COURSE TITLE: Concepts of Physical Fitness and Wellness

COURSE NUMBER: PHED 1338 P02
T/R 10:00 a.m. – 11:15 a.m.
Room A112

COURSE CREDIT HOURS: 3
LECTURE HOURS: 2
LAB HOUS: 2

PREREQUISITE: None

COURSE DELIVERY METHOD: Lecture, Discussion, Demonstration, Physical Participation

INSTRUCTOR: Kelly Putnam

OFFICE PHONE: 972-377-1753

E-MAIL ADDRESS: Kputnam@collin.edu

OFFICE HOURS: PRC – L230/A116
M/W 10:00 a.m. – 11:00 a.m.
12:00 p.m. – 1:00 p.m.
2:15 p.m. – 2:30 p.m.
T/R 9:30 a.m. – 10:00 a.m.
5:15 p.m. – 5:30 p.m.

TEXTBOOK: Principles and Labs for Fitness and Wellness
Hoeger and Hoeger; 10th Edition
Required

MEASURABLE STUDENT LEARNING OUTCOMES:

Students will demonstrate knowledge of the basic scientific principles of exercise, and apply the principles to physical activity.

Students will demonstrate knowledge of the scientific evidence that exists supporting the value of physical fitness, sound nutritional practices, stress management, and regular exercise.

Students will demonstrate knowledge of the relationship between lifestyle choices, and chronic disease by describing the relationship with respect to specific health/wellness topics such as heart disease, cancer, obesity, diabetes, and sexually transmitted diseases.

Students will demonstrate the ability to apply cognitive knowledge in the process of completing lab assignments.

Students will demonstrate the ability to acquire self-knowledge experientially through the process of completing lab assignments.

Students will demonstrate sport and fitness-related skills and apply the use of the skills in lifetime activity in the promotion of health and wellness.

Students will demonstrate knowledge of nutrition and its implications for sport performance, physical fitness and wellness.

Students will recognize the importance of the relationship between lifetime activity and the quality of life.
Students will demonstrate the biomechanics of fundamental movements and skills. Students will develop the kinesthetic sense in the process of acquiring movement skills.

ADA Statement

It is the policy of Collin County CCD to provide reasonable and appropriate accommodations for individuals with documented disabilities. This College will adhere to all applicable Federal and State laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to contact the ACCESS Office (G-200) or 881-5898 (TDD-881-5950) in a timely manner if she/he desires to arrange for accommodations.

Religious Holy Days

In accordance with Section 51.911 of the Texas Education Code, CCCCD will allow a student who is absent from class for the observance of a religious holy day to take an examination or complete an assignment scheduled for that day within a reasonable time. Students are required to file a written request with each professor within the first 15 days of the semester to qualify for an excused absence. A copy of the state rules and procedures regarding holy days, and the form of notification of absence from each class under this provision, are available from the Admissions and Records Office.

Academic Ethics

The College District may initiate disciplinary proceedings against a student accused of scholastic dishonesty. Scholastic dishonesty includes, but is not limited to, statements, acts, or omissions related to applications for enrollment or the award of a degree, and/or the submission as one's own work material that is not one's own. Scholastic dishonesty may involve, but is not limited to, one or more of the following acts: cheating, plagiarism, collusion, use of annotated texts or teacher's editions, and/or falsifying academic records.

Plagiarism is the use of an author's words or ideas as if they were one's own without giving credit to the source, including, but not limited to, failure to acknowledge a direct quotation.

Cheating is the willful giving or receiving of information in an unauthorized manner during an examination, illicitly obtaining examination questions in advance, copying computer or internet files, using someone else's work for the assignments as if it were one's own, or any other dishonest means of attempting to fulfill the requirements of a course.

Collusion is intentionally aiding or attempting to aid another in an act of scholastic dishonesty, including but not limited to, providing a paper or project to another student; providing an inappropriate level of assistance; communicating answers to a classmate during an examination; removing tests or answer sheets from a test site, and allowing a classmate to copy answers.

SPECIFIC COURSE PROGRESSION, CONTENT, AND REQUIREMENTS:

Week 1

Introduction; Orientation; and Fitness Testing

Weeks 2 and 3

Chapter 1  Physical Fitness and Wellness
Chapter 2  Behavior Modification
Weeks 4 and 5

Chapter 7  Muscular Strength and Endurance

Weeks 6 and 7

Chapter 6  Cardiorespiratory Endurance
Chapter 11  Preventing Cardiovascular Disease

Weeks 8 and 9

Chapter 8  Muscular Flexibility
Chapter 9  Skill Fitness and Fitness Programming

Weeks 10 through 12

Chapter 3  Nutrition for Wellness
Chapter 4  Body Composition
Chapter 5  Weight Management

Weeks 13 through 15

Chapter 10  Stress Management
Chapter 12  Cancer Prevention
Chapter 13  Addictive Behavior
Chapter 14  Preventing Sexually Transmitted Diseases
Chapter 15  Lifetime Fitness and Wellness

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 12, 2010. 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.