

Course Syllabus

Department : Physical Education
Course Title : Intro to Physical Fitness & Sport
Section Name : PHED_1301_3
Start Date : 01/18/2011
End Date : 05/13/2011
Modality : FACE-TO-FACE
Credits : 3

Instructor Information

Name : Karin Carlson
OC Email : kcarlson@odessa.edu
OC Phone # : (432) 335-6563

Course Description

Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness. An introduction to core concepts of physical fitness and healthy behavior for complete lifetime fitness, wellness, and sport. Emphasis is placed on understanding and practice of the foundations and principles of physical fitness and sport that promote physical fitness, basics of personal health, and major contemporary health issues; identifying activities and skills relevant to program development in physical fitness and sport; demonstrating leadership skills in group discussions and activities pertinent to program development consistent with the goal of behavior modification, reinforcing positive personal characteristics consistent with ethical and social aspects of physical fitness and sport. Students will complete a personal fitness program to demonstrate experiential knowledge of the concepts as well as textbook knowledge by applying the fitness and wellness concepts to their own life during the course of the semester.

Prerequisites/Corequisites

None.

Scans

SCANS 4, 5, 6, 7, 9, 10, 11

Course Objectives

Upon satisfactory completion of this course, the student will be able to:

- A. Explain the history, philosophy, and significance of physical education, exercise science, and sports.
- B. Identify his/her philosophy, goals, objectives, and role in physical education, exercise science, and sports.
- C. Distinguish between the specialized areas of motor learning, biomechanics, exercise physiology and fitness, sociology, sports and exercise psychology, pedagogy, adapted physical education, and sports management.
- D. Discuss the affective, social, emotional, and cognitive components of physical activity.
- E. Identify career choices available in the field of Kinesiology.
- F. Describe the professional organizations associated with the fields of physical education, exercise science, and sports.

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 CLASS MEETS</u>	<u># OF UNEXCUSED ABSENCES ALLOWED</u>	<u>LETTERGRADE DEDUCTION FOR EVERY</u>
3	3	4 th 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 1/2 point for each class that you are tardy.**

Required Readings/Materials

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

Hoeger, W. and Hoeger, S.A. (2010). Principles and Labs for Fitness and Wellness ? 10th Edition. Thomson Wadsworth Publishing. ISBN-13:978-0-495-56011-1

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

Course Requirements (Lectures, Assignments and Assessments)

Attendance and participation in class is required.

Complete all written exams and assignments.

WRITTEN EXAMS (8)	800 points
ASSIGNMENTS	85 points
PORTFOLIO PROJECT	15 points
FINAL EXAM	100 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due <i>*Tentative</i>
Week 1	Introduction	Course Information	1/21/2011
	Lecture	Chapter 1: Physical Fitness & Wellness	
Week 2	Lecture	Chapter 1 continued	1/28/2011
	Assignment	Chapter 2: Behavior Modification LAB 1B	
Week 3	Lecture	Chapter 2 continued	2/4/2011
	Assignment Exam #1	Goal Setting Chapters 1 & 2	
Week 4	Lecture	Chapter 3: Nutrition for Wellness	2/11/2011
	Assignment Assignment	Portfolio – due Week 6 LAB 3B	
Week 5	Exam #2	Chapter 3	2/18/2011
	Lecture Assignment Assignment	Chapter 4: Body Composition Media Assignment explained LAB 4B	
Week 6	Lecture	Chapter 5: Weight Management	2/25/2011
	Assignment Exam #3	LAB 5A, 5C, 5D Chapters 4 & 5	

Week 7	Lecture Assignment	Chapter 6: Cardiorespiratory Endurance LAB 6A Chapter 11: Preventing Cardiovascular Disease	3/4/2011
Week 8	Exam #4 Lecture Assignment	Chapters 6 & 11 Chapter 7: Muscular Strength & Endurance LAB 7A	3/11/2011
Week 9	-----	SPRING BREAK	3/18/2011
Week 10	Lecture Lecture	Chapter 8: Muscular Flexibility Chapter 9: Skills Fitness & Fitness Programming	3/25/2011
Week 11	Exam #5 Lecture Assignment	Chapters 7 & 8 Chapter 9: Skills Fitness and Fitness Programming LABS 8A, 9A	4/1/2011
Week 12	Exam #6 Lecture Activity	Chapter 9 Chapter 10: Stress Assessment and Management Techniques Progressive Muscle Relaxation	4/8/2011
Week 13	Lecture Exam #7	Chapter 12: Cancer Prevention Chapters 10 & 12	4/15/2011
Week 14	Lecture Assignment Assignment	Chapter 13: Addictive Behavior Chapter 14: Preventing Sexually Transmitted Diseases Media Assignment Due LAB 14A	4/22/2011
Week 15	Exam #8 Lecture	Chapters 13 & 14 LABS 15A, 15C(part 2 only) Chapter 15: Lifetime Fitness and Wellness	4/29/2011
Week 16	Review	Review for Final Exam	5/6/2011

Grading Policy

Final grades will be determined according to the following point system:

TOTAL POINTS POSSIBLE:

900 - 1000 = A	(90-100% of points possible)
800 - 899 = B	(80 - 89% of points possible)
700 - 799 = C	(70 - 79% of points possible)
600 - 699 = D	(60 - 69% of points possible)
0 - 599 = F	(0 - 59% of points possible)

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 students and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).