

Course Syllabus

Department : Physical & Health Education
Course Title : LIFESTYLE ASSESSMENT & MODIFICATION
Section # : PHED 1100_11 **Day: TTH** **Time: 8:00am-9:20am**
Start Date : January 16, 2012
End Date : May 11, 2012
Modality : Face-to-Face
Credits : 1

Instructor Information

Name : Charinee Mitchell
OC Email : cmitchell@odessa.edu
OC Phone # : 432-335-6506
Office : 210-Fitness Center at the OC Sports Center

Course Description

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

Scans

2,3, 4, 6, 8, 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/>

ATTIRE

You are expected to wear proper activity attire to each class. Wear appropriate workout attire, including appropriate clothing & comfortable shoes. If appropriate clothing is not worn, the student will be asked to leave and will not receive participation points.

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:

*Powers, S.K. & Dodd, S.L. (2009). **TOTAL FITNESS+WELLNESS,BRIEF. 3rd edition. Pearson Benjamin Cummings. ISBN 13: 978-0-321-53223-7***

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

None

Course Requirements (Lectures, Assignments and Assessments)

| | |
|-----------------|---|
| Assessments | 200 points (100 - Pre; 100 - Post) |
| Activity Points | 100 points minimum |
| Mid Term | 100 points |
| Assignments | 40 points (Water Evaluation - 20; Nutrition - 20) |
| Final Exam | 40 points |

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

Topic Overview:

Summary of Assignments & Activities

| Item (Name) | Type | Description | Due* |
|---------------|--------------------------------------|---|-----------|
| Week 1 | Introduction Test | Course Information Pre-Assess 5 Health Components | 1/17/2012 |
| Week 2 | Activity | Workouts | 1/24/2012 |
| Week 3 | Topic Discussion Activity Quiz | Chapter 1: Understanding Fitness & Wellness Workouts Chapter 1 | 1/31/2012 |
| Week 4 | Topic Discussion Activity Quiz | Chapter 2: General Principles of Exercise for Health and Fitness Workouts Fluid Intake Evaluation- due next week Chapter 2 | 2/7/2012 |
| Week 5 | Topic Discussion Activity Quiz | Chapter 3: Cardiorespiratory Endurance Workouts Chapter 3 | 2/14/2012 |
| Week 6 | Topic Discussion Activity Quiz | Chapter 4: Improving Muscular Strength & Endurance Workouts Chapter 4 | 2/21/2012 |

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|----------------|--------------------------------------|---|-------------|
| Week 7 | Topic Discussion Activity Quiz | Chapter 5: Improving Flexibility Workouts Chapter 5 Nutrition Evaluation due next week | 2/28/2012 |
| Week 8 | Topic Discussion Activity Quiz | Chapter 6: Body Composition Workouts Chapter 6 | 3/6/2012 |
| Week 9 | Topic Discussion Activity Quiz | Chapter 7: Nutrition Workouts Chapter 7 | 3/13/2012 |
| Week 10 | Topic Discussion Activity Quiz | Chapter 8: Exercise, Diet & Weight Control Workouts Chapter 8 | 3/20/2012 |
| Week 11 | Topic Discussion Activity Quiz | Chapter 9: Prevention of Cardiovascular Disease Workouts Chapter 9 | 3/27/2012 |
| Week 12 | Topic Discussion Activity Quiz | Chapter 10: Stress Management Workouts Chapter 10 | 4/3/2012 |
| Week 13 | Topic Discussion Activity Quiz | Chapter 11: Exercise and the Environment Workouts Chapter 11 | 4/10/2012 |
| Week 14 | Test | Post Assessment of 5 Health Components | 4/17/2012 |
| Week 15 | Review Activity | Review for Final Exam Workouts | 5/1/2012 |
| Week 16 | Review Activity | Finals Week!!! | 5/7-10/2012 |

Grading Policy

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

| Grade | Points | Percentage % |
|-------|--------------------|--------------|
| A | 367-480 points | (90 -100%) |
| B | 326-366 points | (80 – 89 %) |
| C | 285-325 points | (70 – 79 %) |
| D | 244-284 points | (60 – 69 %) |
| F | 243 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](#).