Fitness and Wellness

PHED 1304.01 Spring 2024

Do not discard this! You may need to refer to it later.

Dee Dee Ninemire (9-myer)

Office: PE 105

Office Hours: 1:30-2:30 MW and TTH 3:45-5pm \*\* (or by appointment) \*\*

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**Email is the best way to communicate with me.**

# This course will incorporate written assessments, physical activities, lectures, and group activities to provide students with the necessary tools to take responsibility for their long-term personal health. Most course work will take place in class, so attendance is mandatory for your success.

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

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

**Required materials:**

|  |  |
| --- | --- |
| * Internet Access * Exercise Attire * Digital Camera (camera phone works) | * Pedometer * Athletic Shoes |

**Grading Policies:** A points system will be determined to calculate your grade.

**280-300= A. Attendance and Participation:**

Up to 10 points per day may be awarded for this category. You will lose points for not attending class or failure to comply with the following:

1. Correct technique and execution of exercises
2. Appropriate intensity /Following instruction
3. Proper dress
4. Participation in class discussion.
5. **Phones are NOT ALLOWED in class. You will lose 10 points per instance of use, and you may be asked to leave if it creates a distraction.**
6. You will be dropped from class after 6 absences until Dec. 8th. After that date, the student will receive an F for 6 absences.

**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. The final exam will be \_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Those with perfect attendance are exempt.

**Tentative Grading Scale:**

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

**A= 1593-1770**

**B= 1416-1592**

**C= 1239-1415**

**D= 1062-1238**

**F= 1061 or less**

|  |  |
| --- | --- |
| Outcomes | Evaluation Method  **Points available** |
|  | Syllabus Quiz (10) 10 |
| **Introduction for Wellness Module:**   * Examine and judge the impact of the current US obesity crisis. * Identify the 6 components of wellness and apply those principles to personal health. * Explore and identify the major risk factors for chronic disease. | Obesity Project (25)  Lifestyle Evaluation (10)  Wellness Profile (25)  Module 1 Test (100)  160 |
| **Nutrition Module**   * Explore and recall the essential nutrients * Analyze and apply food label data * Record and evaluate personal nutrition habits. * Judge the impact of fast food on global health. * Recall healthy nutrition practices | 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 |
| **Mid Term Exam** | 100 |
| **Cardiovascular Fitness Module**   * Identify and apply the principles and safety guidelines of physical training. * Calculate appropriate heart rate for optimum exercise intensity. * Perform a variety of health assessments. * Identify the link between physical activity and quality of life. * Recognize the skill related components of physical fitness. | 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 |
| **Strength Training Module**   * Define basic terminology. * Identify Major Muscle Groups * Assess muscular endurance. * Apply the FITT principles to strength training * Identify benefits of strength training and flexibility. * Explain how back pain can be managed or prevented. * Identify safe weightlifting and stretching techniques. | Journal (5)  Fitness Assessment activity (100)  Exam (100)  205 |
| **Chronic Disease**   * Individually examine the controllable and uncontrollable risk factors for CVD and cancer. * Examine personal risk of chronic disease * Recall preventative strategies for decreasing personal risk. | CVD Risk Assessment (10)  Family tree lab (100)  Journal Entry (5)  Exam (100)  215 |
| **Sexually Transmitted Diseases/and Sexual Responsibility**   * Review long-term consequences of having an STD. * Identify the most common STDs and associated risk factors. * Recall other long-term outcomes of recreational/ irresponsible sexual activity. | Life Events and Stress Worksheet (10)  Journal (5)  15 |
| **Substance Abuse (Time Permitting)**   * Identify personal behaviors risk for alcohol/ substance abuse * Discuss short- and long-term effects of alcohol abuse. * List substances commonly abused and prevention strategies.   Recall the definition of binge drinking. | Addictive Behavior Assessment (10)  10 |
| * **Final Exam: Comprehensive** | 100 |
| * **Attendance/ Participation** | 200 |
| * **Total potential points** | 1770 |

COVID: If you’re symptomatic, contact the school nurse, DeEtte Edens, at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or at (806) 716-2376. If your test results are positive, contact all your instructors to make plans for missed work.

**Required Syllabus Statements**: <https://www.southplainscollege.edu/syllabusstatements/>

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