



PHED 1164.003I5

Introduction to Physical Fitness and Wellness

Course Syllabus

Summer 2025: July 7-August 8

Instructor Information

Crystal Collins, M.A.

E-Mail: ccollins@com.edu (preferred)

Phone: 409-933-8420

Student Hours and Location (*Virtual only*)

Monday and Thursday 7:15 a.m. – 8:15 a.m.

Tuesday 12:00 p.m. – 1:00 p.m.

During the virtual student hours, I will respond to email, Teams and D2L Chat as quickly as I am able. If you would like to set up a face-to-face meeting through Teams or on campus, you will need to contact me ahead of time to schedule the meeting.

Required Materials

COM I.D. (if using COM gym for physical activity)

Course Workbook (free download in D2L)

Activity Tracking Device (smart watch, wearable device or fitness app installed on smartphone)

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 nutritional and physical activity habits.

Course requirements

During the course students will complete **physical fitness assessments**: an entry physical fitness assessment to determine baseline data and an exit physical fitness assessment to document improvement. Students will complete **assignments** and **projects** to assess personal health, disease risk, and apply additional wellness concepts. 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' knowledge will be assessed through **quizzes** over concepts such as the components of fitness, nutrition, and prevention practices. Students will also complete **workouts** each week that will be documented and reported through the **Weekly Workout Submissions** assignment link in Brightspace/D2L. Students will exercise weekly at a local gym, track, trail, COM's gym, or at home. To use the COM gym, student ID and proper attire are required. COM

gym hours are Monday-Friday 7:00am-7:00pm, Saturday 8:00am-12:00pm and Sunday 12:00pm-4:00pm. *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 Brightspace/D2L regularly** and completing the required coursework is essential to success in this course.

Determination of Grade

Below is how the final grade will be determined. Grades will be available to students via the **Grades** tab on the top navigation bar in D2L. It is recommended to keep track of course progress weekly.

Physical Fitness Assessments

Entry (Beginning)	125 points
Exit (Final)	125 points

Quizzes

Unit I Quiz	100 points
Unit II Quiz	100 points
Unit III Quiz	100 points

Workouts

17 x 10 points/workout

Assignments/Projects

My Intro Discussion	30 points
My Training Heart Rate	50 points
My Metabolism Rate	50 points
My Real Age Assessment	50 points
My Health Risk Assessment	50 points
Healthy Lifestyle Group Project	50 points

Grade Scale

A = 900-1,000
B = 800-899
C = 700-799
D = 600-699
F = <600

MAX TOTAL

1,000 POINTS

Students can expect submitted work to be graded in a timely manner, typically within 72 hours of the assignment deadline. The weekly announcement will provide a detailed grading timeline. It is important to check grades often and read the grading feedback.

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 **five** points each day the assignment is late. Once no points are left the assignment link will close and will not be reopened.
- **Physical fitness assessments cannot be submitted late** and **missed quizzes will not be reopened**. Quizzes are timed. Once the time expires, Brightspace/D2L will save and submit the quiz even if the quiz is incomplete. You will not be permitted to complete the quiz.

- In the event of an illness or other situation, it may be possible to add **additional workouts** in subsequent weeks, time permitting, if workouts are missed. You will need to contact me to discuss. *Only one workout per day is permitted to prevent overtraining and overuse injuries.*
- Students will have the opportunity to earn **bonus points** throughout the semester. Opportunities will be posted on the course schedule and shared via the weekly announcement.

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 course. ***Students are expected to read announcements and view content, complete assignments, projects and assessments (quizzes), 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 see an explanation of the week’s activities and assignments through Brightspace/D2L in the form of **Announcements**. These will also be forwarded to your COM email (if you choose that notification option) and can be most helpful in 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 in to this Brightspace/D2L course ***minimally four times per week*** 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	Quiz 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	Quiz 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	Personal Fitness & Wellness Program

5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Teamwork & Communication	Healthy Lifestyle Assessment Group Activity
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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, quizzes, physical testing and exercise documentation.

