

**Department** : Physical & Health Education  
**Course Title** : Lifestyle Assessment & Modification  
**Section #** : PHED 1100 BWB\_BW9\_BW8 **Day: TBA** **Time: TBA**  
**Start Date** : 06/04/2012  
**End Date** : 08/09/2012  
**Modality** : Web  
**Credits** : 1

### **Instructor Information**

**Name** : Matthew Stewart  
**OC Email** : mstewart@odessa.edu  
**OC Phone #** : Adjunct Instructor – please email  
**Office** : Adjunct Instructor

### **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.

### **ICO's**

3,4,9,10

## Course Objectives

Upon completion of this course, students should be able to:

1. Define health, wellness, and the different dimensions of wellness.
2. Introduce and promote the fundamentals of a well balanced conditioning program.
3. Define the goal of physical training and the basic principles of training for health and fitness.
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. Interpret results from personal testing of 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. Identify strategies for making changes in body composition.
10. Describe the effect stress has on health and performance.
11. Identify common chronic and infectious diseases.
12. Develop personalized plans for cardiorespiratory fitness, muscular fitness, and flexibility.

### **CLASS ATTENDANCE POLICY**

**THIS IS NOT A SELF-PACED COURSE!** This is a web-enhanced course with scheduled quizzes/assignments. Thus, you should use self-discipline to be efficient with this class, pay attention to the calendar, and take notes over the material.

It is expected that you log-on to the course every week. 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). It is your responsibility to complete assignments by the scheduled date.

**Assignments:** This course will be web-enhanced through OC's BlackBoard ([www.odessa.edu](http://www.odessa.edu) .) Material is presented primarily from readings assignments from the 11 chapters of the text. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment as an attachment. **Do not email assignments and exercise logs to my email address. All assignments must be submitted in BlackBoard.** This will allow for the student and instructor to see if the assignment was posted and for viewing of instructor comments.

**Assessments:** **Mandatory attendance is required for this section of the course.** Please look for the posted dates in BlackBoard and/or on the Physical & Health Education department website

(<http://www.odessa.edu/dept/phed/> ). Your final grade will drop 1 letter grade for not attending a post-assessment scheduled by the instructor.

**Activity:** You will *accumulate* a minimum of 160 points (or 40 hours) of activity *throughout the semester by averaging a minimum of 3-5 hours per week. ONLY 1 hour per day will count towards your grade.*

Physical activity such as walking and jogging on a surface or a machine can be counted towards your activity points just as long as it exercise activity, not your daily physical requirements (jobs, parenting, etc...) The Odessa College Sports Center is a fabulous facility to exercise (<http://www.wranglersports.com/fac-serv/facilities/>). I strongly encourage you to exercise at our facility. However, I do allow students to complete at other locations. All physical activity information must be recorded and turned in weekly.

- **Current Odessa College ID is required to enter the sports center.**

- **ODESSA COLLEGE LINKS**

PHYSICAL & HEALTH

EDUCATION DEPARTMENT: <http://www.odessa.edu/dept/phed/>

ATHLETICS: <http://www.wranglersports.com/>

SPORTS CENTER: [http://www.wranglersports.com/fac-serv/community\\_recreation/](http://www.wranglersports.com/fac-serv/community_recreation/)

ODESSA COLLEGE: <http://www.odessa.edu/>

**OC Student Success Coaches:** The Odessa College Student Success Coaches will help you stay focused and on track to complete your educational goals. If an instructor sees that you might need additional help or success coaching, he or she may submit a Retention Alert or a Starfish Alert. A Student Success Coach will contact you to work toward a solution.

## **COURSE UPDATES**

*The student is responsible for checking the syllabus online <http://www.odessa.edu/syllabi/>.*

## Required Readings/Materials

a) You must purchase the following *required access code*:

*Powers, S., Dodd, S., & Jackson, E.. (2011). Total Fitness & Wellness, Brief Edition, 3<sup>rd</sup> Edition.*

Pearson Benjamin Cummins publishing. ISBN: 978-0-321-67623-8

*\* May purchase a used textbook. We will not be using an access code.*

## Course Requirements (Lectures, Assignments and Assessments)

<b>Assessments</b>	<b>100 points (25 - Pre; 75 - Post)</b>
<b>Physical Activity</b>	<b>160 points minimum</b>
<b>Quizzes</b>	<b>88 points</b>
<b>Assignments</b>	<b>60 points (Fluid Evaluation - 20; Nutrition -20; Discussion Board – 20)</b>
<b>Final Exam</b>	<b>75 points</b>

## Topic Overview: Summary of Assignments & Activities

<b>Item (Name)</b>	<b>Type</b>	<b>Description</b>	<b>Due</b> <i>*Tentative</i>
--------------------	-------------	--------------------	---------------------------------

<p><b>Week 1</b></p>	<p>Introduction Test Topic &amp; Quiz Activity Assignment</p>	<p>Course Information Pre-Assess 5 Health Components at OC Chapter 1: Understanding Fitness &amp; Wellness Workouts Discussion Board</p>	<p>06/09/2012</p>
<p><b>Week 2</b></p>	<p>Topic &amp; Quiz Activity Assignment</p>	<p>Chapter 2: General Principles of Exercise for Health &amp; Fitness Workouts Discussion Board</p>	<p>06/16/2012</p>
<p><b>Week 3</b></p>	<p>Topic &amp; Quiz Activity Assignments</p>	<p>Chapter 3: Cardiorespiratory Endurance Workouts Discussion Board <b>Fluid Evaluation Begin</b> – due in 2 weeks</p>	<p>06/23/2012</p>
<p><b>Week 4</b></p>	<p>Topic &amp; Quiz Activity Assignment</p>	<p>Chapter 4: Improving Muscular Strength &amp; Endurance Workouts Discussion Board</p>	<p>06/30/2012</p>
<p><b>Week 5</b></p>	<p>Topic &amp; Quiz Activity Assignments</p>	<p>Chapter 5: Improving Flexibility Workouts Discussion Board <b>Fluid Evaluation Due</b></p>	<p>07/07/2012</p>

<b>Week 6</b>	Topic & Quizzes  Activity  Assignment	Chapter 6: Body Composition Chapter 8: Exercise, Diet, and Weight Control  Workouts  Discussion Board	07/14/2012
<b>Week 7</b>	Topic & Quiz  Activity  Assignments	Chapter 7: Nutrition, Health & Fitness  Workouts  Discussion Board  <b>Nutrition Project Begin</b>	07/21/2012
<b>Week 8</b>	Topic & Quiz  Activity  Assignment	Chapter 9: Preventing Cardiovascular Disease  Workouts  Discussion Board	07/28/012
<b>Week 9</b>	Topic & Quizzes  Activity  Assignments	Chapter 10: Stress Management Chapter 11: Lifetime Fitness & Wellness  Workouts  Discussion Board	08/04/2012
<b>Week 10</b>	Test  Activity  Assignments  Test	Final Exam  Workouts  Discussion Board  Post Assessment of 5 Health Components at OC	08/09/2012

### Grading Policy

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

Grade	Points	Percentage %
<b>A</b>	<b>434 - 483 points</b>	(90-100%)
<b>B</b>	<b>386 - 433 points</b>	(80-89%)
<b>C</b>	<b>338 - 385 points</b>	(70-79%)
<b>D</b>	<b>289 - 337 points</b>	(60-69%)
<b>F</b>	<b>288 or less points</b>	Below 60%

<!--{128239280468142}-->

### 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](#).