

## Course Syllabus

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<b>Department</b>	: Physical & Health Education		
<b>Course Title</b>	: Lifestyle Assessment & Modification		
<b>Section #</b>	: PHED_1100_HY	<b>Day: WEB</b>	<b>Time: WEB</b>
<b>Start Date</b>	: 01/22/2013		
<b>End Date</b>	: 05/16/2013		
<b>Modality</b>	: Hybrid		
<b>Credits</b>	: 1		

### Instructor Information

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<b>Name</b>	: Jon Staton
<b>OC Email</b>	: jstaton@odessa.edu
<b>OC Phone #</b>	: (432) 335-6563
<b>Office</b>	: 201-B, OC Sports Center

### Course Description

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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. This class includes assessment of Cardiorespiratory Endurance, Muscular Strength and Muscle 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/Corequisites**    None

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### ICO's

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## Course Objectives

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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. Be able to develop personalized plans for Cardiorespiratory Fitness, Muscular Fitness, and Flexibility.
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## CLASS ATTENDANCE POLICY & ASSIGNMENTS

**THIS IS NOT A SELF-PACED COURSE!** This is a hybrid course with *4 mandatory classes in which you will meet at Odessa College with the Professor for Pre & Post Physical Assessments*. Assignments, quizzes, exercise logs and/or exams will be posted on Blackboard each week. 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 important that you log-on to the course and check your OC student email every week - it is expected. It is your responsibility to complete assignments by the scheduled date. ***I do not offer Extra Credit or Make Up for assignments, quizzes, exercise logs, or exams that are missed.***

**Assignments:** Material is presented primarily from readings assignments from the chapters of the text. However, additional reading material will be assigned by the Professor. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment response box on Blackboard. **DO NOT SEND your assignment as an attachment. DO NOT EMAIL ASSIGNMENTS AND EXERCISE LOGS TO MY EMAIL ADDRESS. All assignments must be submitted on Blackboard.** This will allow for the student and Professor to view the assignments and give proper feedback.

**Pre & Post Assessments: MANDATORY ATTENDANCE is required for this portion of the course. The Pre-Assessment dates and time are: January 29 & January 31 @ 2:00-4:30 PM. YOU MUST ATTEND BOTH SESSIONS!! The Post-Assessment dates and times are: April 30 & May 2 @ 2:00-4:30 PM. YOU MUST ATTEND BOTH SESSIONS!!!!**

**Exercise Logs: Students must accumulate a minimum of 150 minutes of activity per week throughout the semester.** ONLY 45 minutes of exercise *per day* will count towards your 150 minutes. Your goal is to achieve a minimum 30 minutes of moderate to vigorous Physical Activity 5 days per week. Studies show the significance of spacing out the activity rather than trying to accumulate all of it in 2-3 days. Remember moderate to vigorous is recommended. Do not however overexert yourself. Each student should try to purchase a pedometer for class.

Any physical activity 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.odessa.edu/ce/fit-rec/>) 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/)

ODESSACOLLEGE: <http://www.odessa.edu/>

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### **Required Readings/Materials**

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a) You are **required** to purchase the following:

Powers, S. (newest edition). **Total Fitness & Wellness**. Benjamin Cummings

### **Course Requirements (APPROXIMATE POINTS POSSIBLE)**

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Assessments	100 points (50 - Pre; 50 - Post)
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Activity Points	240 points minimum
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**Assignments**                      **480 points**

**Labs from Text**                      **120 points**

**Exams**                                      **100 points**

**Topic Overview: Summary of Assignments & Activities (Subject to change)**

<b>Item (Name)</b>	<b>Type</b>	<b>Description</b>	<b>Due *Tentative</b>
<b>Week 1</b>	Introduction Assignment Assignment Assignment	<b><i>Read Syllabus – Complete Discussion Question</i></b> Read Chapter 1- Understand Fitness & Wellness Complete assignment on Blackboard LABS: 1.1, 1.2, 1.3.1.4	01/25/2013
<b>Week 2</b>	<b>Pre-Assessments</b> Assignment Assignment Assignment	<b>OC Sports Center Jan 29 &amp; Jan 31 2:00-4:30 PM (Room SC 212)</b> Read Chapter 2 – General Principles of Exercise Complete assignment on Blackboard LABS: 2.2	02/01/2013
<b>Week 3</b>	Assignment Assignment Assignment	Read Chapter 3 – Cardiorespiratory Endurance Complete assignment on Blackboard LAB: 3.3	02/08/2013
<b>Week 4</b>	Assignment  Assignment	Read Chapter 4 – Improving Muscular Strength & Endurance  Complete assignment on Blackboard	02/15/2013
<b>Week 5</b>	Assignment Assignment Assignment	Read Chapter 5 – Improving Flexibility Complete assignment on Blackboard Complete Lab 5.3 and write a ½ page summary	02/22/2013
<b>Week 6</b>	Assignment  Assignment  Assignment	Read Chapter 6 – Body Composition  Complete assignment on Blackboard LABS: 6.1, 6.2 (ALL parts of BOTH labs) <b><i>You will need to remember your body fat %</i></b>	03/01/2013
<b>Week 7/8</b>	Assignment	Assignment on Blackboard (you will have 2 weeks to complete this assignment)	03/15/2013

