

# Course Syllabus

**Department: Physical and Health Education**  
**Course Title: Lifestyle Assessment and Modification**  
**Section #: 5405 PHED 1100..13 T Th 11:00-12:20**  
**Start date: January 22, 2013**  
**End date: May 10, 2013**  
**Final Exam: May 14, Tues 11:00-1:30**  
**Modality: Face to face**  
**Credits: 1**

## Instructor information

**Name: Kathy Graham**  
**OC Email: [kgraham@odessa.edu](mailto:kgraham@odessa.edu)**  
**OC phone #: 432-335-6566**  
**Office hours: 1:00-4:00 M,W; 3:30-5:30 T 5:00-7:00 Th. Other times available by appointment.**

## Course Description

Provides learning opportunities to introduce and maintain higher education health standards. Class also includes assessment of cardiovascular endurance, muscular strength and endurance, flexibility, body composition, nutrition, stress and blood pressure. Lab fee required.

## Prerequisite/Co requisite:

**Individuals are advised to seek medical advice prior to beginning an exercise program. Individuals must complete an Odessa College Education and Health Assessment form.**

## Scans:

**3,4,5,9,10**

## Course Objectives

1. Understand the basic principles of exercise, including intensity, frequency and duration.
2. Demonstrate knowledge of proper warm-up, cool-down, and stretching routines.
3. Ability to assign and utilize personal target heart rate zone.
4. Understanding of safety hazards and precautions for walking/jogging and common exercise equipment found in Sports Center.
5. Ability to design simple, practical individual exercise plan.
6. Have a familiarity with the basic components that lead to healthy living.

## Required Materials

**You must bring the following items to each class meeting:**

1. Current Odessa College ID for entrance to Sports Center
2. Wrist watch with stop watch function
3. Appropriate footwear

4. Appropriate exercising attire
5. Water bottle with your name written on it
6. Exercise journal and notebook

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

1. Pedometer
2. Sunscreen
3. Hat
4. Sunglasses

### 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/facilities/fitness\\_center/index.htm](http://www.wranglersports.com/fac-serv/facilities/fitness_center/index.htm)

Odessa college: <http://www.odessa.edu>

### Schedule

This class will be comprised of lecture, cardiovascular training and muscular strength and endurance.

Week	Activity	assignment	Teaching	Due
1	Introduction, Par-Q eval, practice assessment, VO2 field measure, determine target heart rate <b>Last day for schedule changes Jan 23</b>	Assessment, goals	Introduction, practice assessment, VO2 field measure Understand Syllabus Read Chapter 1- understanding Fitness and Wellness Labs 1.1, 1.2, 1.3, 1.4	
2	Wilson fitness	Weekly journal-by time	Safety for walkers and joggers. Read chapter 2- General principles of Exercise Lab 2.2	
3	Fitness Duck, Duck, Goose	Weekly journal-by time Assign hydration sweat test	Read Chapter 6- body composition Labs 6.1 and 6.2	
4	Give one get one exercises	Weekly journal-by distance	Read Chapter 3- cardiorespiratory endurance. Lab 3.3	
5	Pacman-in gym	Weekly journal-by distance Assign nutrition assessment	Read Chapter 5 Improving flexibility Stretching routine	

6	Last man around	Weekly journal –by pedometer Assign selected topics for group presentations <b>Test 1</b>	Read Chapter 4 improving muscular strength and endurance. Use of equipment and safety. Individual workout plans	
7	Four Corners <b>Spring Break: March 11-16</b>	Weekly journal-by pedometer	Read Chapter 7 nutrition, health and fitness Hydration lab	
8	Find your name game <b>Last day to apply for Spring Grad: March 22</b>	Weekly journal	Nutrition assignment	
9	Scavenger hunt <b>Good Friday Mar. 29</b>	Weekly journal	Read chapter 8-exercise diet and wt control Lab 8.1, 8.2, 8.4, 8.5 Assign group presentations	
10	Directional red light, green light	Weekly journal <b>Test 2</b>	Read chapter 9-preventing Cardiovascular Disease Lab 9.2, 9.3	
11	Follow the Leader	Weekly journal	Read chapter 10-in class stress activity Lab 10.1 or lab 10.5	
12	Polish relay <b>Last day to drop with a W: April 16</b>	Weekly journal	Read Chapter 11-Lifetime fitness and wellness Lab 11.1	
13	Set distance relay	Weekly journal	Presentations	
14	Favorite	Weekly journal	Presentations	
15	Favorite <b>Last regular class day: May 9, Thursday</b>	Weekly journal <b>Test 3</b>	Post-assessment practice/ Presentations	
16	Final exam <b>May 14, Tues 11:00-1:30</b>	Last weekly journal due	Post-assessment	

## Assignments

type	Points Possible	Points total	Points Earned
Pre and Post assessments	30 each	60	
Weekly journals	5 each		
Test (3)	20 each	60	
Group presentation	20	20	
Participation lab points (This requires more than attendance)	5		
Labs	5		
Hydration project	10		
Nutrition project	20		
Individual workout plan	10		

## Grading policy

Grade	Percentage %
A	(90 -100%)
B	(80-89%)
C	(70-79%)
D	(60-69%)
F	Below 60%

## Blackboard

**Schedule is tentative and may change. It is the Student's responsibility to check Blackboard for all class announcements, locations and assignments. Grades will also be posted on Blackboard.**

## Class Attendance/Drop Policy

**This is a lecture/lab course. As such, credit can only be given for labs in which students actively take part. Participation is an essential component of the class, and grading scale. The only excused absences are medical emergencies and official college-sponsored activities. No late work will be accepted. No extra credit will be offered. No makeup tests will be allowed, except for emergency situations. For every 3 unexcused absences, grade will be dropped by 1 letter grade. It is the student's responsibility to drop the class. If you stop attending the class, the instructor will not drop you. This will result in a letter grade of F. Every tardy counts as .5 of a class missed.**

### 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/>

### 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.

### 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 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.

### Instructor Evaluations

The SEI process for face-to-face and online courses is scheduled for the week of April 28<sup>th</sup>.

### 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

As an instructor, I understand the importance of clear, timely communication with my students. In order to maintain sufficient communication, I will provide 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.

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.

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

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 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.

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.

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.