

# Fitness and Wellness

PHED 1304.01 Spring 2018

Dee Dee Odorizzi

Office: PE 105

Office Hours: 10:30-11:30 M-TH \*\* (or by appointment) \*\*

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**Do not discard! You will need to refer to this occasionally.**

This course will incorporate written assessments and physical activities, as well as lectures and discussions to provide students with the necessary tools to take responsibility for their long term personal health.

**Course outcomes will result from study of the following topics:**

- Factors that contribute to fitness & wellness
- Designing a personal fitness program
- Nutrition
- Chronic Disease as it relates to Lifestyle choices.
- Stress and personality types
- Substance abuse
- Depression
- Consequences of unprotected sex

**Required materials:**

- Internet Access
- Exercise Attire
- Digital Camera (camera phone works)
- Pedometer
- Athletic Shoes
- Thin Spiral

**I. Grading Policies:**

A points system will be determined to calculate your grade.

**290-300= A. Attendance (refer to attendance policy) and Participation:**

Up to 10 points per day may be awarded for this category. You will lose points for failure to comply with the following:

1. Correct technique and execution of exercises
2. Appropriate intensity
3. Following instruction
4. Proper dress
5. Participation in class discussion.
6. **Phones are NOT ALLOWED in class. You will lose 10 points and may be asked to leave if it creates a distraction.**
7. You are allowed 2 make up days, prior to **May 7th**

**2410= B. Exams/ Assignments:**

1. **Make up exams: Not allowed unless arrangements are made prior to the test.**
2. Some assignments will be performed in class. You will receive a zero for an assignment if you are inappropriately dressed or absent.
3. **Late assignments are not accepted.**

**50= D. Journal/ Discussion questions**

**200= E. Final Exam**

1. The final exam will be comprehensive.
2. If you have perfect attendance, you are exempt. You may make up one, **pre-approved** absence and be exempt.
3. The final exam will be on **Monday, May 7th from 1-3pm.**

**Tentative Grading Scale:**

A= 1746-1940  
B= 1552-1745  
C= 1358-1551  
D= 1164-1357  
F= 1163 or less

**Total Points available may change; however grades will always be based a percentage of available points.  
EX: A= 90-100 % of total available points.**

**II. Attendance Policy**

- A. THERE ARE **NO** EXCUSED ABSENCES. DON'T WASTE YOUR ABSENCES!!!
1. If you have **ANY** reason that prevents you from participating for an extended period of time, you need to withdraw from the class.
  2. If the weather is bad, you make the decision. Attendance policy still applies.
- B. The maximum number of absences you may have is 5. **6 absences = DROP** or grade of "F".

**If you have 5 absences on or before March 9th, you will be dropped.** Once you are dropped, you will not be reinstated. BEWARE! This could affect your financial aid.

**C. The last day you may drop a class is April 26th.**

TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS. This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

- D. Non-participation (NP): Not participating in exercise sessions= -3points
- E. Tardiness or leaving early = -2 points. You will lose one letter grade if you are tardy or leave early 5 times. If you come in after I've checked roll, you must notify me; otherwise you may be counted absent.

**Diversity Statement**

In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.


**SPC Standard Disability Statement**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Campus Concealed Carry Statement:**

Campus Concealed Carry - Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at: ([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php)) Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

Evaluation methods are subject to change at the instructor's discretion.

Outcomes	Evaluation Method Points available
Class Rules	Syllabus Quiz (10)  10
<b>Introduction for Wellness Module:</b> <ul style="list-style-type: none"> <li>• Examine and judge the impact of the current US obesity crisis.</li> <li>• Identify the 6 components of wellness and apply those principles to personal health.</li> <li>• Explore and identify the major risk factors for chronic disease.</li> </ul>	Obesity Project (25) Lifestyle Evaluation (10) Wellness Profile (25) Module 1 Test (100)  160
<b>Nutrition Module</b> <ul style="list-style-type: none"> <li>• Explore and recall the essential nutrients</li> <li>• Analyze and apply food label data</li> <li>• Record and evaluate personal nutrition habits.</li> <li>• Judge the impact of fast food on global health.</li> <li>• Judge correct portion sizes</li> <li>• Recall healthy nutrition practices</li> </ul>	Snack food analysis (25) Journal Entry (15) Fast Food Comparison (25)  Comprehensive 5 day food journal (300)  Super-Size Me Paper (50)  Nutrition Exam (100)  515
<b>Cardiovascular Fitness Module</b> <ul style="list-style-type: none"> <li>• Identify and apply the principles and safety guidelines of physical training.</li> <li>• Calculate appropriate heart rate for optimum exercise intensity.</li> <li>• Perform a variety of health assessments.</li> <li>• Identify the link between physical activity and quality of life.</li> <li>• Recognize the skill related components of physical fitness.</li> </ul>	Participant Safety Questionnaire (10) Overcoming Barriers to Being Active (10)  Target Heart Rate Journal Activity (10)  Pedometer Activity (100) Journal Discussion (5)  Exam #1 (100)  235
<b>Strength Training Module</b> <ul style="list-style-type: none"> <li>• Define basic terms relating to strength training.</li> <li>• Identify Major Muscle Groups</li> <li>• Assess Muscular strength and endurance.</li> <li>• Apply the FITT principles to strength training and flexibility.</li> <li>• Identify potential benefits of strength training and flexibility.</li> <li>• Explain how back pain can be</li> </ul>	Journal (5)  Fitness Assessment activity (100)

<p>managed or prevented.</p> <ul style="list-style-type: none"> <li>Identify safe weight lifting and stretching techniques.</li> </ul>	Exam (100)	205
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<p><b>Cardiovascular Disease &amp; Cancer</b></p> <ul style="list-style-type: none"> <li>Individually examine the controllable and uncontrollable risk factors for CVD and cancer.</li> <li>Examine personal risk of chronic disease</li> <li>Recall preventative strategies for decreasing personal risk.</li> </ul>	<p>CVD Risk Assessment (10)  Family tree lab (100)  Journal Entry (5)  Exam (100)</p>	
<p><b>Stress</b></p> <ul style="list-style-type: none"> <li>Recall the different kinds of stressors</li> <li>Investigate links between personality types and stress response.</li> <li>Recognize symptoms of excessive stress</li> <li>Recognize potential sources of stress and ways to moderate them.</li> <li>Identify links between stress and specific health conditions</li> </ul>	<p>Life Events and Stress Worksheet (10)   Journal (5)</p>	230
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<p><b>Sexually Transmitted Diseases/and Sexual Responsibility</b></p> <ul style="list-style-type: none"> <li>Review long-term consequences of having an STD.</li> <li>Cultural differences regarding sexual activity and STDs.</li> <li>Identify the most common STDs and associated risk factors.</li> </ul>	Research Paper: Extra Credit (100)	
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<p><b>Substance Abuse (Time Permitting)</b></p> <ul style="list-style-type: none"> <li>Identify personal behaviors risk for alcohol/ substance abuse</li> <li>Discuss short and long term effects of alcohol abuse.</li> <li>List substances commonly abused and prevention strategies.</li> <li>Recall the definition of binge drinking.</li> </ul>	<p>Addictive Behavior Assessment (10)  Quiz #6 (50)  Journal Entry (5)</p>	65
<ul style="list-style-type: none"> <li><b>Final Exam: Comprehensive</b></li> </ul>		200
<ul style="list-style-type: none"> <li><b>Attendance/ Participation</b></li> </ul>		320
<ul style="list-style-type: none"> <li><b>Total potential points</b></li> </ul>		1940