

## Course Syllabus

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**Department** : Physical & Health Education  
**Course Title** : Lifestyle Assessment & Modification  
**Section #** : PHED\_1100\_WB\_WB9\_WB8\_WB7\_WB6  
**Day: TBA Time: TBA**  
**Start Date** : 08/22/2011  
**End Date** : 12/09/2011  
**Modality** : Web-Enhanced  
**Credits** : 1

### Instructor Information

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**Name** : Karin Carlson  
**OC Email** : kcarlson@odessa.edu  
**OC Phone #** : (432) 335-6563  
**Office** : 201-B, OC Sports Center

### Course Description

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This course will provide students with accurate, up-to-date coverage of the components of health-related fitness, as well as coverage of nutrition, stress, substance abuse, chronic diseases, and injury prevention. It also gives students the practical tools they need to take charge of their wellness-related behaviors and adopt a healthier lifestyle.

Learning opportunities will be provided 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.

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## Scans

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2,3, 4, 6, 8, 9, 10

## Course Objectives

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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**

**THIS IS NOT A SELF-PACED COURSE!** This is a web-enhanced course with scheduled quizzes/assignments. Thus, you should use self-discipline to be efficient with this class, pay attention to the calendar, and take notes over the material.

It is important that you log-on to the course every week - it is expected. **You will receive an absence for each week that you do not access the course online and complete the Discussion Board. Your final grade will be dropped 1 letter grade after each consecutive 3 absences** 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). It is your responsibility to complete assignments by the scheduled date.

**Assignments:** This course will be web-enhanced through CourseCompass ([www.coursecompass.com](http://www.coursecompass.com)) Material is presented primarily from readings assignments from the 11 chapters of the text. All assignments posted in the course are expected to be completed in Word document format and submitted in the assignment as an attachment. **Do not email assignments and exercise logs to my email address. All assignments must be submitted in CourseCompass.** This will allow for the student and instructor to see if the assignment was posted and for viewing of instructor comments.

**Assessments: Mandatory attendance is required for this section of the course. Please look for the posted dates and times and show up! **Your final grade will drop 1 letter grade for not attending both pre-and post-assessments.****

**Activity: You will accumulate a minimum of 168 points (or **42 hours**) of activity throughout the semester by averaging a minimum of 3-4 hours per week. ONLY 1 hour per day will count towards your grade.**

Any physical activity can be counted towards your activity points just as long as it exercise activity not your daily physical requirements (jobs, parenting,etc...) The Odessa College Sports Center is a fabulous facility to exercise (<http://www.odessa.edu/ce/fit-rec/>) I strongly encourage you to exercise at our facility. However, I do allow students to complete at other locations. All physical activity information must be recorded and turned in weekly.

**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/](http://www.wranglersports.com/fac-serv/community_recreation/)

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

### **COURSE UPDATES**

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

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### **Required Readings/Materials**

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- a) You must purchase the following **required** readings/materials:  
*Powers, S.K. & Dodd, S.L. (2009). **TOTAL FITNESS+WELLNESS, Brief Edition, Media Update 3/E. Pearson Benjamin Cummings. Packaged with the Student Access Kit***

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

None

### Course Requirements (Lectures, Assignments and Assessments)

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<b>Assessments</b>	<b>50 points (15 - Pre; 35 - Post)</b>
<b>Activity Points</b>	<b>168 points minimum</b>
<b>Unit Quizzes</b>	<b>100 points</b>
<b>Assignments</b>	<b>40 points (Water Evaluation - 20; Nutrition - 20)</b>
<b>Final Exam</b>	<b>40 points</b>

**Your final grade will drop 1 letter grade for not attending both pre-and post-assessments.**

### Topic Overview:

### Summary of Assignments & Activities

<b>Item (Name)</b>	<b>Type</b>	<b>Description</b>	<b>Due</b> <i>*Tentative</i>
<b>Week 1</b>	Introduction	Course Information	8/28/2011
	Test	Pre-Assess 5 Health Components	
<b>Week 2</b>	Activity	Workouts	9/4/2011
<b>Week 3</b>	Topic Discussion	Chapter 1: Understanding Fitness & Wellness	9/11/2011
	Activity Quiz	Workouts Chapter 1	
<b>Week 4</b>	Topic Discussion	Chapter 2: General Principles of Exercise for Health and Fitness	9/18/2011
	Activity	Workouts	
	Assignment	<b>Fluid Intake Evaluation</b> – due next week	
	Quiz	Chapter 2	

<b>Week 5</b>	Topic Discussion Activity Quiz Assignment	Chapter 3: Cardiorespiratory Endurance Workouts Chapter 3 <b>Water Project – due</b>	9/25/2011
<b>Week 6</b>	Topic Discussion Activity Quiz	Chapter 4: Improving Muscular Strength & Endurance Workouts Chapter 4	10/2/2011
<b>Week 7</b>	Topic Discussion Activity Quiz Assignment	Chapter 5: Improving Flexibility Workouts Chapter 5 <b>Nutrition Evaluation – due next week</b>	10/9/2011
<b>Week 8</b>	Topic Discussion Activity Quiz Assignment	Chapter 6: Body Composition Workouts Chapter 6 <b>Nutrition Evaluation – due</b>	10/16/2011
<b>Week 9</b>	Topic Discussion Activity Quiz	Chapter 7: Nutrition Workouts Chapter 7	10/23/2011
<b>Week 10</b>	Topic Discussion Activity Quiz	Chapter 8: Exercise, Diet & Weight Control Workouts Chapter 8	10/30/2011
<b>Week 11</b>	Topic Discussion Activity Quiz	Chapter 9: Prevention of Cardiovascular Disease Workouts Chapter 9	11/6/2011
<b>Week 12</b>	Topic Discussion Activity Quiz	Chapter 10: Stress Management Workouts Chapter 10	11/13/2011

<b>Week 13</b>	Topic Discussion Activity Quiz	Chapter 11: Lifetime Fitness Workouts Chapter 11	11/20/2011
<b>Week 14</b>	Activity	Workouts	11/27/2011
<b>Week 15</b>	Test	Post Assessment of 5 Health Components	12/4/2011
<b>Week 16</b>	Review Activity	Review for Final Exam Workouts	12/9/2011

### Grading Policy

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Throughout a combination of physical activity, physical assessments, assignments and the final exam, your ability to meet the course objectives will be evaluated.

Grade	Points	Percentage %
<b>A</b>	<b>358 - 398 points</b>	(90-100%)
<b>B</b>	<b>318 - 357 points</b>	(80-89%)
<b>C</b>	<b>278 - 317 points</b>	(70-79%)
<b>D</b>	<b>238 - 277 points</b>	(60-69%)
<b>F</b>	<b>237 or less points</b>	Below 60%

### Special Needs

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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)

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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

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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

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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

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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](https://www.odessa.edu/dept/ssc/helpdesk_form.htm).

## Important School Policies

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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](#).