

**PHED 1100-1101**  
**WESTERN TEXAS COLLEGE**  
**Department of Physical Education**

**I. Course Description**

A. PHED 1100-1101. P.E. Activity for Freshmen. (1-0-3). Activity in beginning and advanced golf; beginning and advanced weight training; beginning and advanced racquetball; recreational racquetball; recreational volleyball; yoga; body conditioning; aikido; horsemanship; and rodeo production and management.

Activity courses may be for women only, men only, or coeducational. A maximum of four hours will be counted toward graduation requirements. Physical education majors may take eight hours

B. Prerequisites – None

**II. Methods of Instruction**

A. Individual Demonstration

B. Group Work

**IV. Student Learning Outcomes**

A. Upon successful completion of the course the student will:

1. Participate in physical fitness activities that will aid in assessing personal health related fitness.

2. Design, implement, and evaluate fitness programs to promote societal lifetime physical fitness.

**V. Grade Categories**

A. Weekly current Health/Physical Fitness workout plan completion 20 points each week

B. Fitness Plan 50 points

A - 90 to 100

B - 80 to 89

C - 70 to 79

D - 60 to 60

F - 0 to 59

## VI. Course Requirements

### A. Fitness plan

There will be an assignment that addresses all key areas of instruction and student learning goals. Students are to create a personal inventory of their current fitness level (based on assessments used) and the level they would like to attain. Students are to include a nutritional program, strength and cardiovascular program, flexibility program, and general wellness program. The Fitness plan needs to be very specific as to how each part is implemented and used for maximum benefit for student. The hope is to achieve a better understanding of fitness and promote healthy lifestyles.

### B. Fitness Log

You will log your physical Activity each week. This Activity can be of your choice. Be honest when doing this Activity log to get the most out of this assignment. You will log each day that workout. You can use the template activity assignment, or you can use one you choose. This assignment will be copy and pasted into D2L assignment each week.

## VII. Late Work Policy

All work is due on dates assigned if the student wishes to receive full credit. However, I do realize that circumstances can lead to assignments being late or not turned in. If you wish to make up work talk with the instructor, and it is up to the instructor for approval to turn in late work. Instructors have the right to drop students for failure of attendance or missed class work. Make sure to check the D2L date for the last day to complete any late work for the semester. **If you miss an assignment, please email the instructor before submitting it into D2L, for instructions on how to submit any late coursework. Once I grade a week of assignments I do not go back and look to see if there are any late submissions. You will know if I have already graded the week if you have 0 for assignment points.**

**Other Policies: Refer to the WTC Course [Catalog](#) for the following:**

- A. Campus Calendar
- B. Final Exam schedule
- C. How to drop a class

- D. Withdrawal information
- E. Student Conduct/Academic Integrity
- F. Students with disabilities

**VIII. Course Organization & Tentative Schedule\***

Week 1	Fitness Log
Week 2	Fitness Log
Week 3	Fitness Log/Fitness Plan
Week 4	Fitness Log
Week 5	Fitness Log
Week 6	Fitness Log
Week 7	Fitness Log
Week 8	Fitness Log
Week 9	Fitness Log
Week 10	Fitness Log
Week 11	Fitness Log
Week 12	Fitness Log
Week 13	Fitness Log
Week 14	Fitness Log
Week 15	Fitness Log

\*Schedule subject to change due to weather or instructor\*

