



Physical Education 1164.002IN  
**Introduction to Physical Fitness and Wellness**  
Summer 2023 Semester – 1<sup>st</sup> 5 Weeks  
D2L - Asynchronous Online

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**Instructor Information**

Jason Abshire

Email: [jabshire@com.edu](mailto:jabshire@com.edu)

Office Phone: 409-933-8439

**Student Hours and Location:** Student (office) hours are set aside for tutorials and questions about our class. These 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. Virtual student (office) hours are:

- Mondays from 1:00 pm – 3:00 pm

During this time, I will also respond through COM email. All other times during the week by appointment. Please contact me to schedule a meeting.

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**Utilizing the COM Gym:** (optional) You are not required to come to the COM campus to successfully complete any of the assignments for this course. With this being a 100% online course, all assignments may be completed at a location that is most convenient for you. Access to the COM gym simply provides you with one option for completing your fitness assessment and workouts this semester.

**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 1<sup>st</sup> 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.
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**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. The COM bookstore link is below:

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

**Option 2** – A digital copy of the course workbook is available in D2L. Click on Content and then the Course Workbook folder.

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**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:**

- COM ID (only if you will be utilizing the COM Gym)
- Course workbook (hard copy or digital version)
- Smart phone with a working camera and video capabilities along with the capability to add course required fitness apps (example: Run Keeper app)
- Workout shoes and clothes

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 COM Library.

If you experience technology issues with COM software or applications (D2L, Office 365, etc.), immediately notify the COM Educational Technology department by submitting a support ticket. On our course menu in D2L, click on the Help with D2L link to submit your support ticket. You may also follow the link below to submit your support ticket:

<http://de-support.com.edu/requests>

Technology issues outside of COM's control (personal computer problems, power outages, etc.) may not justify an extension of an assignment due date. In these instances, contact me within 24 hours of the issue so we can discuss your options.

You are expected to upload assignments in the proper file format according to assignment directions without instructor assistance. All COM students have access to Microsoft 365 which includes Word, Excel and PowerPoint.

If you create an assignment in Mac-specific programs such as "Pages" I will not be able to grade it. D2L is not able to open **Pages**, **Numbers**, and **HEIC** files.

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 them to D2L.
2. If you are using a program other than Microsoft Office (Apple apps) you will need to save the document in **PDF** format and upload it to D2L.

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### **Assignments:**

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

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

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### **Discussion Board - Who Am I? = 20 pts.**

The estimated amount of time needed to complete this assignment is 30 minutes. This assignment is your opportunity to learn a little about me, my family and why I teach this course. Then you will create a post and tell everyone (through a video or text and pictures) about yourself.

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### **My Personal Fitness & Wellness Program (parts 1, 2, 3, & 4) = 620 pts.**

Part 1 – My Target Heart Rate = 20 pts.

This assignment is based on the 2nd step of the self-help approach to behavior change which is setting goals. Before beginning your first workout, you will calculate a safe and effective training intensity (exercising heart rate) to adhere to during all of your cardiorespiratory “cardio” workouts.

Part 2 – My Workouts = 25 pts. for each workout X 20 workouts = 500 pts.

The estimated amount of time needed to complete this assignment is 20 hours (about 1 hour per workout). Your workouts are based on the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> 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.

Required workouts during the semester:

- Week 1 - complete 2 workouts – cardiorespiratory “cardio” workouts only this week
- Week 2 - complete 4 workouts - cardio and/or resistance (strength) training
- Week 3 - complete 5 workouts - cardio and/or resistance (strength) training
- Week 4 - complete 5 workouts - cardio and/or resistance (strength) training

- Week 5 - complete 4 workouts - cardio and/or resistance (strength) training

Part 3 – My Reflection Journal = 10 pts. for 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 4<sup>th</sup> step of the self-help approach to behavior change which is evaluating progress. Each week you will reflect upon your weekly workouts, any prompts I may provide, and how you are progressing. Then you will record your thoughts in a journal entry along with the workouts you are submitting each week. 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.

