Fitness and Wellness

PHED 1304.01 Fall 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) \*\*

E-mail: **dninemire@southplainscollege.edu** Phone: 716-2236

**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* Depression
 |
| Designing a personal fitness program | Consequences of unprotected sex |
| Nutrition |  |
| Chronic Disease as it relates to Lifestyle choices. |  |
|  |  |

**Required materials:**

|  |  |
| --- | --- |
| * Internet Access
* Exercise Attire
* Digital Camera (camera phone works)
 | * Pedometer (fitness tracker works)
* 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.2nd. 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 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/>

