

Course Syllabus

Department : Physical & Health Education
Course Title : Lifestyle Assessment & Modification
Section # : PHED 1100_WB **Day: TBA Time: TBA**
Start Date : **June 6th, 2011**
End Date : August 10th, 2011
Modality : HYBRID
Credits : 1

Instructor Information

Name : Joseph Reagan
OC Email : jreagan@odessa.edu
OC Phone # : 515-720-3605
Office : 432-335- 6875

Course Description

Provides learning opportunities to introduce and maintain higher education health standards. Includes assessment of cardiovascular 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 and individualized lifelong wellness plan. Lab fee required.

Prerequisites/Co requisites none

Scans

3,4,9,10

Course Objectives

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

1. determine his/her present level of wellness;
2. understand the benefits of a wellness lifestyle;
3. design an individualized lifelong wellness plan.

CLASS ATTENDANCE POLICY

THIS IS NOT A SELF-PACED COURSE! This is a web-enhanced course with scheduled quizzes/assignments. Thus, you should use self-discipline to be efficient with this class, pay attention to the calendar, and take notes over the material.

It is expected that you log-on to the course every week. **You will receive an absence for each week that you do not access the course online and complete the Discussion Board. Your final grade will be dropped 1 letter grade after each consecutive 3 absences.** 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). It is your responsibility to complete assignments by the scheduled date.

Assignments: This course will be web-enhanced through CourseCompass (www.coursecompass.com). Material is presented primarily from readings assignments from the 11 chapters of the text. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment as an attachment. **Do not email assignments and exercise logs to my email address. All assignments must be submitted in CourseCompass.** This will allow for viewing of instructor comments, and for the student and instructor to see if the assignment was posted in the gradebook.

Assessments: **Mandatory attendance is required for this section of the course.** Please look for the posted dates in CourseCompass and/or on the Physical & Health Education department website (<http://www.odessa.edu/dept/phed/>). **Your final grade will drop 1 letter grade for not attending a post-assessment scheduled by the instructor.**

Activity: **You will accumulate a minimum of 168 points (or 42 hours) of activity throughout the semester by averaging a minimum of 3-4 hours per week. ONLY 1 hour per day will count towards your grade.**

Any physical activity can be counted towards your activity points just as long as it exercise activity, not your daily physical requirements (jobs, parenting, etc...) The Odessa College Sports Center is a fabulous facility to exercise (<http://www.wranglersports.com/fac-serv/facilities/>). I

strongly encourage you to exercise at our facility. However, I do allow students to complete at other locations. All physical activity information must be recorded and turned in weekly.

Discussion Board: Class participation is also graded by weekly engagement in the course Discussion Board. A total of fourteen (14) items/topics will be posted. Each week will have 1 or 2 new items that you are expected to respond to and discuss. Each item/topic is worth 2 points (1 point for answering it and 1 point for responding to another student's post to the same item/topic).

- **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/

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

Insert Here – Any Course Specific Information the Instructor Requires

COURSE UPDATES

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

Required Readings/Materials

a) You must purchase the following **required** readings/materials:

***STUDENT ACCESS CODE COMES WITH NEW BOOKS!**

Powers, S.K. & Dodd, S.L. (2009). **TOTAL FITNESS+WELLNESS**, Brief Edition,

Media Update 5/E. Pearson Benjamin Cummings.
ISBN 13: 978-0-321-53223-7 With Student Access Kit

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

None

Course Requirements (Lectures, Assignments and Assessments)

Assessments (Pre- & Post-) **200pts**

Chapter Assignments and Discussion Boards **200pts**

Weekly Logs **100pts**

Tests **400pts**

Water Project 50pts

Nutrition Project 50pts

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Web	Chapter 1 – Workout Log, Chapter Test, Chapter Homework, Discussion Board	June 12th
Week 2	Web	Chapter 2– Workout Log, Chapter Test, Chapter Homework, Discussion Board	June 19th
Week 3	Web	Chapter 3 – Workout Log, Chapter Test, Chapter Homework, Discussion Board	June 26th
Week 4	Web	Chapter 4 & 5 – Workout Log, Chapter Test, Chapter Homework, Discussion Board	July 3rd
Week 5	Web	Chapter 6 – Workout Log, Chapter Test, Chapter Homework, Discussion Board	July 10th
Week 6	Web	Chapter 7 – Workout Log, Chapter Test, Chapter Homework, Discussion Board	July 17th

Grading Policy

Grade	Points	Percentage %
A	900-1000 points	(90 -100%)
B	800-900 points	(80%)
C	700-800 points	(70%)
D	600-700 points	(60%)
F	600 or less points	Below 60%

Special Needs

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)

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

Please access your [Odessa College Student E-mail](#), 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

Please access your [Odessa College Student E-mail](#), 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

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.

Important School Policies

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](#).