

Course Syllabus

Department : Physical & Health Education
Course Title : Adaptive Personalized Fitness
Section Name: PHED 1112.999
Start Date : 1/18/2011
End Date : 5/6/2011
Modality : STRUCTURED/Self-Paced
Credits : 1

Instructor Information

Name : Patricia Lee Hodges
OC Email : phodges@odessa.edu
OC Phone# : 432-335-6564

Course Description

This course consists of three major components: (1) cardiovascular conditioning, (2) strengthening exercises, (3) range of motion stretching and relaxation techniques. The class is designed to introduce physically challenged students to a variety of physical activities including rhythmical movement, aquatics, hydro-fitness (resistance training) and walking / jogging. Physically challenged students are defined as students with temporary injuries, severely obese individuals (over 40% body mass index) and permanently disabled students. These individuals will be assessed and given an individualized exercise program. This course may be repeated for credit.

Prerequisite: Approval by the instructor.

Scans: 5, 9, 10

Course Objectives

To familiarize students with lifestyle changes that will enhance their health and well being

To improve student's strength, flexibility, cardiovascular endurance and muscle tone

To instruct students in proper warm-up, cool down, and stretching techniques

Instructional videos—Diet for a New America, How to Eliminate Sickness, Diseases Don't Just Happen—
Available at student request.

Required Reading materials: Water Aerobics Class Workbook (available in the bookstore)

Course Requirements

Attendance and participation in the activity is required.

Record all body measurements, weight, body composition and fitness test measurements at the beginning and end of the semester.

Students are required to **keep a personal exercise log (due monthly)** of class participation times and activities performed.

Summary of Weeks 1-16 Assignments & Activities

Pre-exercise physical evaluation (*Tuesday 1/18 at 12:30 or Wednesday 1/19 at 12:00*) and post-exercise physical evaluation (*Tuesday, May 3 at 12:30 or Wednesday May 4 at 12:00*)—20 pts for 1st /30 points for 2nd evaluation—50 points possible

Written examination—200 points possible

1 point will be awarded for each 30-minute activity session, 2 points per hour. **Three hours per week of activity is suggested for optimal health improvement:** 84 points possible

Optional instructional videos—if student watches and summarizes video—2 points will be awarded.

TO RECEIVE CREDIT FOR EACH CLASS, students will present ID card at Fitness Center check in and /or sign in LEGIBLY on the daily class roster.

Grading Policy

A =334—301 points
B =300—264 points
C =263—233points
D =232—200 points
F = below 200

Written test—200 points
Evaluation—20/30=50 points
Attendance—84 points
Total points possible=334

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the American 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.

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/helpdest_form.htm.

Important School Policies

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