

**PHED1100—LIFESTYLE ASSESSMENT AND MODIFICATION**  
**1 SEMESTER HOUR CREDIT**  
**COURSE SYLLABUS—SPRING 2011**  
Course Syllabus

Department : Physical & Health Education  
Course Title : Lifestyle Assessment and Modification  
Section Name : PHED1100  
Start Date : 1/18/2011  
End Date : 5/6/2011  
Modality : STRUCTURED  
Credits : 1

**Instructor Information**

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

**Course Description**

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, and document the results of their activities. This course culminates with an individualized lifelong wellness plan.

**Prerequisite:** None

**Scans: 3, 4, 9, 10**

**Course Objectives**

Introduce and promote the fundamentals of a holistic, life-long wellness plan.  
List and explain the components of aerobic and muscular strength / toning programs.  
Define the recommended nutritional guidelines.  
Define and discuss stress management techniques.  
Design and implement a behavior change plan.

**Required Reading materials:**

Required textbook: Powers, Dodd & Jackson Total Fitness & Wellness (Media Update Brief Edition)  
\*\*\*smarthinking.com can help you in many of your college classes—check out their services.

**Course Requirements**

Record body measurements, body composition, and fitness evaluations at the beginning and end of the course.  
Wear appropriate clothing and shoes for each class activity.

Complete all assignments and written exams independently and in a timely manner.

**Delinquent tests will result in a 10 point daily deduction.**

**Academic dishonesty will result in failure of the class.**

**Attendance and participation in class activities is required. Your final grade will be dropped one point for each class missed (3 x tardy=1 absence).** *If the student maintains perfect attendance five points will be added to final grade.*

In order to gain maximum benefits from this course attendance is extremely important. If an absence is unexcused, the student will not be allowed to make up the work missed due to the absence.

## **Grading Policy**

A. Class Activities	42 points	Grading Criteria:	A= 1242—1118 points
B. Weekly Tests	1000 points		B= 1117—994 points
C. Class Project/Behavior Change	50 points		C= 993—869 points
D. Final Test	100 points		D= 868—745 points
E. Pre-Post Assessments	20/30 points (points possible=1242)		F= 744 points or less

*Pre-exercise physical evaluation (Wed. & Fri. 1/19, 1/21) and post physical evaluation (Mon. & Wed. 5/2, 5/4).*

## **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](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 student's and instructors' right to academic freedom can be found in the Odessa College Student Handbook.

**Instructor: Pat Hodges**

**Office: Sports Center 202**

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**Office Phone: 335-6564**

**Office hours: Posted**