SOUTH PLAINS COLLEGE
DEPARTMENT OF KINESIOLOGY
PHED 1304

INSTRUCTOR: Kiley Leone

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REQUIRED TEXT: Fit & Well, 12th edition, Author: Fahey
(You do NOT need to purchase an access code for CONNECT.)

COURSE DESCRIPTION
This course is designed to enhance personal health and wellness by providing students with the necessary tools to take responsibility and make improvements to their long-term personal health.

IMPROVED KNOWLEDGE ABOUT

- Factors that contribute to fitness & wellness
- Designing a personal fitness program
- Nutrition
- Cardiovascular health
- Diabetes

- Cancer
- Stress and personality types
- Substance abuse
- Depression
- Consequences of unprotected sex

STUDENT EXPECTATIONS
South Plains College's online courses and programs are based on interactive teaching, learning, and communication. In order to take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:
- Read and become familiar with the course syllabus and units.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.

Blackboard is the computer software used to deliver this course. It is essential that you have reliable access to the Internet and Microsoft Word. It is the student's responsibility to verify that assignments and assessments are accessible. You will have deadlines set for you throughout the semester. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses. It is also the student's responsibility to have the required computer skills to complete this course. Should you encounter technical difficulties contact the SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you! Instructions for this course will come from the four ***COURSE UNITS.*** There are many ways to get to information you will need, but this is probably the easiest way to navigate the course. There are 4 Units listed under this tool. These units will list everything you need to do for each unit and chapter, including due dates. Pay very close attention to these units!

DUE DATES

You are allowed to work through the units at your own pace. There will still be due dates for assignments but you may work ahead as fast as you would like. Pay attention! This does not mean you can do the work as slow as you would like. You must turn the assignments in by the due dates posted throughout the course units. If you miss 5 due dates throughout the semester you will be dropped from this course.

PLEASE NOTE: This syllabus and course calendar are subject to change at my discretion.

COURSE EVALUATION

1) **Chapter Quizzes** will be given on each chapter for a total of 15 quizzes. Each quiz is worth 10 points and there will be a quiz due each Sunday beginning with the first week of school. Each quiz will consist of multiple choice. You will only be able to take each quiz one time. Please use your notes and/ or textbook to complete the quizzes. These quizzes will help prepare you for the final.

2) There will be a **FINAL EXAM** worth 100 points. Do not leave the exam screen once you begin. You will not be able to leave the exam and return to it later. *Once you enter the exam you must finish!* You may use your notes and/or text, but *be aware of the time limit*.

3) **HOMEWORK ASSIGNMENTS** will be completed over the course of the semester. Each homework will be worth 25 points. These assignments will be posted throughout the *Units* and can also be found under the **HOMEWORK ASSIGNMENTS** Link. ***Please only use the Blackboard email when emailing me assignments. I will not accept them otherwise.***

** Plan ahead, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down," or "I could not figure out how to post or send the assignment" are not acceptable.

I will not accept assignments through my South Plains College Email. Please only use the Blackboard email service when emailing me class assignments.

ACADEMIC INTEGRITY
Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *he or she will receive an F and administrative withdrawal*.

PHED 1304 – Fitness & Wellness
Course Calendar

Week 1 – Introduction/Course Overview & Ch. 1 (Introduction to Wellness, Fitness, & Lifestyle Management)

Week 2 – Ch. 2 (Principles of Physical Fitness)

Week 3 – Ch. 3 (Cardiorespiratory Endurance)

Week 4 – Ch. 4 (Muscular Strength & Endurance)

Week 5 – Ch. 5 (Flexibility & Low-Back Health)

Week 6 – Ch. 6 (Body Composition)

Week 7 – Ch. 7 (Putting Together a Complete Fitness Program)

Week 8 – Ch. 8 (Nutrition)

Week 9 – Ch. 9 (Weight Management)

Week 10 – Ch. 10 (Stress)

Week 11 – Ch. 11 (Cardiovascular Health)

Week 12 – Ch. 12 (Cancer)

Week 13 – Ch. 13 (Substance Use & Abuse)

Week 14 – Ch. 14 (Sexually Transmitted Diseases)

Week 15 – Ch. 15 (Wellness for Life)

Week 16 – <u>Final</u>

"I could not figure out how to post or send the assignment" are not acceptable. It is always okay to turn in assignments early although DB postings should be done within the calendar schedule. If you do post early, make sure you return to that assignment to read and respond to others.

GRADING
- 15 quizzes   150 points
- Fitness tracking & improvement essay   25 points
- Nutrition tracking & improvement essay   25 points
- Final   100 points

Total: 300 points

Final Grade	Point Percentage	Point Total
A	90-100%	270-300
B	80-89%	240-269
C	70-79%	210-239
D	60-69%	180-209
F	Below 60%	<180

ADA 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 through the Guidance and Counseling Centers at Reese Center (Building 8) 716-4606, or Levelland (Student Services Building) 716-2577

ADMINISTRATIVE DROP POLICY: Due to Financial Aid and South Plains College requirements for participation/attendance a student who fails to turn in 5 assignments during the semester may be dropped from the course with a grade of "X" or "F" (at my discretion). If missed assignments occur after the final drop date the grade will be "F." NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments and/or discussions totaling 5 or more.

Concealed Carry (Also Known as Campus Carry)

The 84th Texas legislature passed Senate Bill 11, commonly known as the "campus carry" bill went into effect on August 1, 2017. Individuals holding a licensed to carry (LTC) or concealed handgun license (CHL) holders will have the legal right to carry a concealed handgun onto community college campuses; however, they **cannot** openly carry the handgun.

South Plains College's detailed policy required by Senate Bill 11 can be found at this link: Policy HHC - Concealed Carry of Handgun (Campus Carry).

I hope you learn a lot and enjoy this class.