



**PHED 1164.105CL**  
**Introduction to Physical Fitness and Wellness**  
**Spring 2024**  
**Tuesday/Thursday 9:30 A.M. – 10:50 A.M.**

**Instructor Information**

Crystal Collins, M.A.

E-Mail: [ccollins@com.edu](mailto:ccollins@com.edu) (*preferred*)

Phone: 409-933-8420

**Student Hours and Location**

*On campus:* Monday 11:00 a.m. – 12:20 p.m. and 1:50 p.m. – 3:00 p.m. (Gym 128)

Tuesday/Thursday 10:50 a.m. – 12:20 p.m. (Gym 128)

*Virtual:* Wednesday 8:00 a.m. – 10:00 a.m. (email and/or TEAMS)

To meet on campus, please let the gym front desk attendant know you are there to see me. They will notify me. You are also welcome to email me or send a Teams Chat during the virtual hours, 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 (available for free download in D2L)

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 **seven 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 quizzes**.

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 final grade will be determined. Grades will be available to the student via the **Grades** tab on the top navigation bar in our D2L course to keep track of course progress.

<b>Physical/Fitness Testing</b>	<b>125</b>
Initial (50 points)	
Mid (25 points)	
Final (50 points)	
<b>Quizzes (3 x 30 points each)</b>	<b>90</b>
Quiz 1	
Quiz 2	
Quiz 3	
<b>Workouts (20 x 5 points/workout)</b>	<b>100</b>
<b>Assignments/Projects/Labs</b>	<b>185</b>
My Training Heart Rate (25 points)	
My Goal Setting (25 points)	
My Metabolism Lab (25 points)	
My Health Risk Assessment (25 points each)	
My Real Age Assessment (25 points)	
Cardio Lab (30 points each)	
Weight Training Lab (30 points)	

<b><u>GRADE SCALE</u></b>
<b>A = 450 - 500</b>
<b>B = 400 - 449</b>
<b>C = 350 - 399</b>
<b>D = 300 - 349</b>
<b>F = &lt;300</b>

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**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 quiz.* Quizzes 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 quiz one and quiz two. Students will have the opportunity to earn bonus points throughout the semester. Each opportunity will be worth five 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	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	Fitness & Wellness Plan
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.	Teamwork & Communication	Health Lifestyle Group 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, quizzes, physical fitness 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](mailto:sabernathy@com.edu).

## Course Outline (subject to change if necessary)

Week 1	1/16 Tuesday 1/18 Thursday	Orientation - Course Overview, Facility Tour, Student Information (page 1) Initial Fitness Assessment (pages 2-7) Come Dressed <i>My Health Lifestyle Inventory</i>
Week 2	1/23 Tuesday 1/25 Thursday	Initial Fitness Assessment (pages 2-7) Come Dressed <i>Assignment: My Training Heart Rate Zone (THR)</i> Lecture Topic: Healthy Lifestyle/Goal Setting + Workout 1 + EHR
Week 3	1/30 Tuesday 2/1 Thursday	Lecture Topic: Healthy Lifestyle/Body Composition + Workout 2 <i>Begin Assignment: My Goal Setting</i> Cardio Lab
Week 4	2/6 Tuesday 2/8 Thursday	Metabolic Lab + Workout 3 Lecture Topic: Weight Management + Workout 4
Week 5	2/13 Tuesday 2/15 Thursday	Lecture Topic: Nutrition + Workout 5 Lecture Topic: Nutrition + Workout 6
Week 6	2/20 Tuesday 2/22 Thursday	Lecture Topic: How to Read a Food Label + Workout 7 Quiz 1
Week 7	2/27 Tuesday 2/29 Thursday	Workout 8 <i>Assignment: My Real Age Assessment (due next week)</i> Weight Training Lab + Muscle Diagram
Week 8	3/5 Tuesday 3/7 Thursday	Mid-Term Fitness Testing + Weight Training Lab Weight Training Expert Groups + Workout 9
Week 9	3/19 Tuesday 3/21 Thursday	Lecture Topic: Muscular Strength & Endurance + Workout 10 Lecture Topic: Muscular Strength & Endurance + Workout 11
Week 10	3/26 Tuesday 3/28 Thursday	Lecture Topic: Weight Training + Workout 12 Lecture Topic: Flexibility + Workout 13
Week 11	4/2 Tuesday 4/4 Thursday	Lecture Topic: Back Health + Workout 14 Quiz 2
Week 12	4/9 Tuesday 4/11 Thursday	Workout 15 + Stretching Lab Lecture Topic: The Cold Heart Facts + Workout 16
Week 13	4/16 Tuesday 4/18 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	4/23 Tuesday 4/25 Thursday	Lecture Topic: Preventing Cancer + Workout 19 Workout 20
Week 15	4/30 Tuesday 5/2 Thursday	Workout 21 Quiz 3
Week 16	5/7 Tuesday 5/9 Thursday	Final Fitness Assessment Final Fitness Assessment <i>My 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: [https://www.com.edu/student-services/docs/Student\\_Handbook\\_2023-2024\\_v2.pdf](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 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 discussion and quiz 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.***

## ***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\\_2023-2024\\_v2.pdf](https://www.com.edu/student-services/docs/Student_Handbook_2023-2024_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 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.

### **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 8-week

session is February 28. The last date to withdraw from the 16-week session is April 22. The last date to withdraw for the 2nd 8-week session is May 1. The last date to withdraw for spring mini session is May 29. 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](mailto:deanofstudents@com.edu) or [communityresources@com.edu](mailto:communityresources@com.edu).