

PHED 1164 – Fundamentals of Fitness I
Spring, 2019 – Internet

INSTRUCTOR: Patty Donaldson
OFFICE HOURS: Monday: 10:00a – 11:00a & 2:00p – 3:00p
Wednesday: 2:00p – 3:00p
Tuesday/Thursday: 10:00 – 11:00
Friday: by appointment
E-MAIL: pdonaldson@angelina.edu
PHONE: 936-633-5435
214-507-1872 (cell)

COURSE DESCRIPTION: This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training

CREDIT HOURS: One credit hour

PREREQUISITES: None

AUDIENCE: Freshmen & Sophomores

TEXTBOOK: *Fit and Well: Core Concepts and labs in Physical Fitness and Wellness w/ ConnectPlus* 13th edition (2017). Fahey, Insel, Roth, & Insel. McGraw-Hill, Publishers, Inc.

WEBSITE: <http://connect.mheducation.com/class/pdonaldson-phed1164-spring19>

COURSE CONTENT:

- Learn fitness and health principles and apply them to a fitness regimen by engaging in weekly fitness activities.
- Interactive reading and questions designed to assess knowledge of content.
- Weekly fitness activities for the purpose of evaluation.

LEARNER OUTCOMES:

- Describe how the components of physical fitness impact health and wellness.
- Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
- Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
- Plan, implement, and evaluate a personal fitness program.
- Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

CORE OBJECTIVES from THECB:

1. Critical Thinking (Inquiry, Synthesis, Analysis, & Evaluation) will be directly assessed through a pre-course quiz.
2. Communication (Organization, Quality of Sources, & Communication Skills) skills will be directly assessed through a pre-course quiz.
3. Empirical & Quantitative Skills (Representation, Calculation, Interpretation, & Application/Analysis) will be directly assessed through pre-course quiz and completion of labs.
4. Social Responsibility (Intercultural Competence, Civic Responsibility, and Community Engagement) will be directly assessed through a pre-course quiz.

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EDUCATIONAL ACCOMMODATIONS: 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 may fill out the Educational Accommodations application within your AC Portal, under the “Student Services” tab. A Student Success team member will contact you once the application is received. At a post-secondary institution, you must self-identify as a person with a disability in order to receive services; for questions regarding the application process you can visit the Office of Student Success and Inclusion in the Student Center (Room 200) or email access@angelina.edu. To report any complaints related to accommodations, you should contact Annie Allen, Director of Student Success & Inclusion, in Room 200 of the Student Center. You may also contact Ms. Allen by calling (936) 633-4509 or by emailing aallen@anglina.edu. To report discrimination of any type, contact Steve Hudman, Dean of Student Affairs, at (936) 633-5292 or shudman@angelina.edu.

EVALUATION:

- Blackboard: 1 discussion (100 pts), 1 syllabus quiz (100 pts), pre-course quiz (assessing core objectives), and weekly Activity Logs (100 points each – see below for instructions and guidelines)
- 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 14, 2019), but will be due according to the schedule on the next page. You may begin them when you want provided they are completed by the due date; however, I will not grade anything that requires grading until after the due date.
- URL for Connect: <http://connect.mheducation.com/class/pdonaldson-phed1164-spring19>

A = 6265 – 7000 pts. (89.5-100%)
 B = 5565 – 6264 pts. (79.5-89.4%)
 C = 4865 – 5564 pts. (69.5-79.4 %)
 D = 4165 – 4864 pts. (59.5-69.4)%
 F = < 4164 pts. (below 59.5%)

ACTIVITY LOG: Using the Activity Log template in Blackboard, complete the log a week at a time. Save it to your computer each week (I’ve made it a template, so it will prompt you to save it the first time you make changes). Use “lastname-firstname.activity-log” as the name of the document. Remove my examples after you have completed the first week. **Use the saved document each week and ADD to it!**
Do not begin a new document every week.

FITT Factors: (factors you take into consideration when developing a workout)

		Meaning	Vigorous Cardio	Moderate Cardio	Muscle/Wt Training	Flexibility
F	Frequency	How often?	2-3x per week	5-7 days per week	2-3x per week (per body part)	Every day muscles are worked
I	Intensity*	How hard?	70-85% HRmax*	50-70% HRmax*	Weight, reps, & sets	10-30 sec per stretch
T	Time	How long?	20 minutes minimum	30 min minimum	20+ minutes	5-10 minutes
T	Type	What?	Examples: swim, bike, run	Examples: hike, **Jog/walk	Body part; type of wt	Body part worked or yoga

* Intensity of workout depends on level of fitness. Chapter 3 Lab will require that you determine your heartrate range for your age and fitness level. Access the following website for recommendations for weekly physical activity as well as calculating your Target HR Range: <https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise-intensity/art-20046887>

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Week		Available Date/Time	Due Date	Max. Pts.	Total Pts.
1	BB: Autobiography discussion, Syllabus Quiz, & pre-course quiz	1/14 @ 6am	1/21 @ noon	100 100	200
2	Chapter 1 (Intro) Activity Log (upload to BB)	1/14 @ 6am	1/28 @ noon	350 100	650
3	Chapter 2 (Principles of Fitness) Activity Log (upload to BB)	1/14 @ 6am	2/4 @ noon	350 100	1100
4	Chapter 3 (Cardiorespiratory) Activity Log (upload to BB)	1/14 @ 6am	2/11 @ noon	350 100	1550
5	Chapter 4 (Muscular Fitness) Activity Log (upload to BB)	1/14 @ 6am	2/18 @ noon	350 100	2000
6	Chapter 5 (Flexibility) Activity log (upload to BB)	1/14 @ 6am	2/25 @ noon	350 100	2450
7	Chapter 6 (Body Composition) Activity Log (upload to BB)	1/14 @ 6am	3/4 @ noon	350 100	2900
	Spring Break	3/11 – 3/15			
8	Chapter 7 (Fitness Program) Activity Log (upload to BB)	1/14 @ 6am	3/11 @ noon	350 100	3350
9	Chapter 8 (Nutrition) Activity Log (upload to BB)	1/14 @ 6am	3/18 @ noon	350 100	3800
10	Chapter 9 (Weight Management) Activity Log (upload to BB)	1/14 @ 6am	3/25 @ noon	350 100	4350
11	Chapter 10 (Stress) Activity Log (upload to BB)	1/14 @ 6am	4/1 @ noon	350 100	4800
12	Chapter 11 (Cardio Health) Activity Log (upload to BB)	1/14 @ 6am	4/8 @ noon	350 100	5250
13	Chapter 12 (Cancer) Activity Log (upload to BB)	1/14 @ 6am	4/15 @ noon	350 100	5700
14	Chapter 13 (Substance Use) Activity Log (upload to BB)	1/14 @ 6am	4/22 @ noon	350 100	6150
15	Chapter 14 (STD's) Activity Log (upload to BB)	1/14 @ 6am	4/29 @ noon	350 100	6600
16	Chapter 15 (Environmental Health) Activity Log (upload to BB)	1/14 @ 6am	5/6 @ noon	300 100	7000