

# PHED 1100

## Syllabus

### Course Information

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**Start Date** 1-17-2012 **End Date** 2-10-2012

**Title** Lifestyle Assessment and Modification

**Course Section Number** PHED 1100

**Description** (36.0108.5123) (0-3) 1 hour. 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.

#### Meeting Information

1-17-2012~2-10-2012 Web Lecture Days to be Announced, Times to be Announced Web, Room WEB

Faculty name	Phone	Extension	E-mail address	Instructional Method
Sally Baldwin			sbaldwin@odessa.edu	Web Lecture

#### Prerequisites

None

#### Supplies

None

Textbook	Author	Publisher	Copyright	ISBN	Price	Req	Comments
None							

**SCANS:** 3, 4, 9, 10 You can learn more about SCANS by downloading the document Key to SCANS Description at [HERE](#)

### Learning Outcomes

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

### Tasks: Readings, Activities, Assignments, and Assessments

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Your grade for this course is based on the number of points you earn doing module tasks/assignments: comments, discussions, content assignments, interactive review activities, and assessments (quizzes, tests, and Final Exam). Tasks/assignments are assigned a certain number of points.

You may work at your own pace to complete and submit each assignment, including discussions, quizzes, tests, and exams. Each assignment has an On-Pace Due Date and a Last Due Date.

## On-Pace Due Date

The On-Pace Due Date is the best time to submit your assignments following this timeline will help you keep up with the coursework. It is strongly recommended that you submit your assignment on or before this date. However, since you are working at your own pace, you can submit any assignment after the recommended due date.

If you follow the on-pace due dates, you will complete the course in four weeks.

## Last Due Date

The Last Due Date gives you four extra weeks to complete all of the assignments in the course. This is the last possible date you can submit any work. Task/assignments will not be accepted or graded after the Last Due Date.

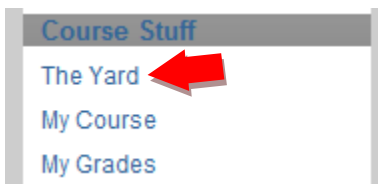
Below is a list of reoccurring tasks that appear in each module in the course. Following the list is a description each type of task. Please read the descriptions carefully.

## List of Tasks: Assignments, Activities, and Assessments

### The Yard (50 points)

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The Yard is the place for you to say HI to the class, ask questions to your instructor, post assignment and class discussion. When you click on the Yard in the Blackboard navigation bar, you are automatically enrolled this course Yard. **Remember, no extra step to sign up an account for the Yard.**



You are required to:

1. Setup the Yard Profile ([Teach Me How To!](#))
2. Setup the Yard Notification ([Teach Me How To!](#))

### SmarterMeasure (50 points)

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Smarter Measure is a survey tool that measures how ready you are to take an online course. All students enrolled in OC Global courses for the first time must complete the entire survey. Returning students will update their responses each time they take an OC Global course.

### Module 1~8

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#### Reading

- Please refer to the actual course modules for the reading.



#### Interactive Activities

- Please refer to the actual course modules for the interactive.



### **Discussion**

- Please refer to the actual course modules for the discussion.



### **Review Activities**

- Please refer to the actual course modules for the review activities.



### **Assessment (Quiz & Test)**

- Please refer to the actual course modules for the.

## **Culminating Project**

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A culminating project is a project based on your interests that challenges you to demonstrate your academic knowledge and skills utilizing various learning styles and methods.

## **Final Exam**

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There is one comprehensive final exam at the end of the course. This comprehensive final exam will test important concepts covered throughout the course.

## **Grades**

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Your final grade will be calculated as a weighted total in percentage. The grading scale is as follows:

90-100%	<b>A</b>
80-89%	<b>B</b>
70-79%	<b>C</b>
60-69%	<b>D</b>
59 and below	<b>F</b>

## **Student Engagement**

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Students who are actively engaged in their online course are more likely to be successful than those who are not. OC Global students are expected to remain engaged in the course by:

1. **Participating** in all required discussions and activities,
2. **Interacting** regularly with the instructor and other course participants.

