

COLLIN COLLEGE
Fall, 2016

INSTRUCTOR: Kelly Putnam

OFFICE NUMBER: PRC – L230

OFFICE HOURS: Tuesday/Thursday: 8:30 a.m. – 10:00 a.m.

OFFICE PHONE: 972-377-1753

E-MAIL ADDRESS: kputnam@collin.edu

WEBSITE: kputnam@collin.edu; Academic tab, Professor Websites tab
This course is not set up on Canvas.

COURSE TITLE: Jogging and Fitness
Walking and Fitness

COURSE NUMBER: PHED 1104 P01
PHED 1106 P01

T/R 11:30 a.m. – 12:45 p.m.
A118/A112

TEXTBOOK: Principles, Programs, & Assessments for Training and Exercise Required

SUPPLIES: Pedometer
Tennis Shoes
Pocket Folder/Pencil
Watch

ATTENDANCE POLICY: See Grading Policy

GENERIC SYLLABUS: www.collin.edu; My Courses; Course Tools; Syllabus Depot

METHOD OF EVALUATION:

CLASSROOM POLICY

Dress:

Appropriate clothing for walking and conditioning is required. This would include non-restrictive workout clothing and proper footwear (warm-up pants, shorts, t-shirts, and tennis shoes). No jeans, slacks, cutoffs, belts, boots, or sandals will be allowed. If proper attire is not worn, you may not participate, and you will be marked absent from the class. Tennis shoes are MANDATORY.

Supplies:

MANDATORY: Tennis Shoes
Pedometer

Optional: Water bottles (recommended)

*The absence of supplies and proper clothing will impact participation grade.

Daily Sign-in Policy:

Attendance is taken at the beginning of each class, and you will be expected to sign the attendance sheet at that time. Upon entering the classroom, sign the attendance sheet and take personal folder. You are allowed to sign in only when you are ready to begin your workout. When class time begins, a "tardy line" will be marked, and all names below the tardy line will be counted late.

Important Dates:

Drop date:	October 14, 2016
Make-up deadline:	November 15, 2016
Final exam:	November 29; December 1; and 8, 2016

Tardy Policy:

Class begins promptly at the scheduled time. If you arrive 1-10 minutes after scheduled class time, you will receive a tardy. After that time, the sign-in sheet will be taken up, and the student will be counted absent for that class period. Three (3) tardies will equal one (1) absence.

Electronic Devices:

Other than music during workout, absolutely NO electronic devices are allowed in class.

Academic Dishonesty Policy:

If a student is found responsible for academic dishonesty, a penalty ranging from a 0 on an assignment to an F in the course will be assigned based on the instructor's interpretation of the severity of the situation.

Academic Behavior Policy:

Collin College's Strategies of Behavioral Intervention (SOBI) team is an interdisciplinary, college-wide team whose mission is to provide support for students, faculty, and staff, and to facilitate a positive and effective learning environment. In order to accomplish this, the SOBI team has designed a process for assisting students who may display various levels of concerning behavior (e.g., strange or unusual behavior; changes in dress, personal hygiene, or physical appearance; threats of harm to self or others; etc.). Any behavior that becomes a concern to you or that negatively affects your ability to succeed as a student at Collin College may be referred to SOBI.

GRADING POLICY

Labs

- #1 Pre/Post fitness tests
- #2 Target zone chart
- #3 Musculoskeletal chart (Printout)
- #4 Nutritional analysis (Printout)

15 points total

NO lab will be accepted late, regardless of absences. Make arrangements to have lab in instructor's mailbox by the end of the day on which the lab is due.

Written Exams

Mid-term	15 points
Final	15 points
	30 points total

ABSOLUTELY NO MAKE-UP EXAMS WILL BE GIVEN, regardless of absences.

Attendance, Participation, and Punctuality

This course is designed as an activity class. The class structure is designed to allow for active participation by each student. If you attend class, you are required to participate. Lack of effort, enthusiasm, or desire to improve will result in a deduction from the attendance grade. Do not attend class if you are not prepared to participate.

Attendance is taken at the beginning of each class and you will be expected to sign the attendance sheet at that time. If you arrive to class one to 10 minutes beyond the scheduled starting time, you will be marked tardy. Three (3) tardies result in one (1) absence. The sign-in sheet is taken up at that time, and arrival any time beyond the ten (10) minute tardy time, you will be marked absent.

In order to receive attendance credit for the day, you must stay for the entire class. If for any reason you leave and do not finish the allotted time period, you will be marked absent for the entire class period.

