

## PHED 1338.Y81 – Concepts of Physical Fitness Spring, 2018 Syllabus – Hybrid

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday/Tuesday/Thursday: 10:00 – 11:00 & 3:00 – 4:00 Wednesday: 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). <b>This course does not satisfy the 2 hours needed for activities course credit.</b>
PREREQUISITE	None
AUDIENCE:	Freshmen and Sophomores
TEXTBOOK:	<i>Concepts of Physical Fitness: Active Lifestyles for Wellness, 17<sup>th</sup> 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: Connect URL: <a href="http://connect.mheducation.com/class/p-donaldson-1338-spring18">http://connect.mheducation.com/class/p-donaldson-1338-spring18</a>
ADDITIONAL MATERIALS:	Current publications and Internet sites

### 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 assignments and narrative in labs.
- Personal Responsibility (Self-awareness, Commitment, & Accountability) will be indirectly assessed through timely and individual completion of labs, discussion board 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, and online research.
- **Some labs and fitness assessments are conducted during class time on-campus.**
- Grade determined through: Chapter Homework/Labs (60-120 pts per chapter), 4-6 discussion or written Blackboard assignments (100 pts each), 10 chapter quizzes (150 pts each), fitness test (250 pts), and final cumulative exam (460 pts).
- All work except the syllabus quiz and discussion/written assignments are 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-spring18>

### 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](http://www.getrave.com).
- All 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 contact Steve Hudman, Dean of Student Affairs, by visiting Room 101 in the Student Center, calling 936-633-5292, or via email at [shudman@angelina.edu](mailto:shudman@angelina.edu). 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, by visiting Room 101 in the Student Center, calling 936-633-5292, or via email at [shudman@angelina.edu](mailto:shudman@angelina.edu).

EVALUATION: The grade will be derived from the information under 'Assignments' above according to the schedule on the following page:

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\*SYLLABUS IS SUBJECT TO INSTRUCTOR MODIFICATION.

Week of:	G102/Gym	Internet/Blackboard/Connect Assignments	Point Value	Due Date/time:	Total Pt. Total
1/22	Introduction & BB tutorial	Syllabus quiz (on Connect) <b>Blackboard Discussion #1: Autobiography (follow direction!)</b>	100 100	Monday, 1/29 @ noon	100 200
1/29		Chapter 1 (Introduction to Health & Wellness) Homework, Quiz #1 & Lab 1A	270	Monday 2/5 @ noon	470
2/5	XXXXXXXXXX	Chapter 2 (Self-Management Skills) Homework, Quiz #2 & Lab 2 A/B	270	Mon, 2/12 @ noon	740
2/12	<b>Fitness test (250 pts)</b>	Chapter 4 (Health Benefits of Physical Activity) Homework, Quiz #4 & Lab 4A <b>BB Written Assignment #2: National Physical Activity Program</b>	220 250 (Fit test) 100	Monday, 2/19 @ noon	960 1210 1310
2/19	XXXXXXXXXX	Chapter 5 (Optimal Physical Activity) Homework, Quiz #5 & Labs 5 A/B	220	Mon, 2/26 @ noon	1530
2/26	Discuss lab 8A; Perform labs 7A/B	Chapter 6 (Lifestyle Moderate Physical Activity) Homework, Quiz #6 & Labs 6 A/B	250	Monday, 3/5 @ noon	1780
3/5	XXXXXXXXXX	Chapter 7 (Cardiovascular Fitness) Homework, Quiz #7 & Labs 7 A/B	210	Monday, 3/12 @ noon	1990
<b>3/12</b>	<b>Spring Break</b>	<b>BB Discussion #3: Spring Break Plans</b>	<b>100</b>	<b>Mon, 3/19 @ noon</b>	<b>2090</b>
3/19	XXXXXXXXXX	Chapter 8 (Vigorous Activities) Homework, Quiz #8 & Lab 8A	220	Monday, 3/26 @ noon	2310
3/26	Perform labs 9A/B & 10A	Chapter 9 (Muscle Fitness & Resistance) Homework, Quiz #9 & Labs 9A/B	230	Mon, 4/2 @ noon	2540
4/2		Chapter 10 (Flexibility) Homework, Quiz #10 & Lab 10A	220	Mon, 4/9 @ noon	2760
4/9	Discuss labs 13B/C & 14B Perform labs 12A/B	Chapter 12 (Performance Benefits) Homework, Quiz #12, & Labs 12 A/B <b>BB Discussion #4: PA vs. Nutrition</b>	230 100	Monday, 4/16 @ noon	2990 3090
4/16		Chapter 13 (Body Composition) Quiz #13 & Labs 13 B/C	220	Monday, 4/23 @ noon	3310
4/23		Chapter 14 (Nutrition) and 15 (Managing Diet and Activity) Homework, Quiz 14/15 & Lab 14B/15 A/B	220	Monday, 4/30 @ noon	3530
4/30	Re-administer Fitness Test components	Chapter 17 (Stress Management) Homework, Quiz #17, & Labs B/C/D <b>BB Written Assignment #5: Identify your "personality type"</b>	210 100	Monday, 5/7 @ noon	3740 3840
5/7	Cumulative Final Exam (600 pts)	Learner Survey	600		4440

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I have read the syllabus and understand my responsibilities and requirements for PHED 1338.Y81.

	<b>Name</b>	<b>Signature</b>	<b>Date</b>
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