

PHYSICAL FITNESS
PHED 1164 May term 2005
DISTANCE LEARNING SYLLABUS

INSTRUCTOR: John Stanson

Office #: G-136

**Office Hours: Posted on my office door
each semester or by appointment.**

Mailing Address:

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Read this syllabus thoroughly and retain it for future reference. It contains valuable information about this distance learning course.

COURSE DESCRIPTION

Students are introduced to health related concepts and activities for the purpose of gaining knowledge and skills necessary to evaluate personal fitness level and to develop a personal lifelong fitness program. Activities include, but are not limited to: aerobics, circuit training, muscular endurance, flexibility, agility exercises, strength training and body composition.

COURSE OBJECTIVES

1. Demonstrate active participation to improve personal fitness parameters.
2. Evaluate personal fitness levels and health behaviors.
3. Describe the components of physical fitness and wellness, and discuss the importance of fitness as part of a healthy lifestyle.
4. Develop and implement plans to improve personal fitness levels and health behaviors.
5. Describe evidence for the interaction of lifestyle and disease, and identify methods for attaining lifelong fitness and wellness.
6. Discuss the contribution of physical activity to overall physical, social, mental and emotional well-being.

7. Demonstrate understanding of basic nutrition principles.
8. Demonstrate understanding of the basic principles regarding stress management.

COURSE MATERIALS

Text: Stanson, *Commit to be fit: A balanced approach to total health and fitness*. 2004 pre-published. Available at no charge on my web page and on reserve at the RLC library.

Weekly Guide: *Distance Learning Weekly Guide*: May 2005. Available at no charge on my web page or e-campus

As a student, you are required to

1. Attend orientation .
2. Complete two (2) fitness assessments.
3. Develop a personal fitness goals contract, and a personal fitness program.
4. Develop and implement a personalized plan for stress reduction, nutrition and weight control.
5. Complete and turn in weekly logs of your exercise activities.
6. Complete and turn in laboratory activities.
7. Take two (2) written tests on e-campus.

WEEKLY GUIDE

The weekly guide is written to aid you in successfully completing this course in physical fitness. It is designed to guide you through the course in an organized and efficient manner. The guide for **May** term is divided into three sections, each section representing one week.

The activities to be accomplished each week are listed in the guide. As you complete each activity, place a check (✓) next to the number. You can tell at a glance when you have completed that week's assignments. It will probably be helpful to you to perform the tasks in order, although in some instances, the order is not critical.

The **textbook** reading assignment for any given week is clearly stated in the guide.

Laboratory activities are described and the textbook chapters for the labs are referenced.

Due dates are listed in this syllabus and on your class calendar.

In short, the weekly guide is your road map to success in this course. It enables you to stay on track as you wind your way through the semester.

1) MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS

Throughout the semester, you will be making contact with your instructor. In addition to consulting with your instructor about your fitness goals and programs, you will be turning in to and getting back from your instructor your written labs, programs, plans, and logs. Ways to contact your instructor by phone and e-mail are listed at the beginning of this syllabus.

2) LAB ACTIVITIES

You will complete laboratories as identified in your *Weekly Guide* and described in your textbook. The labs help you assess your health status, health risks, physical fitness, stress level, nutrition, and weight. All labs are described in detail in your textbook; be sure to follow the directions precisely. If you have any questions about the labs, contact your instructor.

Lab due dates are listed on the pages that follow and your class calendar.

3) WRITTEN TESTS

You will complete two (2) written tests on e-campus. They cover material in your textbook. Refer to your *Weekly Guide* for the exact textbook chapters for each test.

Test 1 takes place during Week 1 of a long semester and is scheduled to occur just before your initial fitness assessment. Test 2 takes place during Week 3 of the semester.

Check the pages that follow or your class calendar for test dates & deadlines.

4) FITNESS ASSESSMENTS

You will have two (2) fitness assessments during the semester. The assessments help you determine your status in each of five (5) health-related components of physical fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition. The assessment results form the basis for your personal fitness goals from which you develop your personal fitness program.

On the pages that follow are the dates, times, and location of your fitness assessments. Refer to your *Weekly Guide* for a list of the materials to be taken to each assessment.

5) FITNESS PROGRAM REQUIREMENTS

The components of your fitness program are based upon the results of your fitness assessment. The course policy regarding fitness program components is described on the pages that follow.

6) FITNESS PROGRAM

Based on the results of your fitness assessment, you will establish personal fitness goals (lab 1) and a personal fitness program. Your fitness program is the foundation for achieving your personal fitness goals.. By implementing your program, you will work to achieve your goals and fulfill your contract. Due dates for your fitness program are listed on the pages that follow and your class calendar.

7) FITNESS WEEKLY LOGS

You will complete and turn in to your instructor weekly logs of your fitness activities beginning with **week 1 of May term**. Forms to log your fitness activities are provided on my web page and on e-campus. All logs are due on a regular day each week unless otherwise stated. The due day for logs is identified in the pages that follow and your class calendar.

8) STRESS REDUCTION

You will determine your stress level and develop a plan to achieve your personal goals for stress reduction. The due date for your plan is listed on the pages that follow.

You will be required to keep a one week log of your stress reduction activity. Refer to the pages that follow for your course requirements.