A total of 25 points may be earned for attendance and punctuality during the course of the semester. Classes that meet two (2) times a week will have two (2) "free" absences. These absences may be used at the student's discretion. Thereafter, absences numbers 3 and 4 will result in 5 points each being deducted from the 25 point total. With the fifth absence, regardless of make-ups, the student will not receive credit for the class and will receive a grade of "F." Students will have the opportunity to make up two (2) absences. See instructor to schedule a time and day. Make-up deadline is November 15, 2016. It is the student's responsibility to learn what was missed on the days absent.

You may repeat this course only once after receiving a grade, including a "Withdrawal" grade.

Exercise Log

Each student will be required to keep a training log in order to keep track of individual progress. This log will be maintained on a daily basis. Training logs will be checked randomly three (3) times during the course of the semester, and a possible 3.3 points may be earned for each check (for a total of 10 points). It is extremely important that this log be kept current on a daily basis. Logs WILL NOT be accepted late for checks. If you miss a log check, you miss the point value assigned.

Participation

Each student will be expected to participate with enthusiasm, motivation, and the desire to improve. Participation on a daily basis will be monitored and has a value of 15 points.

Written Review

Each student will prepare a written review on a piece of selected literature. Specific details and instructions are located on my website under the "Printouts" tab. The summary will be worth five (5) points. Due Date: before October 13, 2016.

Evaluation Scale

- A = 90 – 100 points
- B = 80 – 89 points
- C = 70 – 79 points
- D = 60 = 69 points
- F = 59 points or below

COURSE CALENDAR

Weeks 1 – 3

Classroom Date: September 6, 2016

Reading Assignments:

- pp. 3 – 6 Introduction to Course
- pp. 11 – 21 Components of Health-related Fitness; Components of Skill-related Fitness, and Dimensions of Wellness (Printout)
- pp. 23 – 24 Body Composition
- pp. 62 – 79 Establishing a Cardiorespiratory Fitness Program
- Misc. Topics: Goal Setting

Lab Assignments:

- Lab #1 – Physical Fitness Testing
- Lab #2 – Target Heart Rate Zone

Activities:

- Dimensions of Wellness (print and bring to class on this classroom date)
- Jogging/Walking Log Record (print jogging/walking log and bring to class on this classroom date)
- Skill Technique (print technique handout and bring to class on this classroom date)

Weeks 4 – 6

Classroom Date: September 27, 2016

Reading Assignments:

- p. 33 Principles of Exercise; the FITT Formula
- pp. 34 – 35 Energy Systems
- pp. 44 – 45 Program Design
- pp. 46 – 47 Musculoskeletal System
- pp. 49 – 58 Establishing a Resistance Program
- pp. 83 - 87 Flexibility

Lab Assignments:

- Lab # 3 – Muscle Man (print anterior, posterior, and labeling instructions, and bring to class on this classroom date)
- Research Article Summary Assignment (print and bring to class on this classroom date)

Due: Before October 12, 2016

Activities:

Skill Technique continued
Jogging/Walking Log Record

Weeks 7 – 9

Classroom Date: October 11, 2016
Mid-term Exam

Reading Assignments:

pp. 39 – 43 Muscle Structure/Function

Lab Assignments:

None

Activities:

Jogging/Walking Log Record

Weeks 10 - 12

Classroom Date: November 8, 2016

Reading Assignments:

pp. 25 – 29 Skills Components of Fitness
pp. 89 – 116 Nutrition

Lab Assignments:

Nutritional Analysis (print protein requirement, instructions sheet for nutrition labs, and spreadsheet for nutritional analysis, and bring to class on this classroom date).

Activities:

Jogging/Walking Log Record

Weeks 13 – 15

Final Testing

Physical – November 29, 2016
Written – December 1, 2016
Physical – December 8, 2016

Reading Assignments:

Misc. Topics: The Rice Principle (print and bring to class on this classroom date)
Cardiac Risk Index (print and bring to class on this classroom date)

Lab Assignments:

Lab # 1 – Post Fitness Testing
Jogging/Walking Logs Due

****Makeup Deadline:** November 15, 2016

****Final Exam:** November 29; December 1 and 8, 2016

All dates are subject to change.

NOTE: You are expected to attend class regularly. However, if you are unable to complete this course, you must withdraw from it by the withdrawal date of October 14, 2016. Withdrawing from a course is a formal procedure that you must initiate; I cannot do this for you. You may do this in the Admissions office. If you stop attending and do not withdraw, you will receive a performance grade, usually an F. Students sometimes drop courses when help is available to them to continue. I hope you will discuss your plans with me if you are considering withdrawing from this course.