

# PHED 1100 – Fundamentals of Fitness I

## Fall, 2017 – Internet

**INSTRUCTOR:** Patty Donaldson

**OFFICE HOURS:** Monday/Tuesday/Wednesday: 10:00 – 11:00 & 3:00 – 4:00  
Friday: by appointment

**E-MAIL:** pdonaldson@angelina.edu

**PHONE:** 936-633-5435  
214-507-1872 (cell)

**COURSE DESCRIPTION:** Students will learn about Wellness and Fitness principles and apply them to a healthy lifestyle.

**CREDIT HOURS:** One credit hour

**PREREQUISITES:** None

**AUDIENCE:** Freshmen & Sophomores

**TEXTBOOK:** *Fit and Well: Core Concepts and labs in Physical Fitness and Wellness w/ ConnectPlus 12<sup>th</sup> edition* (2013). Fahey, Insel, & Roth. McGraw-Hill, Publishers, Inc.

**WEBSITE:** <http://connect.mheducation.com/class/p-donaldson-phed1100-fall-2017>

### COURSE CONTENT:

- Learn fitness and health principles and apply them to a fitness regimen by engaging in fitness activities.
- Interactive reading and questions designed to creatively assess knowledge of content.
- Various fitness activities for the purpose of evaluation.

### LEARNER OUTCOMES:

- Demonstrates competency in motor skills and movement patterns needed to perform physical activities.
- Demonstrates understanding of movement concepts principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- Participates regularly in physical activity.
- Achieves and maintains a health-enhancing level of fitness.
- Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- Values physical activity for health and enjoyment, challenge, self-expression, and/or social interaction.

### CORE OBJECTIVES and ASSESSMENT MEASURES from THECB:

- Critical Thinking (Inquiry, Synthesis, Analysis, & Evaluation) will be assessed indirectly through labs and directly through the development of a personal workout plan based on fitness evaluation.
- Communication (Development, Interpretation and Expression through written, oral and visual communication) will be assessed directly through discussion assignments, test questions, and lab discussions.
- Personal Responsibility (Ethical Issue Recognition, Commitment, & Accountability) will be assessed directly through timely and personal completion of assignments.

### POLICIES:

- Students will be automatically registered at [www.getrave.com](http://www.getrave.com) for emergency notifications. If you wish to be removed from the emergency notification system, go to [getrave.com](http://www.getrave.com) to unsubscribe.
- 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 Sellestine Hunt, Associate Dean of Student Services, Student Center, Room 200. At a post-secondary institution, you must self-identify as a person with a disability; Ms. Hunt will assist you with the necessary information to do so.
- To report any complaints of discrimination related to disability, you should contact Mr. Steve Hudman, Dean of Student Affairs, in Student Center, Room 101, [\(936\) 633-5292](tel:9366335292) or by email at [shudman@angelina.edu](mailto:shudman@angelina.edu).

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### EVALUATION:

Blackboard: 1 discussion (100 pts) & 1 syllabus quiz (100 pts)

McGraw-Hill Connect: Each chapter has a LearnSmart-Module (interactive assignment worth 100 pts.), lab worth 50 points (except chapter 15), and post-test/quiz worth 200 points. All assignments will be available immediately (Monday, 8/28 @ 6am) and due weekly on Mondays @ noon according to the schedule below. Total possible points = 5400 pts.

A = 4833 – 5400 pts. (89.5-100%)

B = 4031 – 4832 pts. (79.5-89.4%)

C = 3524 – 4030 pts. (69.5-79.4 %)

D = 3017 – 3523 pts. (59.5-69.4)%

F = < 3016 pts. (below 59.5%)

Week		Available Date/Time	Due Date	Max. Pts.	Cum. Pts
1	Blackboard: Autobiography Syllabus Quiz	8/28 @ 6am	9/4 @ noon	100 100	200
2	Chapter 1 (Intro)	8/28 @ 6am	9/4 @ noon	350	550
3	Chapter 2 (Principles of Fitness)	8/28 @ 6am	9/11 @ noon	350	900
4	Chapter 3 (Cardiorespiratory)	8/28 @ 6am	9/18 @ noon	350	1250
5	Chapter 4 (Muscular Fitness)	8/28 @ 6am	9/25 @ noon	350	1600
6	Chapter 5 (Flexibility)	8/28 @ 6am	10/2 @ noon	350	1950
7	Chapter 6 (Body Composition)	8/28 @ 6am	10/9 @ noon	350	2300
8	Chapter 7 (Fitness Program)	8/28 @ 6am	10/16 @ noon	350	2650
9	Chapter 8 (Nutrition)	8/28 @ 6am	10/23 @ noon	350	3000
10	Chapter 9 (Weight Management)	8/28 @ 6am	10/30 @ noon	350	3350
11	Chapter 10 (Stress)	8/28 @ 6am	11/6 @ noon	350	3700
12	Chapter 11 (Cardio Health)	8/28 @ 6am	11/13 @ noon	350	4050
13	Chapter 12 (Cancer)	8/28 @ 6am	11/20 @ noon	350	4400
14	Chapter 13 (Substance Use)	8/28 @ 6am	11/27 @ noon	350	4750
15	Chapter 14 (STD's)	8/28 @ 6am	12/4 @ noon	350	5100
16	Chapter 15 (Environmental Health)	8/28 @ 6am	12/11 @ noon	300	5400