

PHED 1100 – Fundamentals of Fitness I

Fall, 2018 – Internet

INSTRUCTOR:	Patty Donaldson
OFFICE HOURS:	Monday, Wednesday, & Thursday: 10:00 – 11:00 & 3:00 – 4:00 Tuesday: 10:00 – 11:00 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:	<i>Fit and Well: Core Concepts and Labs in Physical Fitness and Wellness w/ ConnectPlus</i> 13 th edition (2019). Fahey, Insel, Roth, & Insel. McGraw-Hill, Publishers, Inc.
WEBSITE:	http://connect.mheducation.com/class/p-donaldson-phed1100-fall18

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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ACADEMIC ASSISTANCE:

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 Mr. Steve Hudman, Dean of Student Affairs, in Student Center, Room 101, [\(936\) 633-5292](tel:9366335292) or by email shudman@angelina.edu. At a post-secondary institution, you must self-identify as a person with a disability; Mr. Hudman will assist you with the necessary information to do so. To report any complaints of discrimination related to disability (or gender/religion/age), you should contact Mr. Steve Hudman, Dean of Student Affairs, in Student Center, Room 101, [\(936\) 633-5292](tel:9366335292) or by email shudman@angelina.edu.

EVALUATION:

- Blackboard: 1 discussion (100 pts) & 1 syllabus quiz (100 pts)
- McGraw-Hill Connect: 14 labs (50 pts each), 14 interactive assignments (100 pts each), and 14 quizzes (200 pts. each). All assignments will be available immediately (August 27, 2018) and are due according to the following schedule.
 - A = 4564 – 5100 pts. (89.5-100%)
 - B = 4054 – 4563 pts. (79.5-89.4%)
 - C = 3544 – 4053 pts. (69.5-79.4 %)
 - D = 3034 – 3543 pts. (59.5-69.4%)
 - F = < 3033 pts. (below 59.5%)

Week		Available Date/Time	Due Date	Max. Pts.	Total Pts.
1	Blackboard: Autobiography discussion & Syllabus Quiz	8/27 @ 6am	9/3 @ noon	100 100	200
2	Chapter 1 (Intro)	8/27 @ 6am	9/10 @ noon	350	550
3	Chapter 2 (Principles of Fitness)	8/27 @ 6am	9/17 @ noon	350	900
4	Chapter 3 (Cardiorespiratory)	8/27 @ 6am	9/24 @ noon	350	1250
5	Chapter 4 (Muscular Fitness)	8/27 @ 6am	10/1 @ noon	350	1600
6	Chapter 5 (Flexibility)	8/27 @ 6am	10/8 @ noon	350	1950
7	Chapter 6 (Body Composition)	8/27 @ 6am	10/15 @ noon	350	2300
8	Chapter 7 (Fitness Program)	8/27 @ 6am	10/22 @ noon	350	2650
9	Chapter 8 (Nutrition)	8/27 @ 6am	10/29 @ noon	350	3000
10	Chapter 9 (Weight Management)	8/27 @ 6am	11/5 @ noon	350	3350
11	Chapter 10 (Stress)	8/27 @ 6am	11/12 @ noon	350	3700
12	Chapter 12 (Cancer)	8/27 @ 6am	11/19 @ noon	350	4050
13	Chapter 13 (Substance Use)	8/27 @ 6am	11/26 @ noon	350	4400
14	Chapter 14 (STD's)	8/27 @ 6am	12/3 @ noon	350	4750
15	Chapter 15 (Environmental Health)	8/27 @ 6am	12/10 @ noon	350	5100