To stay engaged, students are encouraged to check **The Yard** daily to learn of updated announcements, assignments, and discussion posts and to communicate with members of the class. By “talking” on The Yard and responding to others comments and questions, you contribute to the learning and understanding that goes on in the class. Although there is no set number of required interactions, students who wish to qualify for the OC Global Guarantee must demonstrate a good faith effort to be engaged in the class by

logging into the course at least four times a week, communicates with the instructor at least twice a weeks, and attempts to complete all or most of the course assignments.

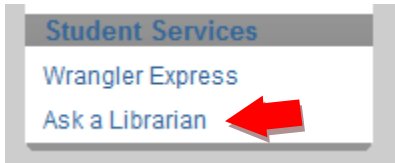
## Academic Resources

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### Student Success Center (SSC)

The Student Success Center (SSC) provides academic support to online students including online tutoring and study skills workshops. You can access those services on the [SSC website](#).

### Learning Resources Center (LRC)



The Library, known as the Learning Resources Center, provides extensive services and assistance to online students including its online catalogue (print books, videos, e-books), databases (journal and magazine articles) and the "Ask a Librarian" LIVE CHAT help services.

### Student with 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.

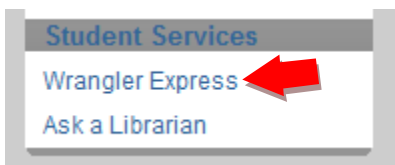
## Student Support Services

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### Student Email

Students are required to use their Odessa College email when emailing instructors. To login to you student email, please go [HERE](#) and follow the directions on the page.

### Wrangler Express



You can get LIVE ONLINE SUPPORT from the Wrangler Express Center if you need help with registering for classes, financial aid, and advising or career counseling. Wrangler Express is a one-stop shop for all you student services needs. To speak live with someone in the Wrangler Express, go to Wrangler Express in your Blackboard navigation bar.

## Technical Support

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Before getting assistance, please go [HERE](#) first for HELP! Video tutorials and FAQs. If the HELP! Tutorial does not answer your questions, please contact the following correspondences ASAP.

Problems	Name	Phone	OC Email	Yard Email
Student email	Student Success Center	432-335-6878		
Blackboard username and password	Maricia Alleman	432-335-6442	<a href="mailto:malleman@odessa.edu">malleman@odessa.edu</a>	
Logging into WebAdvisor	Wrangler Express	432-335-6849		
Viewing your transcripts				

E-Textbook login	Liz Salazar	432-335-6783	<a href="mailto:lsalazar@odessa.edu">lsalazar@odessa.edu</a>
Problem about the Yard	Yu-Feng (Leon)	432-335-6838	<a href="mailto:ywu@odessa.edu">ywu@odessa.edu</a>
Can't access your OCGlobal courses	Wu		<a href="mailto:wp19571@connectyard.com">wp19571@connectyard.com</a>
Grades	Your Instructor		

## Course and School Policies

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Below are a list of important school policies that govern your conduct in this class.

### Plagiarism

Plagiarism shall be defined as the appropriating, buying, receiving as a gift, or obtaining by any means another's work and the unacknowledged submission or incorporation of it in one's own written work.

### More

For a complete list and description of school-wide policies on issues 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 available online at [HERE](#).



## The OC Global Guarantee

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OC Global guarantees that any student who fails an OC Global online course can retake it, and he/she will not be charged tuition for that course providing he/she logs into the course at least four times a week, communicates with the instructor at least twice a weeks, and attempts to complete all or most of the course assignments. See complete rules below.

### Rules:

1. A course can only be repeated once and no more than two courses per semester can be repeated for free tuition
2. Students who repeat a course will be required to take the OC Global Student Success Course and/or demonstrate use of support services.
3. This proposal applies to OC Global courses only. It does not cover the \$100 course materials fee. All other fees will be waved.