Part 4 – My Mental Health Tools = 10 pts. for 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 3<sup>rd</sup> step of the self-help approach to behavior change which is formulating an action plan. You will choose at least 1 of 3 tools provided for improving your mental health and practice with that tool for 5 weeks. Each week you will record which tool(s) you practiced along with your reflection journal entry.

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### **My Fitness Assessment (parts 1 & 2) = 55 pts.**

The estimated amount of time needed to complete this assignment is 2 ½ hours.

Part 1 – My Assessment = 35 pts.

This portion of the assignment 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.

Part 2 – My Fitness Goals = 20 pts.

This 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.

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### **My Diet (parts 1, 2 & 3) = 70 pts.**

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

Part 1 – My Metabolic Rate = 10 pts.

This is based on the 1<sup>st</sup> 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.

Part 2 – My 3 Day Food Log = 40 pts.

This part is also based on the 1<sup>st</sup> step of the self-help approach to behavior change, which is assessing behavior. You will utilize an assigned website or app 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 3 – My Nutrition Goals = 20 pts

This is based on the 2<sup>nd</sup> and 3<sup>rd</sup> 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.

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**My Health Risks = 70 pts.**

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

Part 1 – My Disease Risk Assessment = 16 pts.

This is based on the 1<sup>st</sup> step of the self-help approach to behavior change, which is assessing behavior. You will assess your risk of developing cancer, heart disease, stroke, and diabetes. These 4 diseases are known as hypokinetic diseases. They are conditions associated with inactivity and poor fitness levels.

Part 2 – My Disease Risk Research = 34 pts.

This part of the assignment is based on the 3<sup>rd</sup> step of the self-help approach to behavior change, which is formulating an action plan. You will complete online research on the 4 diseases you assessed your risk of in part 1, along with an infectious disease. Your research will involve identifying how to decrease your risk of each disease.

Part 3 – My Nutritious Grocery List = 20 pts.

This portion of the assignment (see what I did there 😊) is based on the 3<sup>rd</sup> step of the self-help approach to behavior change, which is formulating an action plan. Most of the recommendations for a healthy diet, that we find on the internet, are generic. You will create your own nutritious grocery list by considering your personal food preferences and current financial situation.

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**My Discussion Topics = 50 pts.**

The estimated amount of time needed to complete this assignment is 2 hours (about 1 hour per discussion). The discussion board 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.

Topic #1 – The Dimensions of Wellness and the Stages of Change = 25 pts.

You will share examples of how the dimensions of wellness and stages of change have impacted your life.

Topic #2 – The Components of Fitness = 25 pts.

You will share examples of how the components of fitness may be involved in your future health and wellness.

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**My Group Wellness Presentation = 60 pts.**

To Be Determined 😊

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**My Final Fitness Assessment (parts 1 & 2) = 55 pts.**

The estimated amount of time needed to complete this assignment is 2 ½ hours.

Part 1 – My Assessment = 35 pts.

This part is based on the 4<sup>th</sup> step of the self-help approach to behavior change which is evaluating progress. You will complete a 2<sup>nd</sup> fitness assessment at the end of the semester and compare the results to your initial fitness assessment.

Part 2 – My Cardio Test = 20 pts.

This part of the assessment is based on the 1st step of the self-help approach to behavior change, which is assessing behavior. You will complete a cardiorespiratory test to measure your level aerobic fitness. Level. There are four options: 1 mile walk test, 1.5 mile run or run & walk test, 12-minute cycling test and 12-minute swim test. Choose the option that best suits your ability.

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**Determination of Course Grade/Detailed Grading Formula:**

Who Am I? - Discussion Board Post	= 20 points
My Personal Fitness & Wellness Program	
• My Target Heart Rate	= 20 points
• My Workouts	
20 Workouts @ 25 points per	= 500 points
• My Reflection Journal Entries	
5 Weekly Journal Entries @ 10 points per	= 50 points
• My Mental Health Tools Practice	
5 Weekly Journal Entries @ 10 points per	= 50 points
My Fitness Assessment	= 55 points
My Discussion Topics	
• Topic #1	= 25 points
• Topic #2	= 25 points
My Diet	= 70 points
My Health Risks	= 70 points
My Group Wellness Presentation	= 60 points
My Final Fitness Assessment	= 55 points
 Total Possible	 = 1000 points

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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 may submit the assignment late and earn 80% credit. Late assignments are typically due within 14 days of the original due date. Assignments are not accepted for credit once the semester ends.

