

## Course Syllabus

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**Department** : Physical Education  
**Course Title** : Intro to Physical Fit & Sport  
**Section Name** : PHED\_1301\_3 **Day:** MWF **Time:** 10:00am –10:50am  
**Start Date** : 01/17/2012  
**End Date** : 05/11/2012  
**Modality** : FACE-TO-FACE  
  
**Credits** : 3

## 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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Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness. An introduction to core concepts of physical fitness and healthy behavior for complete lifetime fitness, wellness, and sport. Emphasis is placed on understanding and practice of the foundations and principles of physical fitness and sport that promote physical fitness, basics of personal health, and major contemporary health issues; identifying activities and skills relevant to program development in physical fitness and sport; demonstrating leadership skills in group discussions and activities pertinent to program development consistent with the goal of behavior modification, reinforcing positive personal characteristics consistent with ethical and social aspects of physical fitness and sport. Students will complete a personal fitness program to demonstrate experiential knowledge of the concepts as well as textbook knowledge by applying the fitness and wellness concepts to their own life during the course of the semester.

## Prerequisites/Corequisites

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None

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4, 5, 6, 7, 9, 10, 11

## Course Objectives

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Upon satisfactory completion of this course, the student will be able to:

- A. Explain the history, philosophy, and significance of physical education, exercise science, and sports.
  - B. Identify his/her philosophy, goals, objectives, and role in physical education, exercise science, and sports.
  - C. Distinguish between the specialized areas of motor learning, biomechanics, exercise physiology and fitness, sociology, sports and exercise psychology, pedagogy, adapted physical education, and sports management.
  - D. Discuss the affective, social, emotional, and cognitive components of physical activity.
  - E. Identify career choices available in the field of Kinesiology.
  - F. Describe the professional organizations associated with the fields of physical education, exercise science, and sports.
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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 CLASS MEETS</u>	<u># OF UNEXCUSED ABSENCES ALLOWED</u>	<u>LETTER GRADE DEDUCTION FOR EVERY</u>
<b>3</b>	<b>3</b>	<b>4<sup>th</sup> absence</b>

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 began class) your final grade will be **deducted 1/2 point for each class that you are tardy.**

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### COURSE UPDATES

The student is responsible for checking the syllabus online for changes frequently may be updated often as needed.

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## Required Readings/Materials

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a) You must purchase the following *required* readings/materials:

Hoeger, W. and Hoeger, S.A. (2012). **Principles and Labs for Fitness and Wellness, 11<sup>th</sup> Edition.**  
Thomson Wadsworth Publishing. ISBN: 978-0-8400-6945-0

b) You are encouraged to buy the following *optional* books/materials: None

## Course Requirements (Lectures, Assignments and Assessments)

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Throughout a combination of written exams, assignments, participation and the final exam, your ability to meet the course objectives will be evaluated.

**Written Exams (8) 800 points**

**Assignments 85 points**

**Portfolio Project 15 points**

**Final Exam 100 points**

## Topic Overview:

### Summary of Assignments & Activities

Item (Name)	Type	Description	Due <i>*Tentative</i>
<b>Week 1</b>	Introduction Lecture	Course Information Chapter 1: Physical Fitness & Wellness	1/20/2012
<b>Week 2</b>	Lecture  Assignment	Chapter 1 continued Chapter 2: Behavior Modification LAB 1B	1/27/2012
<b>Week 3</b>	Lecture Assignment Exam #1	Chapter 2 continued Goal Setting <b>Chapters 1 &amp; 2</b>	2/3/2012
<b>Week 4</b>	Lecture Assignment Assignment	Chapter 3: Nutrition for Wellness <b>Portfolio</b> – due Week 6 LAB 3B	2/10/2012
<b>Week 5</b>	Exam #2 Lecture Assignment Assignment	<b>Chapter 3</b> Chapter 4: Body Composition <b>Media Assignment explained</b> LAB 4B	2/17/2012

<b>Week 6</b>	Lecture Assignment Exam #3	Chapter 5: Weight Management LAB 5A, 5C, 5D <b>Chapters 4 &amp; 5</b>	2/24/2012
<b>Week 7</b>	Lecture Assignment	Chapter 6: Cardiorespiratory Endurance LAB 6A Chapter 11: Preventing Cardiovascular Disease	3/2/2012
<b>Week 8</b>	Exam #4 Lecture Assignment	<b>Chapters 6 &amp; 11</b> Chapter 7: Muscular Strength & Endurance LAB 7A	3/9/2012
<b>Week 9</b>		SPRING BREAK	3/16/2012
<b>Week 10</b>	Lecture Lecture	Chapter 8: Muscular Flexibility Chapter 9: Skills Fitness & Fitness Programming	3/23/2012
<b>Week 11</b>	Exam #5 Lecture Assignment	<b>Chapters 7 &amp; 8</b> Chapter 9: Skills Fitness and Fitness Programming LABS 8A, 9A	3/30/2012
<b>Week 12</b>	Exam #6 Lecture Activity	<b>Chapter 9</b> Chapter 10: Stress Assessment and Management Techniques Progressive Muscle Relaxation	4/6/2012
<b>Week 13</b>	Lecture Exam #7	Chapter 12: Cancer Prevention <b>Chapters 10 &amp; 12</b>	4/13/2012
<b>Week 14</b>	Lecture Assignment Assignment	Chapter 13: Addictive Behavior <b>Media Assignment Due</b> LAB 14A	4/20/2012
<b>Week 15</b>	Lecture	Chapter 14: Preventing Sexually Transmitted Diseases	4/27/2012
<b>Week 16</b>	Exam #8 Lecture	<b>Chapters 13 &amp; 14</b> LABS 15A, 15C(part 2 only) Chapter 15: Lifetime Fitness and Wellness Review for Final Exam	5/4/2012
<b>FINAL EXAM WEEK</b>		<b>Monday, May 7<sup>th</sup> 11:00am-1:00pm</b>	

## Grading Policy

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Final grades will be determined according to the following point system:

### TOTALPOINTS POSSIBLE:

900 - 1000 =A (90-100% of points possible)

800 - 899 =B (80 - 89% of points possible)

700 - 799 =C (70 -79% of points possible)

600 - 699 =D (60 -69% of points possible)

0 - 599 =F ( 0 -59% of points possible)

## 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](#).