9) NUTRITION AND WEIGHT CONTROL

You will analyze your nutritional habits and determine your Body Mass Index to estimate your health risk classification based on your body weight. You will develop a plan to achieve your personal goals in this area. The due date for your plan is listed on the pages that follow. For your nutrition and weight control activities, you will be required to keep a three day log. Refer to the pages that follow for details.

10&11) GRADING, DEADLINE & DROP POLICIES

Each graded activity is worth a maximum number of points. Refer to the attached "Grade Form" for the possible point values of each assignment. Points will be deducted for assignments that are late, incomplete, contain errors, or tardy for orientation or assessments. Contact your instructor if you have any questions about your progress in the course or computation of your course grade. Check the pages that follow to find out how work turned in past the due date will be handled. Check the pages that follow to find out your course drop policy.

- **Note: If you are a student with a disability and/or special needs who requires ADA accommodations, please contact Richland College Disability Services Office.**
- **Students who will be absent from class for the observance of a religious holiday must notify the instructor in advance. Please refer to the college catalog student obligations section.**
- **Students enrolled in this course are expected to abide by the "Student Code of Conduct" - defined and explained in the current Richland College catalog. The purpose of the Student Code of Conduct is to provide guidelines for the educational environment of the college. Such an environment presupposes both rights and responsibilities. Disciplinary regulations at the college are set forth in writing on order to give students general notice of prohibited conduct. Students should be aware of disciplinary actions for all forms of academic dishonesty, including cheating, fabrication, facilitating academic dishonesty, plagiarism, and collusion. The college catalog contains the entire Student Code of Conduct.**

- **If you are receiving Financial Aid grants or loans, you must begin attendance in all classes. Do not drop or stop attending any class without consulting the Financial Aid office. Changes in your enrollment level and failing grades may require that you repay financial aid funds**

1) MAKING CONTACT & TURNING IN / RECEIVING ASSIGNMENTS

Instructor: John Stanson Office Phone: 972/238-6266		Office Room No. G-136
Way(s) to Turn In Assignments to My Instructor	Way(s) I Receive Graded Assignments from My Instructor	
Personal delivery to G136 (file box outside G136), or e-mail.	G-136 personal file (file box outside G136) or e-mail	

2) LAB ACTIVITIES

Lab Activities	Week Assigned	Due Date
Lab 4 (first assessment)	Week 1 - May 16	May 17
Labs 1, 2, 3a & 9	Week 1	May 18
Labs 8a & 8b	Week 2	May 25
Lab 4 (final assessment)	Week 3 – June 3	Final fitness assessment June 3

3) WRITTEN TESTS

Written Tests	Week Assigned	Date/Deadline
1	Week 1	May 17 - 20
2	Week 3	May 29 – June 1
MAKE-UP TESTING POLICY: <u>You are given four days to test on e-campus. Testing early in the week is advisable. Late testing will receive 50% credit. No exceptions.</u>		
E-campus is available at http://ecampus.dcccd.edu or go to www.dcccd.edu and click on e-campus to sign on.		

4) FITNESS ASSESSMENTS

Fitness Assessments	Week Assigned	Date/Time	Location
First assessment	Week 1	Mon. May 16, 12:30 or 5:30 PM	G-138
Final assessment	Week 3	Fri. June 3, 12:30 or 5:30 PM	G-138

5) FITNESS PROGRAM REQUIREMENTS

Fitness Program Requirements:

Your fitness programs will contain the following components: cardiorespiratory endurance, muscular strength or muscular endurance and flexibility.

6) FITNESS CONTRACT & PROGRAMS

Fitness Contracts & Programs	Week Assigned	Due Date
Personal Fitness Program	Week 1	May 18

7) FITNESS WEEKLY LOGS

Fitness Weekly Log Due Day: The following Monday or Tuesday of the assigned week. (i.e.) week 1 assignment is due the Tuesday of week 2. See the class calendar for all due dates.

8) STRESS REDUCTION

	Week Assigned	Due Date
Stress Reduction Plan	Week 2	May 25

Stress Reduction Log Requirements:

You will complete and turn in the stress reduction log **only one time**. See the class calendar for due date.

9) NUTRITION AND WEIGHT CONTROL

	Week Assigned	Due Date
Nutrition and Weight Control Plan	Week 3	May 30

Nutrition and Weight Control Log Requirements: You will complete and turn in the nutrition and weight control log **only one time**. See the class calendar for due date.

10) GRADING & DEADLINE POLICIES

GRADING & DEADLINE POLICIES: Points will be deducted for assignments that are incomplete, illegible, or contains errors. Late assignments or tardy for orientation/assessments will receive partial credit (50%)
No exceptions.

11) DROP POLICY

IT IS YOUR RESPONSIBILITY TO DROP A COURSE OR WITHDRAW FROM THE COLLEGE. FAILURE TO DO SO WILL RESULT IN RECEIVING A PERFORMANCE GRADE, USUALLY A GRADE OF "F." THE LAST DAY TO DROP/WITHDRAW with a "W" is May 27

12) OTHER CAMPUS INFORMATION:

FITNESS CENTER HOURS: Monday – Friday 6:30 am – 8:30 pm
Saturday 8:00 am – 2:00 pm
Sunday 1:00 PM – 5:00 pm