Extra credit work is not typically offered. You will have an opportunity to revise (correct) and resubmit most assignments. All revisions and resubmissions are typically due within 14 days of the original due date. Revised assignments are not accepted once the semester ends.

There is one exception to this policy. If you are not able to complete any of your required course workouts due to a busy schedule, illness, injury, etc. you will have the option of making up 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 may already be completing the required workouts during any given week plus make-up workouts.
- You choose which week you would like to complete a make-up workout. For example, if you need to make-up 2 workouts and would like to wait till the last 2 weeks of semester you can. This gives you some flexibility.

**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”. Attending class will be by logging into the online class a minimum of 2 times each week. Expect to spend about 3 hours each week reviewing added information, participating in discussions, reviewing lecture topics, and completing assignments. 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.

In this course we will communicate with D2L Announcements (which are also sent to your COM email), COM email, Microsoft Teams, and through D2L discussion forums and group blogs.

COM email and Microsoft Teams are the preferred method of communication for all questions that would not be relevant to the entire class. Monday – Friday I will typically respond to all email messages within 24 hours. Weekend response time is 24 - 48 hours. All other questions, those that are relevant to the entire class, should be posted in the appropriate discussion forums.

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 #2 – Components of Fitness
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 – part 1
Plan, implement, and evaluate a personal fitness program.	Critical Thinking	My Workouts
Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Teamwork and Communication	My Group Wellness Presentation

**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 Science and Engineering Department Chair, Prof. Abernathy at (409)933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu).

### Course Outline:

Week	Assignments	Points	Estimated Time	Due Date by 11:59 pm
Week 1	Discussion Board - Who Am I?	20	½ hour	6-12-23
	My Target Heart Rate	20	½ hour	
	My Workouts (2 workouts) #1 & 2	50	2 ½ hours	
	My Reflection Journal Entry #1	10	½ hour	
	My Mental Health Tools Practice #1	10	1 hour	
	My Fitness Assessment	55	2 ½ hours	
Week 2	Discussion Board Topic #1	25	1 hour	6-19-23
	My Workouts (4 workouts) # 3, 4, 5 & 6	100	3 ½ hours	
	My Reflection Journal Entry #2	10	½ hour	
	My Mental Health Tools Practice #2	10	½ hour	
	My Diet	70	3 hours	
Week 3	Discussion Board Topic #2	25	1 hour	6-26-23
	My Workouts (5 workouts) # 7, 8, 9, 10 & 11	125	4 ½ hours	
	My Reflection Journal Entry #3	10	½ hour	



	My Mental Health Tools Practice #3	10	½ hour	
	My Health Risks	70	2 ½ hours	
Week 4	My Workouts (5 workouts) # 12, 13, 14, 15 & 16	125	4 ½ hours	7-3-23
	My Reflection Journal Entry #4	10	½ hour	
	My Mental Health Tools Practice #4	10	½ hour	
	My Group Wellness Presentation	60	2 ½ hours	
Week 5	My Workouts (4 workouts) # 17, 18, 19 & 20	100	3 ½ hours	Friday 7-7-23
	My Reflection Journal Entry #5	10	½ hour	
	My Mental Health Tools Practice #5	10	½ hour	
	My Final Fitness Assessment	55	2 ½ hours	

**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 [Student Handbook 2022-2023 v4.pdf \(com.edu\)](#). *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 at 409-933-8919 or [klachney@com.edu](mailto:klachney@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> 5-week session is June 30.** The last date to withdraw from the 10-week session is July 31. The last date to withdraw for the 2<sup>nd</sup> 5-week session is August 4.

**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](mailto:deanofstudents@com.edu) or [communityresources@com.edu](mailto:communityresources@com.edu).