

# PHED 1100.I01 Fundamentals of Fitness

## Summer 1, 2018 - Internet

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### Course

Description: Students will learn about Wellness and Fitness principles and will apply principles to a healthy lifestyle.

Credit Hours: 1 credit hour

Prerequisites: none

Audience: freshmen and sophomores

Textbook: Fahey's *Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness*, 13th Edition (ISBN: 978-1-2601-5503-7)

Website: <http://connect.mheducation.com/class/pdonaldson-phed1100-summer1-18>

**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:

1. Critical Thinking (Inquiry, Synthesis, Analysis, & Evaluation) will be directly assessed through completion of labs and responses to quiz questions.
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:**

1. Blackboard: 1 discussion (100 pts) & 1 syllabus quiz (100 pts)
2. McGraw-Hill Connect:
  - a. 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.
  - b. 11 labs (50 pts each), 11 interactive assignments (100 pts each), and 11 quizzes (200 pts. each) =  $550 + 1100 + 2200 = 3850 + 200 \text{ BB} = 4050$
  - c. All assignments will be available immediately (May 29, 2018), and will be due according to the following schedule. You may begin them when you want but they must be completed by the due date.
3. Total possible points = 4050 pts.
  - A = 3,625 - 4050 pts. (89.5-100%)
  - B = 3,220 - 3,624 pts. (79.5-89.4%)
  - C = 2,815 - 3,219 pts. (69.5-79.4 %)
  - D = 2,410 - 2,814 pts. (59.5-69.4)%
  - F = < 2,409 pts. (below 59.5%)

Week	Assignment	Available Date	Due Date	Assignment Points	Running Total
1	Blackboard Quiz/Discussion Connect Chapter 1	5/29/18 @6am	6/4/18 @ noon	200 350	550
2	Connect: chapters 2/3/4	5/29/18 @6am	6/11/18 @ noon	350 350 350	1600
3	Connect: Chapters 5/6/8	5/29/18 @6am	6/18/18 @ noon	350 350 350	2650
4	Connect: Chapters 9/10	5/29/18 @6am	6/25/18 @ noon	350 350	3350
5	Connect: Chapters 13/14	5/29/18 @6am	7/2/18 @ noon	350 350	4050