

Course Syllabus

Department: Physical Education

Course Title : Lifestyle Assessment & Mod.

Section Name : PHED_1100_13_2

Start Date : 01/18/2011

End Date : 05/13/11

Modality : FACE-TO-FACE

Credits : 1

Instructor Information

Name: Jennifer Sutherland

OC Email: jsutherland@odessa.edu

OC Phone #: 432-335-6349

Course Description

Provides learning opportunities to introduce and maintain higher education health standards. Includes assessment of cardiovascular 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 and individualized lifelong wellness plan.

Prerequisites/Corequisites

None

Scans

(SCANS 2, 3,4, 6, 8, 9, 10)

Course Objectives

You are expected to complete all assignments, take tests without notes or outside assistance, and participate in all class activities at appropriate individual exercise intensity. **ALL WORK IS EXPECTED TO BE YOUR OWN.** If unethical behavior is detected, all parties involved will be denied points for that class assignment, test, or exercise session. The questioned material or situation and a report of violation will be submitted to the department chair for further action as deemed necessary by the department chair.

CLASS ATTENDANCE POLICY

Your attendance is the greater predictor of your success. **STUDENT ATTENDANCE THROUGHOUT THE SEMESTER IS EXPECTED.** You should expect that each absence will adversely affect your course grade. You will lose 5 points for every unexcused absence after your 3rd absence.

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

Total fitness and wellness 3e (not required)

Course Requirements (Lectures, Assignments and Assessments)

- 1.0 To demonstrate competency explain the basic components of fitness, the student should be able to:
 - 1.1 *Identify and interpret the lifestyle assessments during the assessment module of the course. (6, 8, 9, 10)
 - 1.2 Perform the physical assessment at the culmination of the course to measure change. (8, 10)
- 2.0 To demonstrate competency in understanding the benefits of a wellness lifestyle, the student should be able to:
 - 2.1 *Discuss the normal physiological adaptations to exercise. (2, 6, 8, 9)
 - 2.2 List and explain the components of an aerobic exercise program. (2, 4, 6, 8)
 - 2.3 List and explain the components of a muscular strength/toning program. (2, 4, 6, 8)
 - 2.4 Define the recommended nutritional guidelines. (2, 6, 8)
 - 2.5 *Compute the percentage of protein, carbohydrate, and fat from a diet. (3, 6)
 - 2.6 *Discuss stress management techniques. (2, 6, 8, 9, 10)
 - 2.7 *discuss the adaptations stress causes on the body. (2, 6, 8, 9)
- 3.0 To demonstrate competency in designing an individualized wellness plan, the student should be able to:
 - 3.1 *Design a personalized aerobic exercise program. (2, 4, 6, 8, 9, 10)
 - 3.2 *Design a personalized muscular strength/toning program. (2, 4, 6, 8, 9, 10)
 - 3.3 *Compute the proper nutrients needed in order to reach his/her personal goal. (3, 6)
 - 3.4 *Design a personalized stress management program.(2,4,6,8,9,10)
 - 3.5 *Design a behavioral change plan. (2, 4, 6, 8, 9, 10)

Summary of Assignments & Activities

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

Item(Name) Type Description Due*

week 1

Introduction/assessments

week 2

lecture chapter 1-6

week 3

Test chapters 1-6/lecture7-11

week 4

Test chapters 7-11/begin workouts

week 5

water project/workouts

week 6

water project due/workouts

week7 workout cardio/weights

week8 workout cardio/weights

week9 nutrition project workout cardio/weights

week10 nutrition project due workout cardio/weights

week11 workout cardio/weights

week12 workout cardio/weights

week13 workout cardio/weights

week14 workout cardio/weights

week15 Final 6 week workout program turned in

week16 Finals week

Grading Policy

A. Exercise/Daily participation (5 x 30 days)	<i>150 points maximum</i>
(Daily points may include quizzes, in-class assignments/games, etc.)	
B. Final examination	<i>30 points</i>
C. Written Exams	<i>20 points</i>
D. Water Project	<i>10 points</i>
E. Nutrition Project	<i>10 points</i>
F. Post Assessment	<i>30 point</i>

A = 250-230 POINTS B = 229-209 POINTS C = 208-188 POINTS

D = 187-166 POINT F = 165 POINTS OR LESS

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.