

PHED 1238 - KINE 1238
Introduction to Physical Fitness and Sport

Western Texas College

- I. Course Description
 - A. Orientation to the field of physical fitness and sport. Includes the study and practice of activities and principles that promote physical fitness.
 - B. Prerequisites – None
- II. Methods of Instruction
 - A. Lecture
 - B. Handouts
 - C. Group work
 - D. Individual demonstration
 - E. Discussion
- III. Textbook
 - A. Fit and Well by Tom Fahey 11th Edition. ISBN: 978-0-07-352347-7
- IV. Student Learning Outcomes
 - A. Upon successful completion of the course the student will:
 - 1. Construct an individual wellness inventory that includes but not limited to fitness, nutrition, weight management, stress labs and activities.
 - 2. Evaluate individual personal wellness behaviors and identify methods to obtain lifetime healthy habits.
- V. Grade Categories
 - 1. Class Forums.....100 (20 points each)
 - 2. Labs:..... 330 points (30 points each)
 - 3. Quizzes:.....150 points (10 points each)
 - 4. PowerPoint:.....70 points
 - 5. Tests:.....350 points (Midterm - 150 points, and Final - 200 points)
- VI. Course Requirements
 - . Labs: There will be eleven lab assignments; some of the labs are physical in nature. If you have limitations or restrictions that will not allow completion of laboratory assignment, please let me know and I will assign an alternative assignment for credit towards required laboratory assignment.
 - A. Tests: This course will have two tests. The tests will be worth 35% of course grade. This course has a Midterm and a Final, both Exams must be proctored. The exams are closed book. All exam content comes from chapter quizzes.

The Midterm will cover chapters 1-7. The Midterm will have 100 questions taken directly from quizzes.

The Final Exam covers chapters 8-15. The Final exam will have 100 hundred questions taken directly from quizzes.

Proctoring Requirements and Options

Per WTC online course policy, a minimum of 35% of course work must be proctored by an approved testing organization.

Western Texas College will provide a variety of affordable proctoring options through the use of SmarterProctoring. Students will get to choose from College and University Testing Centers, WTC Institutional Testing Centers, Professional Testing Centers and an Online Proctoring Service B-Virtual. The number of proctored exams and proctoring options may vary between courses at the instructor's discretion. Writing intensive courses may require students submit papers through Turn It In or Grammarly to check for plagiarism instead of requiring a proctor.

Students should be aware that they are responsible for all testing center fees and that these fees will vary. If students are provided and choose the B-Virtual option the cost will be \$10 per exam. If you are required or prefer the testing center option, the costs of the testing centers in your area will be provided prior to making your selection.

For this course, PHED 1238, the midterm and final exam must be proctored at the students expense.

- B. Quizzes: There will be a chapter quiz for each chapter covered in course. The quizzes may be taken as many times as student wants, and the content from quizzes will be used on exams. Each quiz loads random questions so the more times you take the quizzes the more questions you will see to cover material for exams. It is recommended to take quizzes at least three times.
- C. Forums: This course will have five forums, one for each module. The forums are to elicit class discussion on various fitness and sports topics. Students are to respond to the forum individually, please remember to be comprehensive in answering and to provide examples and documentation. Cite your responses where needed. After completing the initial response, students are to read and respond to classmate providing a review of their peers work. Please respond to two classmates with constructive criticism, do not degrade or talk down to peers
- D. Fitness PowerPoint: There will be a PowerPoint assignment that addresses all key areas of instruction and student learning goals. Students are to create a personal inventory PowerPoint 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

PowerPoint 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.

VII. Late Work Policy

- . All work is due on dates assigned if student wishes to receive full credit. However, I do realize there are some circumstances that can lead to assignments being late. I have therefore have come up with the following policy for all late work.
- A. Quizzes cannot be made up on-line; they will require a written make-up submission by student. The student must request and complete within five days of the original due date of the quiz that was missed.
- B. Except for Module 5, no late work will be accepted.
- C. Lab assignments will lose 5 pts. Per day after due date and must be submitted no later than 5 days after due date. Except for Module 5, no late work will be accepted.
- D.
- E. Forums cannot be made up.
- F. Tests cannot be made up, unless there are extreme circumstances for missed test. This will be at the discretion of the instructor.

VIII. Other Policies: Please refer to the WTC Course [Catalog](#) for the following:

- . Campus Calendar
- A. Final Exam schedule
- B. How to drop a class
- C. Withdrawal information
- D. Student Conduct/Academic Integrity
- E. Students with disabilities

IX. Course Organization & Tentative Schedule*

Section	Topic	Assignment
1st Day	Introduction, Syllabus, and course content Complete student introduction and Read PowerPoint instructions, PowerPoint is not due until end of semester (comprehensive project).	Student Introduction
Module 1	<ul style="list-style-type: none"> • Introduction to Wellness, Fitness, and Lifestyle Management Thinking critically • Principles of Physical Fitness • Cardiorespiratory Endurance 	Quizzes 1-3 Module 1 Lab I Module 1 Lab II Forum I
Module 2	<ul style="list-style-type: none"> • Muscular Strength and Endurance • Flexibility And Low-Back Health • Body Composition • Putting Together a Complete Fitness Program 	Quizzes 4-7 Module 2 Lab I Module 2 Lab II Module 2 Lab III Forum II

Midterm Exam	Midterm Exam (This Exam covers content from Modules I and II, Chapters 1-7).	Midterm Exam
Module 3	<ul style="list-style-type: none"> • Nutrition • Weight Management 	Quizzes 8 -9 Module 3 Lab I Module 3 Lab II Forum III
Module 4	<ul style="list-style-type: none"> • Stress • Cardiovascular Health Cancer	Quizzes 10-12 Module 4 Lab I Module 4 Lab II Forum IV
Module 5	<ul style="list-style-type: none"> • Substance Use and Misuse • Sexually Transmitted Infections • Environmental Health 	Quizzes 13-15 Module 5 Lab I Module 5 Lab II Forum V Post- Assessment
Final Exam	Final Exam (This Exam covers content from Modules III – Module V, Chapters 8-15).	Final Exam

Last Modified: August 23, 2016