

PHED 1100 – Fundamentals of Fitness I Spring, 2018 – Internet

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday/Tuesday/Thursday: 10:00 – 11:00 & 3:00 – 4:00 Wednesday: 3:00 – 4:00 Friday: by appointment
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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:	<i>Fit and Well: Core Concepts and labs in Physical Fitness and Wellness w/ ConnectPlus</i> 12 th edition (2017). Fahey, Insel, Roth, & Insel. McGraw-Hill, Publishers, Inc.
WEBSITE:	http://connect.mheducation.com/class/p-donaldson-phed1100-spring18

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 a variety of 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 from THECB (tentative):

1. Critical Thinking (Inquiry, Synthesis, Analysis, & Evaluation) will be directly assessed through completion of labs
2. Empirical & Quantitative Skills (Representation, Calculation, Interpretation, & Application/Analysis) will be directly assessed through labs.
3. Personal Responsibility (Self-awareness, Commitment, & Accountability) will be assessed directly through timely and accurate completion of assignment

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EVALUATION:

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

McGraw-Hill Connect: 14 labs (50 pts each), 15 interactive assignments (100 pts each), and 15 quizzes (200 pts. each). 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 (January 17, 2017), and will be due according to the following schedule. You may begin them when you want provided they are completed by the due date; however, I will not grade any manually-graded questions on the labs or quizzes until after the due date. The 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.	Total Pts.
1	Blackboard: Autobiography discussion & Syllabus Quiz	1/16 @ 6am	1/22 @ noon	100 100	200
2	Chapter 1 (Intro)	1/16 @ 6am	1/29 @ noon	350	550
3	Chapter 2 (Principles of Fitness)	1/16 @ 6am	2/5 @ noon	350	900
4	Chapter 3 (Cardiorespiratory)	1/16 @ 6am	2/12 @ noon	350	1250
5	Chapter 4 (Muscular Fitness)	1/16 @ 6am	2/19 @ noon	350	1600
6	Chapter 5 (Flexibility)	1/16 @ 6am	2/26 @ noon	350	1950
7	Chapter 6 (Body Composition)	1/16 @ 6am	3/5 @ noon	350	2300
	Spring Break	3/12 – 16/18			
8	Chapter 7 (Fitness Program)	1/16 @ 6am	3/19 @ noon	350	2650
9	Chapter 8 (Nutrition)	1/16 @ 6am	3/26 @ noon	350	3000
10	Chapter 9 (Weight Management)	1/16 @ 6am	4/2 @ noon	350	3350
11	Chapter 10 (Stress)	1/16 @ 6am	4/9 @ noon	350	3700
12	Chapter 11 (Cardio Health)	1/16 @ 6am	4/16 @ noon	350	4050
13	Chapter 12 (Cancer)	1/16 @ 6am	4/23 @ noon	350	4400
14	Chapter 13 (Substance Use)	1/16 @ 6am	4/30 @ noon	350	4750
15	Chapter 14 (STD's)	1/16 @ 6am	5/7 @ noon	350	5100
16	Chapter 15 (Environmental Health)	1/16 @ 6am	5/7 @ noon	300	5400