

COLLIN COLLEGE  
Spring, 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@.edu](mailto:Kputnam@.edu)

WEBSITE: [www.collin.edu](http://www.collin.edu); Academic tab, Professor Websites tab  
This course is not set up on Blackboard.

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](http://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:	March 18, 2016
Make-up deadline:	April 19, 2016
Final exam:	May 3, 5, and 12, 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.

## **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 April 19, 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 March 17, 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: February 2, 2016

### Reading Assignments:

- pp. 3 – 6 Introduction to Course
- pp. 11 – 21 Components of Health-related Fitness; Components of Skill-related

pp. 23 – 24 Fitness, and Dimensions of Wellness (Printout)  
pp. 62 – 79 Body Composition  
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: February 23, 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 March 17, 2016

Activities:

Skill Technique continued  
Jogging/Walking Log Record

Weeks 7 – 9

Classroom Date: March 15, 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: April 12, 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 – May 3, 2016  
Written – May 5, 2016  
Physical – May 12, 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: April 19, 2016

\*\*Final Exam: May 3, 5, and 12, 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 March 18, 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.