



PHED 1164.107CL
INTRODUCTION TO PHYSICAL FITNESS AND WELLNESS
FALL 2021

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

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 also enhance their knowledge by learning wellness concepts such as the components of fitness, nutrition, and prevention practices as assigned and will be tested over the material in **three written exams**. Students will also complete **two cardio workouts** per week for the course of the semester that will be documented in the course workbook or by using a fitness app.

Each completed task will earn points that will be accumulated throughout the semester and totaled. The breakdown of points per activity is listed below.

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.

PHYSICAL/FITNESS TESTING	125
Initial (50 points)	
Mid (25 points)	
Final (50 points)	
WRITTEN EXAMS (3 x 50 points each)	150
Exam #1	
Exam #2	
Exam #3	
WORKOUTS (20 x 5 points/workout)	100
ASSIGNMENTS/PROJECTS/LABS	125
Target Heart Rate (10 points)	
Metabolism Lab, Health Risk Assessment (15 points each)	
Real Age Assessment, Goal Setting, Cardio Lab (20 points each)	
Weight Training Lab (25 points)	

GRADE SCALE

A = 450 - 500

B = 400 - 449

C = 350 - 399

D = 300 - 349

F = <300

MAX TOTAL

500

LATE WORK/MAKE-UP/EXTRA CREDIT POLICY

Students are expected to attend class and complete work (physical and written) on time. Late assignments will lose one point for each day the assignment is late. Fitness assessments missed cannot be made up. *Keep track of deadlines carefully and plan accordingly. With prior permission from the instructor, arrangements may be made to make up a missed exam.* Exams must be made up within one week of the original test date. If an activity class is missed, there are two scheduled make-up opportunities after the first and second exams. 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

This class will meet every Tuesday and Thursday in Gym 118 for group instruction, discussion, demonstration and physical exercise. Punctual attendance and class participation in its entirety is required. Any absence has the possibility of lowering the quality of a student's work in class. More than **three absences** are considered excessive. Late arrivals and/or early departures from class will result in point reduction.

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 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.

COURSE SCHEDULE (SUBJECT TO CHANGE IF NECESSARY)

WEEK 1	8/24 TUESDAY 8/26 THURSDAY	ORIENTATION - COURSE OVERVIEW, FACILITY TOUR, STUDENT INFORMATION (page 1) INITIAL FITNESS ASSESSMENT (pages 2-7) Come Dressed <i>Health Lifestyle Inventory</i>
WEEK 2	8/31 TUESDAY 9/2 THURSDAY	INITIAL FITNESS ASSESSMENT (PAGES 2-7) Come Dressed <i>Assignment: Calculate Target Heart Rate Zone (THR)</i> LECTURE TOPIC: HEALTHY LIFESTYLE/GOAL SETTING + WORKOUT 1
WEEK 3	9/7 TUESDAY 9/9 THURSDAY	LECTURE TOPIC: HEALTHY LIFESTYLE/BODY COMPOSITION + WORKOUT 2 <i>Assignment: Goal Setting</i> CARDIO LAB
WEEK 4	9/14 TUESDAY 9/16 THURSDAY	LECTURE TOPIC: WEIGHT MANAGEMENT + WORKOUT 3 LECTURE TOPIC: NUTRITION + WORKOUT 4
WEEK 5	9/21 TUESDAY 9/23 THURSDAY	LECTURE TOPIC: NUTRITION + WORKOUT 5 METABOLIC LAB + WORKOUT 6
WEEK 6	9/28 TUESDAY 9/30 THURSDAY	LECTURE TOPIC: HOW TO READ A FOOD LABEL + WORKOUT 7 EXAM 1
WEEK 7	10/5 TUESDAY 10/7 THURSDAY	WORKOUT 8: GROUP TRAINING (SPIN) <i>Assignment: Real Age Assessment (due next week)</i> LECTURE TOPIC: MUSCULAR STRENGTH & ENDURANCE + WORKOUT 9
WEEK 8	10/12 TUESDAY 10/14 THURSDAY	LECTURE TOPIC: MUSCULAR STRENGTH & ENDURANCE + WORKOUT 10 MID-TERM FITNESS TESTING + WORKOUT 11
WEEK 9	10/19 TUESDAY 10/21 THURSDAY	WEIGHT TRAINING EXPERT GROUPS + WORKOUT 12 WEIGHT TRAINING LAB
WEEK 10	10/26 TUESDAY 10/28 THURSDAY	LECTURE TOPIC: WEIGHT TRAINING + WEIGHT TRAINING LAB LECTURE TOPIC: FLEXIBILITY + WORKOUT 13
WEEK 11	11/2 TUESDAY 11/4 THURSDAY	LECTURE TOPIC: BACK HEALTH + WORKOUT 14 EXAM 2
WEEK 12	11/9 TUESDAY 11/11 THURSDAY	STUDENT CHOICE RECREATION DAY: WORKOUT 15 LECTURE TOPIC: THE COLD HEART FACTS + WORKOUT 16
WEEK 13	11/16 TUESDAY 11/18 THURSDAY	LECTURE TOPIC: PREVENTING CARDIOVASCULAR DISEASE + WORKOUT 17 <i>Assignment: My Health Risk Assessment (due next week)</i> LECTURE TOPIC: SUBSTANCE USE AND ABUSE + WORKOUT 18
WEEK 14	11/23 TUESDAY 11/25 THURSDAY	LECTURE TOPIC: PREVENTING CANCER + WORKOUT 19 THANKSGIVING HOLIDAY – NO CLASS
WEEK 15	11/30 TUESDAY 12/2 THURSDAY	WORKOUT 20: GROUP TRAINING EXAM 3
WEEK 16	12/7 TUESDAY 12/9 THURSDAY	FINAL FITNESS ASSESSMENT FINAL FITNESS ASSESSMENT <i>Health Lifestyle Inventory</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 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. **Water and a sweat towel class are considered part of required dress.**

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 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. Additionally, ***cell phones need to be turned off or put on silent mode for the duration of the lecture/testing portions of class. Failure to do so may result in the student being asked to leave the class and point reduction for that class session.***

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, 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. *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

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. 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. Counseling services are available on campus in the student center for free and students can also email 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 16-week session is November 19. 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. 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 for future updates.