



**Physical Education 1164.201H1
Intro to Physical Fitness & Wellness
Fall 2025
6:00-8:50 Monday**

Instructor Information:

- Nicanor Rodriguez, MS
- Email: nrodriguez18@com.edu
- Phone: 409.933.8422

Student hours and location:

- Face-to-Face | Monday | 5:00-6:00 | Gym 118
- Virtual | By Appointment | Microsoft Teams

Required Textbook/Materials: The Introduction to Physical Fitness and Wellness PHED 1164 course workbook is required for this class and will be needed Week One.

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
- Workout shoes and clothes (you will not be allowed to work out if you are not wearing the proper clothing; in turn, you will miss out on points for the days workout)
- Computer and internet access are necessary to complete some assignments. If you do not have your own computer and internet access, you may utilize the computers in the Innovations Computer Lab and the library
- 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 Brightspace

COM Gym

- Hours of Operation:
 - M-F | 7:00AM-7:00PM
 - Saturday | 8:00AM-12:00PM
 - Sunday | 12:00PM-4:00PM

Determination of Course Grade/Detailed Grading Formula: During the semester you will be completing assignments and workouts along with reviewing course material and taking exams.

You may be evaluated through instructor observation, assignment rubrics, peer assessment and standardized testing.

Initial Fitness Assessment = 50 PTS

This assignment will be based on the first two steps of the self-help approach to behavior change which is assessing behavior and setting goals. 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, flexibility measurements, muscular endurance tests and a cardiovascular endurance test.

Final Fitness Assessment = 50 PTS

This assignment will be based on all 4 steps of the self-help approach to behavior change which is assessing behavior, setting goals, formulating an action plan, and evaluating progress. You will determine your fitness level at the end of the semester by means of a general fitness assessment. The assessment will include girth measurements, body mass index, waist to hip ratio, body composition, flexibility measurements, muscular endurance tests and a cardiovascular endurance test.

Written Exams = 150 PTS

You will complete three multiple choice, true/false and matching exams. The exams will cover the following: lecture topics on nutrition and lecture topics on fitness and wellness. Additional topics may be added during the semester.

Workouts = 120 PTS

You will complete 16 workouts (eight workouts in-class and eight workouts outside of class on your own) based on the 2nd, 3rd, and 4th steps of the self-help approach to behavior change which is setting goals, formulating an action plan, and evaluating progress (tracking your workouts and making changes as needed to reach your goals). These workouts will be submitted weekly throughout the semester to earn credit and receive feedback.

Discussion Topics = 100 PTS

Topics will include components of physical fitness, nutrition, stress management, goal

setting, mental health, and the role of physical activity in disease prevention. These discussions are designed to encourage personal reflection, peer engagement, and critical thinking about health-related behaviors.

Goal Setting = 5 PTS

This plan will be based on the first three steps of the self-help approach to behavior change which is assessing behavior, setting goals, and formulating an action plan. You will create a starting plan for your workouts and set fitness goals.

Health Risk QNR = 5 PTS

You will determine your health risks for cancer, diabetes, osteoporosis, heart disease and stroke. Once the assessment is complete, you will research each disease and answer questions about each disease.

Target Heart Rate = 10 PTS

This assignment is based on the 2nd step of the self-help approach to behavior change which is setting goals. You will calculate your recommended exercising heart rate zone. This calculation (using the Karvonean formula) is based on personal data (maximum heart rate, resting heart rate, heart rate reserve and age).

Effects of Aerobic Activity on RHR = 10 PTS

Using your actual resting heart rate (RHR) from your Initial Fitness Assessment you will compute the total number of times your heart beats each day and each year.

Resting Metabolic Rate = 10 PTS

You will utilize the Basal Metabolic Rate (BMR) formula and the Harris Benedict equation to calculate recommended caloric intakes based on your varying activity levels.

Musculoskeletal Fitness Lab = 15 PTS

You will perform a battery of exercises which will include specific measures for the upper and lower body.

Physical Activity and Nutrition Environment = 10 PTS

You will determine your control over your physical activity and nutrition environment. Once the assessment is complete, you will create your own personal behavior modification plan.

