

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Lifestyle Assessment & Modification  
**Section #** : PHED 1100\_3 **Day: MWF Time: 10:00am-10:50am**  
**Start Date** : August 27<sup>th</sup>, 2012  
**End Date** : December 10<sup>th</sup> 2012  
**Modality** : Face-to-Face  
**Credits** : 1

### Instructor Information

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**Name** : Alana Rowland  
**OC Email** : arowland@odessa.edu  
**OC Phone #** : 335-6447  
**Office** : 204A

### Course Description

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Provides learning opportunities to introduce and maintain higher education health standards. Includes assessment of cardiovascular endurance, muscular strength and endurance, flexibility, body composition, nutrition, stress, and blood pressure. Students will select and participate in physical activities, which will produce desired physical results. This course culminates with an individualized lifelong wellness plan. Lab fee required.

**Prerequisites/Co requisites** None

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### Scans

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3,4,9,10

## Course Objectives

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Upon completion of this course, students should be able to:

1. Introduce and promote the fundamentals of a well balanced conditioning program.
  2. Describe how much exercise is recommended for developing health and fitness.
  3. Explain the goal of physical training and the basic principles of training.
  4. Explain terminology in order to achieve a better understanding of fitness.
  5. Describe strategies that can help you maintain a fitness program over the long term.
  6. Discuss the components of health-related and skill-related physical fitness and how they can be enhanced by activity.
  7. Test various components of physical fitness in order to see how they compare to the norm.
  8. Be able to describe the role proper nutrition plays in attaining and keeping a high level of fitness.
  9. Receive information on the following areas: planning a fitness program, weight management, nutrition, and stress management.
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## CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># OF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 <sup>rd</sup> absence
3	3	4 <sup>th</sup> absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**

- **ODESSA COLLEGE LINKS**

**PHYSICAL & HEALTH**

**EDUCATION DEPARTMENT:** <http://www.odessa.edu/dept/phed/>

**ATHLETICS:** <http://www.wranglersports.com/>

**SPORTS CENTER:** [http://www.wranglersports.com/fac-serv/community\\_recreation/](http://www.wranglersports.com/fac-serv/community_recreation/)

**ODESSA COLLEGE:** <http://www.odessa.edu/>

*Insert Here – Any Course Specific Information the Instructor Requires*

Students are to wear proper workout attire - shorts or exercise pants, tshirts, and tennis shoes. No sandals or jeans will be allowed.

## **COURSE UPDATES**

*The student is responsible for checking the syllabus online for updates may occur as needed.*

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### **Required Readings/Materials**

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a) You must purchase the following ***required*** readings/materials: None

b) You are encouraged to buy the following ***optional*** books/materials:

Total Fitness and Wellness, 10<sup>th</sup> Edition, by Powers, Dodd, Jackson

### **Course Requirements (Lectures, Assignments and Assessments)**

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Attendance = 215 points (5 pts a day)

Article Review = 50 points

Pre & Post Test Assessments = 50 points (25 pts each)

Water Project = 50 points

Midterm Exam = 50 points

Nutrition Project = 50 points

Final Exam = 100 points

## Topic Overview:

### Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
<b>Week 1</b>	In Class	Pre Test Assessments – first 3 class periods	Aug 31
<b>Week 2</b>	In Class	Review Indoor & Outdoor Track Facilities	Sept 7
<b>Week 3</b>	In Class	Lecture - Ch.1 & Activity	Sept 14
<b>Week 4</b>	In Class	Lecture - Ch. 3 & Activity & Water Project	Sept 21
<b>Week 5</b>	In Class	Quiz #1 Introduce Weight Room Facilities	Sept 28
<b>Week 6</b>	In Class	Lecture Ch. 4 & Activity	Oct 5
<b>Week 7</b>	In Class	Lecture & Quiz #2 - Prepare for Midterm Test	Oct 12
<b>Week 8</b>	In Class	Lecture Ch. 6 & 7 & Activity	Oct 19
<b>Week 9</b>	In Class	Activity	Oct 26
<b>Week 10</b>	In Class	Lecture Ch. 8 & 9 & Activity - Article Review	Nov 2
<b>Week 11</b>	In Class	Introduce Cardio Machines & Begin creating individual workout plans	On going
<b>Week 12</b>	In Class	Continue workout plans & Quiz #3	On going
<b>Week 13</b>	In Class	THANKSGIVING BREAK	On going

<b>Week 14</b>	In Class	Lecture Ch.10 & 11 & Activity	Nov 30
<b>Week 15</b>	In Class	Quiz #4 & Post Assessment Activity	Dec 7
<b>Week 16</b>	In Class	FINALS WEEK !!	Dec 10

## Grading Policy

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<b>Grade</b>	<b>Points</b>	<b>Percentage %</b>
<b>A</b>	509-565 <b>points</b>	(90 -100%)
<b>B</b>	454-508 <b>points</b>	(80-89%)
<b>C</b>	396-507 <b>points</b>	(70-79%)
<b>D</b>	339-506 <b>points</b>	(60-69%)
<b>F</b>	338 <b>or less points</b>	Below 60%

## Special Needs

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Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the Americans with Disabilities Act of 1990. If you have any special needs or issues pertaining to your access to and participation in this or any other class at Odessa College, please feel free to contact me to discuss your concerns. You may also call the Office of Disability services at 432-335-6861 to request assistance and accommodations.

## Learning Resource Center (Library)

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The Library, known as the [Learning Resources Center](#), provides research assistance via the [LRC's catalog \(print books, videos, e-books\)](#) and [databases \(journal and magazine articles\)](#). [Research guides](#) covering specific subject areas, [tutorials](#), and the ["Ask a Librarian "](#) service provide additional help.

## Student E-mail

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Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Student Portal

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Please access your [Odessa College Student E-mail](http://www.odessa.edu/gmail/), by following the link to either set up or update your account: <http://www.odessa.edu/gmail/>. **All assignments or correspondence will be submitted using your Odessa College email.**

## Technical Support

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For Blackboard username and password help and for help accessing your online course availability and student email account contact the Student Success Center at 432-335-6878 or online at [https://www.odessa.edu/dept/ssc/helpdesk\\_form.htm](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

## Important School Policies

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For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).

## \*\*\* NEW STUDENT DISCOUNT AVAILABLE!! \*\*\*

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**10% Discount** – Upon completion of 30 credit hours of college level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 hours.

**20% Discount** – Upon completion of 45 credit hours of college level courses with 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.