

Course Syllabus

Department: Physical and Health Education

Course Title: Adaptive Personalized Fitness

Section #: PHED_5520_1112_99

Start Date: 01/22/2013

End Date: 05/16/2013

Instructor Information

Name: Karina Cannon

OC Email: kcannon@odessa.edu

OC Phone #: (432) 335 6563

Office: Sports Center # 202

Course Description

This course consists of three major components, 1) cardiovascular conditioning, 2) strengthening exercises, 3) range of motion, stretching and relaxation techniques. This class is designed to introduce physically challenged students to a variety of physical activities including rhythmical movement, aquatics, hydro-fitness (resistance training) walking/jogging. Physically challenged students are defined as students with temporary issues, severely obese individuals (over 40% body fat) and permanently disabled students. These individuals will be assessed and given an individualized exercise program.

Course Objectives

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

- 1) Weigh in and find their BMI and what category they belong to.
- 2) Find a percentage of their maximum heart rate.
- 3) Define and apply cardiovascular conditioning.
- 4) Define and increase strength training.
- 5) Define and increase flexibility.
- 6) Understand and apply a basic concept of physical fitness.
- 7) Understand and apply personal fitness and modifications for individual improvements.
- 8) Understand and complete a fitness plan devised for them.

Class Attendance Policy and Assessments

The purpose of this activity course is to provide the students with more flexibility to meet the required standards for course completion. Attendance is submitted monthly. It is the student's responsibility to complete a minimum of 120 minutes of physical activity per week (example; x4 session of 30 minutes).

A mandatory orientation/assessment is required before the student can begin the course.

The Odessa College sports center has fabulous facilities to exercise

(<http://www.odessa.edu/ce/fit-rec/>) I do strongly encourage you to utilize this facility but will accept alternate locations if more accessible for you.

A current Odessa College ID is required to enter the Sports Center.

Physical and Health Education Department: <http://www.odessa.edu/dept/phed/>

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

Sports Center: http://wranglersports.com/fac-serv/community_recreation/

Odessa College: [http:// www.odessa.edu/](http://www.odessa.edu/)

Course Requirements

A pre-assessment MUST be taken and is required to be completed before 3pm on Friday 1st of February. A post-assessment MUST be taken and is required to be complete before 3pm on Friday the 3rdth of March.

Pre and Post assessments = 40 points (20 - Pre; 20 - Post)

Attendance/ Monthly work out log = 100 points

Quiz and Assignments = 60 points

ASSESSMENTS: The purpose of the pre- and post-assessments is to measure physical improvement.

QUIZZES: Will cover material from any lectures notes posted, pre/post assignments, and fitness plans.

ASSIGNMENTS: Material is presented primarily from readings assignments and worksheets.

ATTENDANCE/ MONTHLY LOG: Required no later than the 2nd of every month or you receive NO points. (All assignments in the course are expected to be completed in Word document format and submitted.)

Grade Points Percentage %

A	180 - 200 points	(90-100%)
B	150 - 179 points	(80-89%)
C	120 - 149 points	(70-79%)
D	100 - 119 points	(60-69%)
F	100 or less points	Below 60%

Special Needs

Odessa College complies with Section 504 of the Vocational Rehabilitation Act of 1973 and the American 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.

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/helpdest_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.