CHD Risk Factor Analysis = 10 PTS

The purpose of this activity is to establish a baseline coronary heart disease (CHD) risk profile and to point out the “zero-risk” level for each coronary risk factor.

Stress Test = 15 PTS

You will perform a treadmill test comprised of multiple stages of three minutes each. At each stage, the incline and speed are raised to increase work output. You should reach your Heart Rate Max ($220 - \text{Age}$).

Signature Assignments = 40 PTS

Exercise Rx Paper (20 PTS)

Reflection Paper (20 PTS)

Grading Scale:

540 - 600 Points = A

480 - 539 points = B

420 - 479 points = C

360 - 419 points = D

< 359 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, one point will be deducted for each day the assignment is late. Assignments are no longer accepted once there are no more points left to give. Ex. an assignment worth 10 points submitted 10 days late is a zero. Assignments are not accepted for credit once the semester is over.

If you are unable to attend class and complete your required weekly workout due to an illness or injury, you are only allowed to make up the workout by providing a doctor's note.

There will be Extra Credit opportunities offered throughout the semester. Each Extra Credit opportunity is worth two-to-five extra credit points. You may earn a maximum of 10 extra credit points by participating. Extra Credit will be based on course content, assignments, and volunteer opportunities that may arise throughout the semester. Participation is optional. The benefit of participating is to build on your prior knowledge of the topics and to earn extra credit.

There are no exceptions for missing an exam. If you know you are going to be absent on a day when an exam will be taken, you must communicate with the instructor and make arrangements to take the exam at an earlier date.

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. Regular class attendance will be attending all scheduled classes and logging into D2L regularly each week.

Census Day Participation Policy: For Census Day purposes, participation in this hybrid class will be attending class face-to-face at least one time during the 1st week of class and reviewing, working on and/or completing course content, assignments and/or discussions. Students enrolled in online classes must participate during the first week of classes or they will be dropped from the class for non-attendance. **Students who have not attended their in-person or hybrid class by Census Day will automatically be dropped from the class for non-attendance (COM Student Handbook, pg. 27).**

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.

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	Lecture Topic Exams
Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.	Communication	Reflection Paper - Communication
Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.	Empirical and Quantitative Skills	My Dietary Analysis – Metabolic Rate Lab
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	Exercise Prescription - Teamwork

Academic Dishonesty: Any incident of academic dishonesty 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, Department of Science and Engineering Chair, at 409-933-8330 or sabernathy@com.edu.

Course outline: Course Schedule (Subject to Change If Necessary)

Date	In-Class	Online	Topics
Week One 8/18	Initial Fitness Assessment Assignment #2: Calculate THR Zone	Assignment #1: Goal Setting Workout #2	Physical Fitness & Wellness Cardiorespiratory Fitness
Week Two 8/25	Assignment #3: FX of Aerobic Activity on RHR	Discussion #1: Nature vs Nurture Workout #4	Muscular Fitness Muscular Flexibility
Week Three 9/1	Labor Day No Class	Discussion #2: Gender & Athletic Performance Workout #6	
Week Four 9/8	EXAM ONE Assignment #4: Musculoskeletal Fitness Lab	Exercise Rx Paper Workout #8	Body Composition Nutrition for Wellness Weight Management
Week Five 9/15	Assignment #5: Calculate Resting Metabolic Rate	Discussion #3: The Limits of Human Performance Workout #10	Behavior Modification Preventing CVD Preventing Cancer
Week Six 9/22	EXAM TWO Assignment #6: CHD Risk Factor Analysis	Discussion #4: One Size Doesn't Fit All Workout #12	Stress Assessment/Management Addictive Behavior
Week Seven 9/29	Assignment #7: Physical Activity & Nutrition Environment	Discussion #5: Fitness Education Workout #14	Preventing STIs Lifetime Fitness & Wellness
Week Eight 10/6	Assignment #8: Health Risk QNR Final Fitness Assessment FINAL EXAM	Reflection Paper Workout #16	

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/docs/Student_Handbook_2024-2025_v2.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.*

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:

Kimberly Lachney, Student Accessibility Services Coordinator

Phone: 409-933-8919

Email: AccessibilityServices@com.edu

Location: COM Doyle Family Administration Building, 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 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.

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.