The use of **artificial intelligence (AI)** can be a valuable tool for academic purposes and is permitted in this course as a supplementary resource for students. AI may assist with generating ideas, writing pseudo code, creating images, checking grammar, and improving writing skills and other class-related tasks, but it should not be relied upon solely. Students are expected to demonstrate independent thinking and analysis and use AI to supplement their work. Any work submitted must be the student's own, and using AI to generate entire assignments or portions of assignments is strictly prohibited and will result in academic consequences. To promote transparency and accountability, students must document their use of AI in their assignments, including the prompts or instructions they provided to the AI and any additional notes about the AI's output or their analysis. Plagiarism, including using AI to generate assignments, not only cheats the student out of learning but is considered a form of academic misconduct and will result in disciplinary action.

Plagiarism is using AI or 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, or having AI do the work for you. 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 appropriate discipline action.

The minimum penalty imposed may be a zero for the assignment. The maximum penalty imposed for violations may be an "F" in the course. The student will be referred to the Judicial Coordinator for further disciplinary action, including a notation on the student's conduct record which other institutions and future employers may see. 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 & Engineering Department Chair, at 409-933-8330 or sabernathy@com.edu.

Course Outline

Week		Topic	Assignment	Physical Activity
July 7-13	Week 1	Go to the Before You Start module and view each item Begin Unit I: Positive Health Lifestyle & Body Composition	Student Intro Discussion due Thursday, 7.10 Assignment (extra credit): My Lifestyle Assessment due Thursday, 7.10 Assignment: Calculate your Training Heart Rate (THR) due Monday, 7.14	Beginning Physical Fitness Assessment -pages 1-8 in course workbook should be completed and submitted on the proper form through the <i>Beginning Physical Fitness Testing</i> link by Thursday, 7.10 <i>*No make-ups permitted</i> Workouts #1 & 2 due Monday, 7.14 -See <i>Weekly Workout Submissions</i> for instructions on exercise requirements -Complete weekly workouts and report by each week through the <i>Weekly Workouts</i> link
July 14-20	Week 2	Unit I: The Basics of Nutrition & Weight Management	Assignment: Calculate your Metabolic Rate (MR) due Monday, 7.21	Workouts #3-4-5-6-7 -Continue to view the <i>Weekly Workouts Instructions & Submissions</i> for instructions and report by the following Monday each week
		Unit I Quiz Quiz open Thursday, 7.17 through Sunday, 7.20 <i>No make-ups permitted</i>		
July 21-27	Week 3	Unit II: Developing Muscular Strength & Endurance Understanding Flexibility & Back Health	Assignment: Discover your Real Age due Monday, 7.28 Project: Begin Healthy Lifestyles group project – join a group	Workouts #8-9-10-11-12
July 28 - August 3	Week 4	Unit II Quiz Quiz open Monday, 7.28 through Thursday, 7.31 <i>No make-ups permitted</i>		Workouts #13-14-15-16-17
		Begin Unit III: All About the Heart: The Cold Heart Facts & Preventing CVD Cancer Awareness & Prevention	Assignment: My Health Risk Assessment - due Monday, 8.4 Project: Complete Healthy Lifestyle group project – due by Monday, 8.4	
August 4-8	Week 5	Unit III: Substance Use & Abuse	Assignment (extra credit): My Lifestyle Assessment due Thursday, (extra credit) due 8.7	Final Physical Fitness Assessment -pages 2-8 in course workbook should be completed and submitted on the proper form through the <i>Final Physical Fitness Testing</i> link by Thursday, 8.7 <i>*No make-ups permitted</i>
		Unit III Quiz Quiz open Monday, 8.4 through Thursday, 8.7 <i>No make-ups permitted</i>		

Success Tips for Students Working Out in COM's Gym

A COM I.D. and proper dress is required when entering and utilizing the facility. Face covering may be worn but is 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, indoors or outdoors, especially in the humid environment in which we live.

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: https://www.com.edu/student-services/docs/Student_Handbook_2023-2024_v2.pdf. 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 Brightspace/D2L Learning System and any word-processing technology. Students enrolled in Brightspace/D2L 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.
- For image files, .jpg, .png files work best. .HEIC files will not open so be sure to convert to one of the other options.

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 a task is due to complete the work. Inevitably, something will go wrong. Plan ahead.

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 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:

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 Statement

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 5-week session is June 30. The last date to withdraw from the 10-week session is July 29. The last date to withdraw for the 2nd 5-week session is August 1. 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. 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.