<b>Week 9</b>	Assignment Assignment Assignment	Read Chapter 7- Nutrition, Health, & Fitness Complete assignment on Blackboard Labs: 7.1 Front page only, Lab 7.4	03/22/2013
<b>Week 10</b>	Assignment Assignment Assignment	Read Chapter 8- Exercise Diet & Weight Control Complete assignment on Blackboard LABS: 8.1, 8.2, ,8.4, & 8.5	03/29/2013
<b>Week 11</b>	Assignment Assignment Assignment	Read Chapter 9- Preventing Cardiovascular Disease Complete assignment on Blackboard LABS: 9.2, 9.3	04/05/2013
<b>Week 12</b>	Assignment Assignment Assignment	Read Chapter 10 – Stress Management Complete assignment on Blackboard LABS: 10.1, 10.4, & 10.5	04/12/2013
<b>Week 13</b>	Assignment Assignment Assignment	Read Chapter 11 – Lifetime Fitness & Wellness Complete assignment on Blackboard  LABS: 11.1	04/18/2013
<b>Week 14</b>	<b>FINAL EXAM</b>	<b>FINAL EXAM ON CHAPTERS 1 – 11- will be on Blackboard</b>	04/26/2013
<b>Week 15</b>	<b>Post-Assessment Testing</b>	<b>OC Sports Center April 30 &amp; May 2 @ 2:00-4:30PM (Room SC 212)</b>	05/01/2013

**\*\*\*\* All assignments will open at 4:00 AM on Sunday and close at 11:59 PM Friday**

**\*\*\* EXERCISE LOGS MUST BE TURNED IN EVERY WEEK ON BLACKBOARD!!!**

Exercise Logs are to be turned in the Saturday of the appropriate week at 11:59 PM on Blackboard.

**\*\*\*\* All Exercise Log Assignments will open at 4:00 AM Sunday and close at 11:59 PM Saturday**

## Grading Policy

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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>900 – 1000 points</b>	90-100%
<b>B</b>	<b>800 - 899 points</b>	80-89%
<b>C</b>	<b>700 - 799 points</b>	70-79%
<b>D</b>	<b>600 - 699 points</b>	60-69%
<b>F</b>	<b>599 or less points</b>	Below 60%

## Special Needs

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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)

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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

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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

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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

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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

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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](#).

## Student Success Discount

10%Discount: Upon completion of 30 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 10% tuition discount on future registrations until reaching 45 credit hours.

20% Discount: Upon completion of 45 credit hours of college-level courses with a 2.0 GPA, students are eligible for a 20% tuition discount on future registrations until reaching 60 credit hours.

## Expectations for Engagement – Online Learning

To help make the web-based learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the online learning environment. Students and instructors are welcome to exceed these requirements.

### Reasonable Expectations of Engagement for Instructors

1. As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will
  - provided my contact information at the beginning of the syllabus;
  - respond to all messages within 24 hours if received Monday through Thursday and within 48 hours if received Friday through Sunday; and,
  - notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.
2. As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will

- provide clear information about grading policies and assignment requirements in the course syllabus, and
  - communicate any changes to assignments and/or to the course calendar to students as quickly as possible.
3. As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will
- post grades for discussion postings within one week of the discussion thread closing.
  - provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

#### Reasonable Expectations of Engagement for Students

1. As a student, I understand that I am responsible for keeping up with the course. To help with this, I will
  - line up alternative computer and internet access in case my primary computer crashes or my internet services is unavailable;
  - recognize that the college provides free Wi-Fi and computer labs during regular campus hours to help me with accessing my course; and,
  - understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my equipment or service is unreliable.
2. As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to
  - getting “kicked off” of the system during tests or quizzes;
  - having trouble submitting assignments; and
  - dealing with a traumatic personal event.
3. As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will
  - seek out help from my instructor and/or from tutors;
  - ask questions if I don’t understand; and,
  - access my course several times during the week to keep up with assignments and announcements.

#### **Expectations for Engagement – Face to Face Learning**

To help make the learning experience fulfilling and rewarding, the following Expectations for Engagement provide the parameters for reasonable engagement between students and instructors for the learning environment. Students and instructors are welcome to exceed these requirements.



### Reasonable Expectations of Engagement for Instructors

1. As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will
  - provided my contact information at the beginning of the syllabus;
  - respond to all messages in a timely manner through telephone, email, or next classroom contact; and,
  - notify students of any extended times that I will be unavailable and provide them with alternative contact information (for me or for my supervisor) in case of emergencies during the time I'm unavailable.
2. As an instructor, I understand that my students will work to the best of their abilities to fulfill the course requirements. In order to help them in this area, I will
  - provide clear information about grading policies and assignment requirements in the course syllabus, and
  - communicate any changes to assignments and/or to the course calendar to students as quickly as possible.
3. As an instructor, I understand that I need to provide regular, timely feedback to students about their performance in the course. To keep students informed about their progress, I will
  - return classroom activities and homework within one week of the due date and
  - provide grades for major assignments within 2 weeks of the due date or at least 3 days before the next major assignment is due, whichever comes first.

### Reasonable Expectations of Engagement for Students

1. As a student, I understand that I am responsible for keeping up with the course. To help with this, I will
  - attend the course regularly and line up alternative transportation in case my primary means of transportation is unavailable;
  - recognize that the college provides free Wi-Fi, computer labs, and library resources during regular campus hours to help me with completing my assignments; and,
  - understand that my instructor does not have to accept my technical issues as a legitimate reason for late or missing work if my personal computer equipment or internet service is unreliable.
2. As a student, I understand that it is my responsibility to communicate quickly with the instructor any issue or emergency that will impact my involvement with or performance in the class. This includes, but is not limited to,
  - missing class when a major test is planned or a major assignment is due;
  - having trouble submitting assignments;
  - dealing with a traumatic personal event; and,
  - having my work or childcare schedule changed so that my classroom attendance is affected.

3. As a student, I understand that it is my responsibility to understand course material and requirements and to keep up with the course calendar. While my instructor is available for help and clarification, I will
- seek out help from my instructor and/or from tutors;
  - ask questions if I don't understand; and,
  - attend class regularly to keep up with assignments and announcements.