

PHED 1338.Y81 – Concepts of Physical Fitness Spring, 2017 Syllabus – Hybrid

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday/Wednesday: 3:00 – 5:00 Tuesday/Thursday: 3:00 – 4:00 Friday: by appointment
E-MAIL:	pdonaldson@angelina.edu
PHONE:	936-633-5435
CELL PHONE:	214-507-1872 (8 am – 10 pm ONLY)
COURSE DESCRIPTION:	This course is designed to familiarize students with knowledge, understanding and values of health related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs.
CREDIT HOURS:	Three credit hours. Will transfer to SFA as KIN100 (a 2-hr course). This course does not satisfy the 2 hours needed for activities course credit.
PREREQUISITE	None
AUDIENCE:	Freshmen and Sophomores
TEXTBOOK:	<i>Concepts of Physical Fitness: Active Lifestyles for Wellness, 17th ed.</i> (2012), Corbin, C., Welk, G., Corbin, W., & Welk, K. McGraw-Hill Publishers. (ISBN: 13-978-0-07-352382-8) or the e-text at: http://connect.mheducation.com/class/p-donaldson-1338-spring-17
ADDITIONAL MATERIALS:	Current publications and Internet sites (Connect Labs):

LEARNER OUTCOMES:

Upon successful completion of this course, students will:

1. Describe the elements of health related physical fitness, performance related physical fitness, inactivity, and hypokinetic diseases on health and wellness.
2. Distinguish the influence of personal behavior and responsibility on the development, treatment, and prevention of infectious diseases, stress, and addictions.
3. Compare and contrast the relationships among physical activity, nutrition, and body composition.
4. Participate in physical fitness activities that will aid in assessing personal health related fitness.
5. Design, implement, and evaluate fitness programs to promote societal lifetime physical fitness.

ASSESSMENT OF CORE OBJECTIVES (pending approval by the THECB):

- Critical Thinking (creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information) will be directly assessed through analysis of lab results and imbedded questions in weekly quizzes.
- Communication (effective development, interpretation, and expression of ideas through written, oral, and visual communication) will be directly assessed through discussion board and other written assignments.
- Personal Responsibility (Self-awareness, Commitment, & Accountability) will be indirectly assessed through timely and individual completion of labs, discussion board and homework assignments, and weekly quizzes.

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ASSIGNMENTS:

- Full participation in online activities and class discussions
- Timely completion of weekly assignments to include quizzes, labs, discussion assignments, homework assignments, and online research.
- **Some labs and fitness assessments will be conducted during class time on-campus.**
- Labs will be submitted on an external website through McGraw-Hill Connect. You will need a key code purchased with textbook or when purchasing e-book at the following URL:
<http://connect.mheducation.com/class/p-donaldson-1338-spring-17>

POLICIES:

- It is the responsibility of the student to participate on a weekly basis. It is also the responsibility of the student to withdraw officially in the College admissions and registrar's office from a class that s/he no longer desires to attend. Students *may* be dropped for non-participation. All missed assignments, tests, and work will result in a "0" grade and will be averaged into your cumulative grade.
- Any behavior that would disrupt classroom discussion or instruction will not be tolerated and the student will be asked to leave the classroom and **must meet with the instructor before re-admittance back into the class.** Student will lose daily participation grade or any assignment for that day.
- Netiquette will be required in all online discussions.
- You are automatically enrolled in GetRave (the emergency notification system). If you do not wish to receive college-wide emergency messages (flooding, ice storm, lock-down, etc.), you may unregister/unenroll at www.getrave.com.
- Tests and assignments are due on specific dates as scheduled and may not be made up.
- If you have a disability (as cited in Section 504 of the Rehabilitation Act of 1973 or Title II of the Americans with Disabilities Act of 1990) that may affect your participation in this class, you should see Selestine Hunt, Associate Dean of Student Services, in Room 200 in the Student Center. At a post-secondary institution, you must self-identify as a person with a disability; Mrs. Hunt will assist you with the necessary information to do so.
- To report any complaints of discrimination related to disability, age, gender, religion, race, or sport, you should contact Steve Hudman, Dean of Student Affairs, in Room 101 in the Student Center, 936-633-5292, or via email at shudman@angelina.edu.

EVALUATION: The grade will be derived from the following:

• Blackboard: 1 syllabus quiz (100 pts) and 5 discussion assignments (100 pts each)	600
• 14 chapters that will each include 20-pt homework, 50-pt lab, and 150-pt quiz.	3080
• Fitness test (250 pts)	250
• Cumulative Final Exam (270 pts)	270
• Total possible points	4200

- A = 3759 – 4200
- B = 3339 – 3758
- C = 2919 – 3338
- D = 2499 – 2918
- F = below 2498

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*SYLLABUS IS SUBJECT TO INSTRUCTOR MODIFICATION.

Week of	G102	Connect/Blackboard Assignments	Due Mon @ noon	Max Points	Running Total
1/16		BB Discussion #1: Autobiography (follow directions!) & Syllabus quiz	1/23	200	200
1/23	Connect Tutorial	Chapter 1: homework, lab, & quiz	1/30	220	420
1/30		Chapter 2: homework, lab, & quiz	2/6	220	640
2/6	Fitness test #1	Chapter 4 homework, lab, & quiz BB Assignment #2: National Physical Activity Program (follow the directions)	2/13	220 100 250	1210
2/13		Chapter 5: homework, lab, & quiz	2/20	220	1430
2/20	Discuss lab 8A; Perform lab 7A/B	Chapter 6: homework, lab, & quiz	2/27	220	1650
2/27	XXXXXXXXXX	Chapter 7: homework, lab, & quiz	3/6	220	1870
3/6	Perform lab 9A/B	Chapter 8: homework, lab, & quiz	3/13	220	2090
3/13	3/13-3/17	SPRING BREAK BB Discussion #3: Spring Break plans	3/20	100	2190
3/20	Discuss labs 13B/C Discuss lab 10B Perform lab 10A	Chapter 9: homework, lab, & quiz	3/27	220	2410
3/27		Chapter 10: homework, lab, & quiz	4/3	220	2630
4/3	Perform labs 12A/B	Chapter 12: homework, lab, & quiz	4/10	220	2850
4/10	XXXXXXXXXX	Chapter 13: homework, lab, & quiz BB Assignment #4: Physical Activity vs. Nutrition	4/17	220 100	3170
4/17	Discuss lab 14B Fitness Test #2 (if needed)	Chapters 14: homework, lab, & quiz	4/24	220	3390
4/24		Chapter 15: homework lab, & quiz	5/1	220	3610
5/1	Perform labs 17A/B/C	Chapter 17: homework, lab, & quiz BB Assignment #5: Identify your "personality type"	5/8	220 100	3930
5/8	Final Exam (4:00)	Learner Survey		270	4200