

Course Syllabus

Department : Physical & Health Education
Course Title : Lifestyle Assessment & Modification
Section # : PHED 1100_3 **Day: MWF Time: 10:00am-10:50am**
Start Date : August 22, 2011
End Date : December 9, 2011
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Alana Rowland
OC Email : arowland@odessa.edu
OC Phone # : 335-6447
Office : 204A

Course Description

Provides learning opportunities to introduce and maintain higher education health standards. Includes assessment of cardiovascular endurance, muscular strength and endurance, flexibility, body composition, nutrition, stress, and blood pressure. Students will select and participate in physical activities, which will produce desired physical results. This course culminates with an individualized lifelong wellness plan. Lab fee required.

Prerequisites/Co requisites None

Scans

3,4,9,10

Course Objectives

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

1. Introduce and promote the fundamentals of a well balanced conditioning program.
 2. Describe how much exercise is recommended for developing health and fitness.
 3. Explain the goal of physical training and the basic principles of training.
 4. Explain terminology in order to achieve a better understanding of fitness.
 5. Describe strategies that can help you maintain a fitness program over the long term.
 6. Discuss the components of health-related and skill-related physical fitness and how they can be enhanced by activity.
 7. Test various components of physical fitness in order to see how they compare to the norm.
 8. Be able to describe the role proper nutrition plays in attaining and keeping a high level of fitness.
 9. Receive information on the following areas: planning a fitness program, weight management, nutrition, and stress management.
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CLASS ATTENDANCE POLICY

It is important that you attend every class – it is expected. You should expect that each absence will adversely affect your course grade. The only excused absences that I will accept are college-sponsored activities and medical emergencies (must show proof).

<u>DAYS/WEEK</u> <u>CLASS MEETS</u>	<u># OF UNEXCUSED</u> <u>ABSENCES ALLOWED</u>	<u>LETTER GRADE</u> <u>DEDUCTION FOR EVERY</u>
2	2	3 rd absence
3	3	4 th absence

It is your responsibility to contact the instructor before class begins. Leaving class early is an extreme annoyance to the entire class. Anyone leaving class early without the instructor's permission will be counted absent for the entire class.

Being late for class is an extreme annoyance to the entire class. Be on time! Each day that you are tardy, (which means I have already begun class) your final grade will be **deducted ½ point for each class that you are tardy.**

- **Current Odessa College ID is required to enter the sports center.**

- **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/community_recreation/

ODESSA COLLEGE: <http://www.odessa.edu/>

Insert Here – Any Course Specific Information the Instructor Requires

Students are to wear proper workout attire - shorts or exercise pants, tshirts, and tennis shoes. No sandals or jeans will be allowed.

COURSE UPDATES

The student is responsible for checking the syllabus online for updates may occur as needed.

Required Readings/Materials

a) You must purchase the following **required** readings/materials: None

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

Total Fitness & Wellness, Brief Edition, 3rd Edition. (Authors: Powers, Dodd, Jackson)

Course Requirements (Lectures, Assignments and Assessments)

Attendance = 225 points (5 pts a day)

Pre & Post Test Assessments = 50 points (25 pts each)

4 Quiz = 100 points (25 pts each)

Article Review = 50 points

Nutrition & Water Project = 50 points (25 pts each)

Final Exam = 100 points

Topic Overview:

Summary of Assignments & Activities

Item (Name)	Type	Description	Due*
Week 1	In Class	Pre Test Assessments	Aug. 29th
Week 2	In Class	Review Indoor & Outdoor Track Facilities	Aug. 31st
Week 3	In Class	Lecture - Ch.1 & Activity	Sept. 2nd
Week 4	In Class	Lecture - Ch. 3 & Activity & Water Project	Sept. 9th
Week 5	In Class	Quiz #1 Introduce Weight Room Facilities	Sept. 16th
Week 6	In Class	Lecture Ch. 4 & Activity	Sept. 23rd
Week 7	In Class	Lecture & Quiz #2 - Prepare for Midterm Test	Sept. 30th
Week 8	In Class	Lecture Ch. 6 & 7 & Activity	Oct. 7th
Week 9	In Class		Oct. 14th
Week 10	In Class	Lecture Ch. 8 & 9 & Activity - Article Review	Oct. 21st
Week 11	In Class	Introduce Cardio Machines & Begin creating individual workout plans	On going
Week 12	In Class	Continue workout plans & Quiz #3	On going

Week 13	In Class	Continue workout plans	On going
Week 14	In Class	Lecture Ch.10 & 11 & Activity	Nov. 18th
Week 15	In Class	Quiz #4 & Post Assessment Activity	Nov. 30th
Week 16	In Class	Review for Final Exam	Dec. 9th

Grading Policy

Grade	Points	Percentage %
A	518-575 points	(90 -100%)
B	460-517 points	(80-89%)
C	403-459 points	(70-79%)
D	345-402 points	(60-69%)
F	344 or less points	Below 60%

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.

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.**

Student Portal

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/helpdesk_form.htm.

Important School Policies

For information regarding student support services, academic dishonesty, disciplinary actions, special accommodations, or student's and instructors' right to academic freedom can be found in the [Odessa College Student Handbook](#).