

## Course Syllabus

NOTE: This syllabus is subject to change during the semester . Please check this syllabus on a regular basis for any updates.

Department : Physical Education  
Course Title : Lifestyle Assessment & Modifications  
Section Name : PHED\_1100\_11  
Start Date : 01/18/2010  
End Date : 05/13/2010  
Modality : FACE-TO-FACE  
Credits :

## Instructor Information

Name : Aundrea McCormick  
OC Email : amccormick@odessa.edu  
OC Phone # : (432) 335-6506

## Course Description

This course will provide students with accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases, and injury prevention. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

Learning opportunities will be provided 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

Scans

2, 3, 4, 6, 8, 9, 10

### Course Objectives

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.

### METHOD OF EVALUATION

**Assessments 50 points (15 - Pre; 35 - Post)**

**Activity Points 168 points minimum**

**Unit Quizzes 110 points**

**Assignments 40 points (Water Evaluation - 20; Nutrition - 20)**

**Final Exam 40 points**

**Your final grade will drop 1 letter grade for not attending both pre-and post-assessments.**

Required Readings/Materials Textbook not required

Course Requirements (Lectures, Assignments and Assessments)

### WRITTEN TESTS & FINAL EXAM

You will be required to complete and submit written exams and a final exam. These written assignments are designed to give the student a better understanding of exercise techniques and programs. All exams are take-home exams that are due by the assigned deadline. You are expected to complete all work on your own.

## WATER PROJECT

The combination of nutrition and exercise are necessary for a successful fitness program. Water is one of the six essential nutrients. Your goal this semester is to increase your water intake. This project is designed for the student to monitor and chart your water and caffeine consumption for 5 days. The student will then write a short evaluation of their experience during the fluid project.

### Summary of Assignments & Activities

\*NOTE: The due dates are subject to change. Please check this syllabus on a regular basis for any updates.

### *Week 1-16*

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**Topic/Overview:** This week focuses on  
**Summary of Assignments & Activities**

<b>Item(Name)</b>	<b>Type</b>	<b>Description</b>	<b>Due</b>
<i>Week 1</i>	<i>Physical Assessments/Exercise</i>	<i>Activity</i>	<i>1/19</i>
<i>Week 2</i>	<i>Lecture/Exercise</i>	<i>Activity</i>	<i>1/24</i>
<b>Week 3</b>	<i>Lecture/Exercise</i>	<i>Activity</i>	<i>1/31</i>
<b>Week 4</b>	<i>Lecture/Exercise/Nutrition Project</i>	<i>Activity &amp; Test</i>	<i>2/2</i>
<b>Week 5</b>	<i>Lecture/Exercise</i>	<i>Activity</i>	<i>2/7</i>
<b>Week 6</b>	<i>Lecture/Exercise</i>	<i>Activity</i>	<i>2/14</i>
<b>Week 7</b>	<i>Lecture/Exercise</i>	<i>Activity</i>	<i>2/21</i>
<b>Week 8</b>	<i>Lecture/Exercise</i>	<i>Activity</i>	<i>2/28</i>
<b>Week 9</b>	<i>SPRING BREAK</i>		

Week 10	<i>Lecture/Exercise</i>	<i>Activity</i>	3/7
Week 11	<i>Lecture/Exercise</i>	<i>Activity</i>	3/21
Week 12	<i>Lecture/Exercise</i>	<i>Activity</i>	3/28
Week 13	<i>Lecture/Exercise</i>	<i>Activity</i>	4/4
Week 14	<i>Lecture/Exercise</i>	<i>Activity</i>	4/11
Week 15	<i>Lecture/Exercise</i>	<i>Activity</i>	4/18
Week 16	<i>Final Exam</i>	<i>TEST</i>	

### Grading Policy

Throughout a combination of physical activity, physical assessments, wellness assignments and the final exam, your ability to meet the course objectives will be evaluated.

Grade	Points	Percentage %
<b>A</b>	<b>367 - 408 points</b>	(90-100%)
<b>B</b>	<b>326 - 366 points</b>	(80-89%)
<b>C</b>	<b>285 - 325 points</b>	(70-79%)
<b>D</b>	<b>244 - 284 points</b>	(60-69%)
<b>F</b>	<b>243 or less points</b>	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](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.