

| Week | Day | Date | Assignments, Content and Exams | Workouts |
|--------|-----|------|---|-----------|
| Week 1 | Mon | 8/22 | Introductions, PE Hall of Shame & The Tour | Not Today |
| | Wed | 8/24 | Complete Who Am I? = 10 pts Begin My Fitness Assessment (due 8/31/22) Begin Discussion Topic #1 (due 8/31/22) | Not Today |

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|---------|-----|-------|--|------------|
| Week 2 | Mon | 8/29 | Continue My Fitness Assessment | Not Today |
| | Wed | 8/31 | Complete My Fitness Assessment = 55 pts Complete Discussion Topic #1 = 20 pts | Not Today |
| Week 3 | Mon | 9/5 | College Closed – Labor Day Holiday | Not Today |
| | Wed | 9/7 | Complete our Cardio Lab | Workout 1 |
| Week 4 | Mon | 9/12 | Class Discussion - Workout Logs Begin Reflection Journal (due 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26, 11/2, 11/9, 11/16, 11/23 & 12/5) | Workout 2 |
| | Wed | 9/14 | Class Discussion – Cardiorespiratory Fitness Complete Reflection Journal Entry #1 = 5 pts | Workout 3 |
| Week 5 | Mon | 9/19 | Begin My Diet parts 1, 2 & 3 (due 9/28/22) Complete My Diet part 1 | Workout 4 |
| | Wed | 9/21 | Complete our Stretching Lab Complete Reflection Journal Entry #2 = 5 pts | Workout 5 |
| Week 6 | Mon | 9/26 | Complete My Diet part 2 in the computer lab. (due 9/28/22) | Not Today |
| | Wed | 9/28 | Complete My Diet part 3 – Parts 1,2 & 3 due 9/28/22 = 70 pts Begin our Weight Training Lab Complete Reflection Journal Entry #3 = 5 pts | Workout 6 |
| Week 7 | Mon | 10/3 | Complete our Weight Training Lab Class Discussion – Strength Training | Workout 7 |
| | Wed | 10/5 | Begin Discussion Topic #2 (due 10/12/22) Complete Reflection Journal Entry #4 = 5 pts | Workout 8 |
| Week 8 | Mon | 10/10 | Continue Discussion Topic #2 | Workout 9 |
| | Wed | 10/12 | Complete Discussion Topic #2 = 20 pts Complete Reflection Journal Entry #5 = 5 pts | Workout 10 |
| Week 9 | Mon | 10/17 | Begin My Mental Health Practice (due 10/19, 10/26, 11/2, 11/9, & 11/16) | Workout 11 |
| | Wed | 10/19 | Complete our Yoga Lab Complete My Mental Health Practice #1= 10 pts Complete Reflection Journal Entry #6 = 5 pts | Workout 12 |
| Week 10 | Mon | 10/24 | Begin My Health Risks in the computer lab. (due 11/7/22) | Not Today |
| | Wed | 10/26 | Complete our Spin Lab Complete My Mental Health Practice #2 = 10 pts Complete Reflection Journal Entry #7 = 5 pts | Workout 13 |
| Week 11 | Mon | 10/31 | Class Discussion - TBA | Workout 14 |
| | Wed | 11/2 | Complete our Medicine Ball Lab Complete My Mental Health Practice #3 = 10 pts Complete Reflection Journal Entry #8 = 5 pts | Workout 15 |

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| Week 12 | Mon | 11/7 | Complete My Health Risks = 70 pts | Workout 16 |
| | Wed | 11/9 | Complete our Suspension Training Lab Complete My Mental Health Practice #4 = 10 pts Complete Reflection Journal Entry #9 = 5 pts | Workout 17 |
| Week 13 | Mon | 11/14 | Class Discussion - TBA | Workout 18 |
| | Wed | 11/16 | Complete My Mental Health Practice #5 = 10 pts Begin Discussion Topic #3 (due 11/28/22) Complete Reflection Journal Entry #10 = 5 pts | Workout 19 |
| Week 14 | Mon | 11/21 | Begin My Mental Health "Amazon" Review (due 11/23/22) Continue Discussion Topic #3 (due 11/28/22) | Workout 20 |
| | Wed | 11/23 | Complete My Mental Health "Amazon" Review = 20 pts Complete Reflection Journal Entry #11 = 5 pts | Workout 21 |
| Week 15 | Mon | 11/28 | Complete Discussion Topic #3 = 20 pts | Workout 22 |
| | Wed | 11/30 | Begin End of Semester Fitness Assessment Optional Make-up Workout | Not Today |
| Week 16 | Mon | 12/5 | Complete End of Semester Fitness Assessment = 55 pts Complete Reflection Journal Entry #12 = 5 pts | Cardio Test |
| | Wed | 12/7 | Optional Make-up Workout | Not Today |

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.

COM Honors Program Mission Statement:

The College of the Mainland (COM) Honors Program provides highly motivated students challenges above and beyond their typical coursework. Students may enroll in honors courses or seek honors contracts and work one-on-one with COM faculty to develop independent projects. Honors contracts enhance students' work ethic and provide opportunities to expand academic networks.

If you are interested in earning honors credit in our course, please let me know. I would be happy to meet with you and discuss your options and the process.

Honors Scholars Recognition:

Any student who completes at least 12 honors credit hours, maintains a GPA of 3.5 or higher, completes at least 24 hours of approved community service and completes at least 18 hours at COM will be recognized as a COM scholar at graduation.

Technology Outage Policy: 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.

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. *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 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. 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 1st 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 2nd 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.