



Physical Education 1164.102CL

**Introduction to Physical Fitness and Wellness**  
Summer 2021 Semester – 2nd 5-Weeks

**Instructor Information**

Nicanor Rodriguez, MS

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Office Phone: 409-933-8422

**Student Hours and Location**

M-F 8:00-10:00 AM

Gym 118

All other times during the week by appointment. Please contact me to schedule a meeting outside of the scheduled student hours.

**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 for less than \$9. 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 Blackboard as a Word document. You will be able to download the digital copy to your computer and complete the lab pages electronically. You may also print out those pages to complete the required lab activities (fitness assessments and tracking your workouts) if you prefer typing instead of writing.

**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)
- Smart phone with camera to document workouts and a fitness app
- Gym shoes and workout clothes

Utilizing the COM Gym (optional for those who miss class)

#### Hours of Operation

- M-TH 8:00 AM - 6:00 PM
- F 8:00 AM - 5:00 PM
- Closed Saturday and Sunday

#### To Enter and Use the Facility:

- You must have your COM I.D.
- You must have a face covering (face mask, goggles and face shields are acceptable)
- You must wear sneakers and appropriate gym attire (“yoga” pants, shorts, tank tops, t-shirts, etc.)

#### COVID-19 Specific Information

1. Student Training Video – Before returning to campus, students are required to view the training video from Vector Solutions. Please review the video at: [https://www.youtube.com/watch?v=-k4\\_AiCyfy8](https://www.youtube.com/watch?v=-k4_AiCyfy8)
2. Self-Screening – You must visit [www.com.edu/selfscreen](http://www.com.edu/selfscreen) to submit a self-screen for symptoms related to COVID-19 and acknowledge safety guidance. **The self-screen is to be completed prior to each visit to campus.** If you have symptoms of COVID-19, do not come to campus.
3. Face Coverings - Masks are no longer required for anyone that is fully vaccinated. If you are vaccinated, you can still wear a mask if you feel more comfortable.
4. Social Distancing – Please remember to stay 6 feet apart from others at all times.
5. Cleaning Surfaces – When you come to the gym, you will be asked to clean the space where you will be working. We have disinfectant to wipe down surfaces and frequently touched areas including desks, cardio equipment and the strength training equipment.
6. Monitor your health and maintain proper hygiene – Keep an eye on how you are feeling and be aware of the symptoms of COVID-19. If you feel that you are sick and have any of the symptoms, get tested and do not come to campus. Proper hygiene is also extremely important! Do not touch your face, wear a mask when around others (this protects them but also provides some protection for you), and **WASH YOUR HANDS!**
7. What to do if you test positive, have symptoms, or have been in contact with someone that is positive? – If you have tested positive for COVID-19 with or without symptoms, think or know you had COVID-19 symptoms in the past that have now resolved, or had close contact (less than 6 feet for more than 15 minutes) with a known case of COVID-19 in the past 14 days, you will need to complete the Self-report for students found at: [https://cm.maxient.com/reportingform.php?CollegeoftheMainland&layout\\_id=40](https://cm.maxient.com/reportingform.php?CollegeoftheMainland&layout_id=40). Once you complete the Self-Report, you will be contacted to let you know when you can return to campus and the procedures for your return.
8. Student Resources for COVID-19 Information – For more information related to COVID-19, please visit: <https://www.com.edu/coronavirus/students-covid19>

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 Innovations Computer Lab and the library.

You 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. You also should have completed the Online Learner Workshop.

You are expected to be able to upload assignments in the proper file format according to assignment directions without instructor assistance. Problems with technology, including computer problems and power outages, will not justify extending a deadline unless the issue is with the college network.

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 to Blackboard
2. If you are using a program other than Microsoft Office you will need to save the document in the “.rtf” or “.pdf” format, then upload and send. The generic format is referred to as an “.rtf” document or a Rich Text Format document. The adobe format is referred to as a “.pdf” document. These file extensions are available from a drop-down menu when performing the “Save As” function.

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

Below is a brief description of the fitness assessments, written exams, workouts, assignments, and reflection paper. Check the Course Calendar for due dates.

### **Initial Fitness Assessment = 50 PTS**

This assignment will be based on the first 2 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 = 200 PTS**

You will complete 20 workouts 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 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 throughout the semester to earn credit and receive feedback.

### **Goal Setting = 10 PTS**

This plan will be based on the first 3 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 Assessment = 10 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 processes and answer questions about each disease.

### **Target Heart Rate = 5 PTS**

This assignment is based on the 2<sup>nd</sup> 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).

### **Resting Metabolic Rate = 5 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 = 10 PTS**

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

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

During the semester you will be completing assignments, papers, workouts and exams. They may be evaluated by instructor observation, assignment rubrics, peer review and standardized testing.

Grading Scale:

|           |        |     |
|-----------|--------|-----|
| 450 - 500 | Points | = A |
| 400 - 449 | points | = B |
| 350 - 399 | points | = C |
| 300 - 349 | points | = D |
| < 299     | 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 7 days past the original due date to submit the assignment and earn 80% credit. After 7 days past the original due date, or once the semester ends, late assignments are no longer accepted. Exams may not be made up unless extraordinary circumstance exist.

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 1 workout per week. This is to protect you from over training since you will already be completing the required workouts during any given week plus a make-up workout.
- 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.

One or two extra credit assignments will be offered during the semester. I will communicate instructions regarding these assignments through the Announcements in Blackboard.

**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:** 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 in-person or with Blackboard Announcements (which are also sent to your COM email), COM email, Microsoft Teams, and through Blackboard 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. Week-end 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                               | 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 part 1 - 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 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 the 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 Department Head, at 409-933-8330 or [sabernathy@com.edu](mailto:sabernathy@com.edu)

**Classroom Conduct Policy: COVID19** – As stated in the [COM Spring 2021 Covid19 Guide](#), If you are feeling sick in any way, you need to stay home. Contact your instructor to address your absence and do not come on campus while you are ill. Failure to comply with this will result in you being asked to leave campus and can be considered a disciplinary matter.



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.

How to earn honors credit in regular classes

**Honors contract requirements:**

- The student must complete a research paper, special project, performance or creative project, or other work in addition to the usual requirements of the course. The student will complete least 15 hours in addition to normal course work on the project.
- The professor must approve the honors project for his/her course.
- The honors committee must approve the project.
- If the honors project involves human subjects, contact COM's Institutional Review Board at [ir@com.edu](mailto:ir@com.edu) before starting.
- The student will present their final results.
- The student must earn an A in the contracted course.
- The student must develop a meeting schedule with the professor.
- The student and the instructor must sign the honors contract.
- Submit a completed original typed copy of this form to the honors committee co-chair(s).
- The student and professor will develop a rubric for assessing whether a completed honors project merits honors credit. They will submit the rubric with the signed honors contract.
- Co-chairs may contact the faculty to learn the status of the project.
- The student must submit a final report to one of the co-chairs prior to the contract deadline. The final report must include the rubric developed jointly by the student and professor with the professor's comments on whether the student satisfied the criteria in the rubric and should receive honors credit.

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 Blackboard, 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](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 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.

**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 5-week summer session is July 6. The last date to withdraw from the 10-week summer session is August 2. The last date to withdraw for the 2nd 5-week summer session is August 6.

**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.



**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.