

PHED 1338.Y81 – Concepts of Physical Fitness

Fall, 2018 Syllabus – Hybrid

INSTRUCTOR:	Jeff Livin
OFFICE HOURS:	Monday – Thursday: 9:00 – 11:00 Friday: 9:00 – 10:00
E-MAIL:	jlivin@angelina.edu
PHONE:	936-633-5367
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). This course does not satisfy the 2 hours needed for activities course credit.
PREREQUISITE	None
AUDIENCE:	Freshmen and Sophomores
TEXTBOOK:	<i>Concepts of Physical Fitness: Active Lifestyles for Wellness, 17th 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: http://connect.mheducation.com/class/p-donaldson-1338-fall18

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:

- 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 directly 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 will be conducted during class time on-campus.**
- Grade is 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 (500 pts).
- All work except the syllabus quiz and discussion/written assignments will be 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-fall18>

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.
- 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 see Steve Hudman, Dean of Student Affairs, in Room 101 in the Student Center, call 936-633-5292, or email at shudman@angelina.edu. At a post-secondary institution, you must self-identify as a person with a disability; Dean Hudman will assist you with the necessary information to do so.
- To report any complaints of discrimination related to disability (or age, gender, religion, or race), you should contact Steve Hudman, Dean of Student Affairs, in Room 101 in the Student Center, 936-633-5292, or via email at 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:	On-campus (AC-118)	Internet/Blackboard/Connect Assignments	Point Value	Due Date/time:	Total Pt. Total
8/27	Introduction & Connect tutorial	Syllabus quiz Discussion #1: Autobiography (follow directions on Bb!)	100 100	Monday, 9/3 @ noon	100 200
9/3	Labor Day	Chapter 1 (Introduction to Health & Wellness) Homework, Quiz #1 & Lab 1A	270	Monday 9/10 @ noon	470
9/10	Meet with Coach Livin	Chapter 2 (Self-Management Skills) Homework, Quiz #2 & Lab 2 A/B	270	Mon, 9/17 @ noon	740
9/17	Fitness test (250 pts)	Chapter 4 (Health Benefits of Physical Activity) Homework, Quiz #4 & Lab 4A Written Assignment #1: National Physical Activity Program	220 250 (Fit test) 100	Monday, 9/24 @ noon	960 1210 1310
9/24	XXXXXXXXX	Chapter 5 (Optimal Physical Activity) Homework, Quiz #5 & Labs 5 A/B	220	Mon, 10/1 @ noon	1530
10/1	Discuss lab 8A; Perform labs 7A/B	Chapter 6 (Lifestyle Moderate Physical Activity) Homework, Quiz #6 & Labs 6 A/B	250	Monday, 10/8 @ noon	1780
10/8	XXXXXXXXX	Chapter 7 (Cardiovascular Fitness) Homework, Quiz #7 & Labs 7 A/B	210	Monday, 10/15 @ noon	1990
10/15	XXXXXXXXX	Chapter 8 (Vigorous Activities) Homework, Quiz #8 & Lab 8A Written Assignment #2: Lifestyle Physical Activity	220 100	Monday, 10/22 @ noon	2210 2310
10/22	Perform labs 9A/B & 10A	Chapter 9 (Muscle Fitness & Resistance) Homework, Quiz #9 & Labs 9A/B	230	Mon, 10/29 @ noon	2540
10/29	Perform labs 12A/B	Chapter 10 (Flexibility) Homework, Quiz #10 & Lab 10A	220	Mon, 11/5 @ noon	2760
11/5	XXXXXXXXX	Chapter 12 (Performance Benefits) Homework, Quiz #12, & Labs 12 A/B Discussion #2: Physical Activity vs. Nutrition	230 100	Monday, 11/12 @ noon	2990 3090
11/12	Discuss Lab 14B Perform labs 13B/C	Chapter 13 (Body Composition) Quiz #13 & Labs 13 B/C Written Assignment #3: Identify your "personality type"	220 100	Monday, 11/19 @ noon	3310 3410
11/19	Thanksgiving Holiday	Chapter 14 (Nutrition) and 15 (Managing Diet and Activity) Homework, Quiz 14/15 & Lab 14B/15 A/B	220	Monday, 11/26 @ noon	3630
11/26		Chapter 17 (Stress Management) Homework, Quiz #17, & Labs B/C/D	210	Thur, 12/3 @ noon	3840
12/3	Cumulative Final Exam (500 pts)	Learner Survey	500		4340