



**PHED 1164.006IN**  
**INTRODUCTION TO PHYSICAL FITNESS AND WELLNESS**  
**8 WEEK COURSE**  
**SPRING 2022**

**INSTRUCTOR INFORMATION**

Crystal Collins, M.A.

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Phone: 409-933-8420

**STUDENT HOURS AND LOCATION**

Monday/Wednesday 10:00 a.m. – 12:15 p.m. and Tuesday/Thursday 11:00 a.m. – 12:30 p.m. in Gym 128  
Please let the gym front desk attendant know you are there to see me. They will notify me and I will come meet with you in place that we are able to socially distance. You are also welcome to email me or send a Teams Chat and I will respond as quickly as 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.

**REQUIRED MATERIALS**

COM I.D.

Course Workbook (available in COM's bookstore)

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

Pedometer (downloaded to smart phone or smart watch 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**

During the course of the semester students will complete **three fitness assessments**: an initial fitness assessment to determine baseline data and a mid-term and 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 **two to four cardio workouts** per week for the course of the semester 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, 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-Friday 7:00 a.m. – 7:00 p.m., Saturday 8:00 a.m. – 12:00 p.m. and Sunday 12:00 p.m. – 4:00 p.m. Documentation (verification) of each workout is required using a fitness tracking device/app/smartwatch and/or “selfie”-type pictures.

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>125</b>	
Initial (50 points)		
Mid (25 points)		
Final (50 points)		
<b>WRITTEN EXAMS (3 x 50 points each)</b>	<b>150</b>	
Exam #1		
Exam #2		
Exam #3		
<b>WORKOUTS (28 x 5 points/workout)</b>	<b>140</b>	
<b>ASSIGNMENTS/PROJECTS</b>	<b>85</b>	
Fun Fact Discussion (5 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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<b>MAX TOTAL</b>	<b>500</b>
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#### 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 **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 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.
- Because of the seven possible workout days per week, students will not be permitted to make-up any workouts missed.

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 eight-week course. **Students are expected to read announcements, complete assignments and assessments (exams), participate in discussions and other learning activities, and complete the 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 regularly 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

#### 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).

<b>COURSE OUTLINE</b>		<b>TOPIC</b>	<b>ASSIGNMENT</b>	<b>PHYSICAL ACTIVITY</b>
3/21 – 3/27	Week 1	View the <b>Syllabus</b> and <b>Read Me First</b> link and complete the tasks listed	- <b>Fun Fact post</b> (discussion) - <b>Health Lifestyle Assessment</b> (extra credit) due 3/27	<b>Beginning Physical Fitness Assessment</b> -pages 1-8 in course workbook should be completed and submitted on the proper form through the <i>Physical Fitness Testing</i> link by Sunday, 3/27
			<b>Assignment 1:</b> Calculate your Training Heart Rate Zone (THR Zone) - due Sunday 3/27	<b>Workouts #1-2</b> (due Sunday, 3/27) -See <b>Weekly Workout Logs</b> link for weekly instructions -Due by Sunday each week
3/28 – 4/3	Week 2	<b>Unit I:</b> Positive Health Lifestyle & Body Composition and The Basics of Nutrition & Weight Management	<b>Assignment 2:</b> Calculate your Metabolic Rate (MR) - due Sunday, 2/6	<b>Workouts #3-4-5-6</b> -Continue to view the Workout Logs link for instructions and report by Sunday each week
4/4 – 4/10	Week 3	<b>Unit I Exam</b> Exam will close at midnight on Sunday No make-ups permitted.		<b>Workouts #7-8-9-10</b>
		Begin <b>Unit II:</b> Developing Muscular Strength & Endurance	<b>Assignment 3:</b> Discover your Real Age - due Sunday, 4/10	
4/11 – 4/17	Week 4	<b>Unit II:</b> Understanding Flexibility	<b>Assignment 4:</b> Health Risk Assessment - due Sunday, 4/17	<b>Workouts #11-12-13-14</b>
		<b>Unit II:</b> Back Health	<b>Begin Healthy Lifestyles group project</b> (join group this week)	<b>Midterm Physical Fitness Assessment</b> -page 7 in course workbook should be completed and submitted through the <i>Midterm Physical Fitness Testing</i> link by Sunday, 4/17
4/18 – 4/24	Week 5	<b>Unit II Exam</b> Exam will close at midnight on Sunday. No make-ups permitted.		<b>Workouts #15-16-17-18</b>
4/25 – 5/1	Week 6	Begin <b>Unit III:</b> All About the Heart: Cold Heart Facts and Preventing CVD	<b>Healthy Lifestyles group project</b> (start group activity)	<b>Workouts #19-20-21-22</b>
		<b>Unit III:</b> Cancer Awareness & Prevention		
5/2 – 5/8	Week 7	<b>Unit III:</b> Substance Use & Abuse	<b>Complete Healthy Lifestyles group project</b> and post on discussion board by 5/8	<b>Workouts #23-24-25-26</b>
5/9 – 5/13	Week 8	<b>Unit III Exam</b> Exam will close at midnight on Sunday. No make-ups permitted.		<b>Workouts #27-28</b> (due by Wednesday, May 10)
		Course Survey	<b>Health Lifestyle Assessment</b> (extra credit) due 5/11	<b>Final Physical Fitness Assessment</b> -pages 2-8 in course workbook completed and submitted through the <i>Physical Fitness Testing</i> link by Thursday, 5/11

## SUCCESS TIPS FOR STUDENTS WORKING OUT IN COM'S GYM

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A COM I.D. and proper dress is required when entering and utilizing the facility. Face covering may be worn but 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.

### 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 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 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 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 on campus in the student center for free and students can also email [counseling@com.edu](mailto:counseling@com.edu) to set up their appointment. Appointments are strongly encouraged; however, some concerns may be addressed on a walk-in basis.

### **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 2<sup>nd</sup> 8-week session is May 4. 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". 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.

**COVID-19 STATEMENT**

All students, faculty, and staff are expected to familiarize themselves with materials and information contained on the College of the Mainland's Coronavirus Information site at [www.com.edu/coronavirus](http://www.com.edu/coronavirus). In compliance with Governor Abbott's May 18 Executive Order, face coverings/masks will no longer be required on COM campus. Protocols and college signage are being updated. We will no longer enforce any COM protocol that requires face coverings. We continue to encourage all members of the COM community to distance when possible, use hygiene measures, and get vaccinated to protect against COVID-19. Please visit [com.edu/coronavirus](http://com.edu/coronavirus) for future updates.