

Course Syllabus

Department : Physical Education
Course Title : Lifestyle Assessment & Mod.
Section Name : PHED_1100_14
Start Date : 01/18/2011
End Date : 05/13/2011
Modality : FACE-TO-FACE
Credits : 1

Instructor Information

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

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.
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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</u> <u>CLASS MEETS</u>	<u># IF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3rd 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 ½ point for each class that you are tardy.**

ATTIRE

You are expected to wear proper activity attire to each class. Wear appropriate workout attire, including appropriate clothing & comfortable shoes. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

Required Readings/Materials

a) You must purchase the following **required** readings/materials: **NONE**

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

*Powers, S.K. & Dodd, S.L. (2009). **TOTAL FITNESS+WELLNESS, BRIEF edition, Media Update, 3rd edition.** Pearson Benjamin Cummings.*

Course Requirements (Lectures, Assignments and Assessments)

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

Chapter Quizzes **55 points**

Assignments **50 points (Water Evaluation - 20; Nutrition - 20; Labs - 10)**

Final Exam **40 points**

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	Introduction	Course Information	1/20/2011
	Test	Pre-Assess 5 Health Components	
Week 2	Activity	Workouts	1/27/2011
Week 3	Topic Discussion	Chapter 1: Understanding Fitness & Wellness	2/3/2011
	Activity Quiz	Workouts Chapter 1	
Week 4	Topic Discussion	Chapter 2: General Principles of Exercise for Health and Fitness	2/10/2011
	Activity Assignment Quiz	Workouts Fluid Intake Evaluation – due next week Chapter 2	
Week 5	Topic Discussion	Chapter 3: Cardiorespiratory Endurance	2/17/2011
	Activity Quiz	Workouts Chapter 3	

Week 6	Topic Discussion Activity Quiz	Chapter 4: Improving Muscular Strength & Endurance Workouts Chapter 4	2/24/2011
Week 7	Topic Discussion Activity Quiz Assignment	Chapter 5: Improving Flexibility Workouts Chapter 5 Nutrition Evaluation – due next week	3/3/2011
Week 8	Topic Discussion Activity Quiz	Chapter 6: Body Composition Workouts Chapter 6	3/10/2011
Week 9	-----	SPRING BREAK	3/17/2011
Week 10	Topic Discussion Activity Quiz	Chapter 7: Nutrition Workouts Chapter 7	3/24/2011
Week 11	Topic Discussion Activity Quiz	Chapter 8: Exercise, Diet & Weight Control Workouts Chapter 8	3/31/2011
Week 12	Topic Discussion Activity Quiz	Chapter 9: Prevention of Cardiovascular Disease Workouts Chapter 9	4/7/2011
Week 13	Topic Discussion Activity Quiz	Chapter 10: Stress Management Workouts Chapter 10	4/14/2011
Week 14	Topic Discussion Activity Quiz	Chapter 11: Lifetime Fitness Workouts Chapter 11	4/21/2011
Week 15	Test	Post Assessment of 5 Health Components	4/28/2011
Week 16	Review Activity	Review for Final Exam Workouts	5/5/2011

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 %
A	176 - 195 points	(90-100%)
B	156 – 175 points	(80-89%)
C	137 - 155 points	(70-79%)
D	117 - 136 points	(60-69%)
F	116 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](#).