

**PHED 1338**  
**Concepts of Physical Fitness**

**Western Texas College**

**I. Course Description**

A. This course is designed to familiarize students with knowledge, understanding and values of health-related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs.

B. Prerequisites – None

**II. Methods of Instruction**

A. Lecture

B. Handouts

C. Group work

D. Individual demonstration

E. Discussion

**III. Textbook**

A. Health the Basics by Rebecca J. Donatelle 13<sup>th</sup> Edition.

**IV. Student Learning Outcomes**

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

1. Describe the elements of health-related physical fitness, performance related physical fitness, inactivity, and hypokinetic diseases on health and wellness.

2. Distinguish the influence of personal behavior and responsibility on the development, treatment, and prevention of infectious diseases, stress, and addictions.

3. Compare and contrast the relationships among physical activity, nutrition, and body composition.
4. Participate in physical fitness activities that will aid in assessing personal health related fitness.
5. Design, implement, and evaluate fitness programs to promote societal lifetime physical fitness.

## **V. Grade Categories**

- A. Weekly current health/Physical Fitness article 10 points each week
- B. Test/Quiz over each chapter 100 points each
- C. Chapter questions 20 points each
- D. Weekly food log Weekly Fitness log 20 points each
- E. Fitness Power point 50 points
- F. Group Project 100 points
- G. Course Papers 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. Tests:**

This course will have a chapter test over each chapter in the textbook.

### **B. Course Questions:**

Each chapter will have a course question. There will be one or more questions due each week during the course. Each written summary is to be at least one to two paragraphs over what the question covers, and your thoughts on the topic covered.

### **C. 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.

### **D. Food log:**

You will see an example of the food log on Moodle. You will log what you eat, drink, as well as your physical activity each week. You are not being graded by what you eat or drink or what physical activity you do. This is used for you to see and be able to track what you are putting into your body. Be honest when doing this food log to get the most out of this assignment. You will log 2 Days a week of your choice.

### **E. Current Health article**

For this assignment you will find a current health news article. There will be articles throughout the course. You may find this article online. I have posted an example on Moodle. Each written summary of the article is to be at least one paragraph over what the article covers, and your thoughts on the article.

### **F. Group Project:**

Will provide a handout for this assignment during the course of the class. This project will have in class work time and out of class work time.

## **VII. Late Work Policy**

All work is due on dates assigned if 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 instructor, and it is up to the instructor for approval to turn in late work. Instructor has right to drop students for failure of attendance or missed class work. Make sure to check moodle date for last day to complete any late work for semester. If you miss an assignment, please email instructor before submitting it into moodle for instructions on how to submit any late course work.

**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	Chapter 1	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 2	Chapter 2	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question/
Week 3	Chapter 3	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 4	Chapter 4	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 5	Chapter 5	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 6	Chapter 6	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question

Week 7	Chapter 7	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 8	Chapter 8	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 9	Chapter 9	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 10	Chapter 10	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 11	Chapter11	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 12	Chapter 12	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 13	Chapter 13 -14	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 14	Chapter 15-16	Food log/ Fitness Log/Current health/Physical Fitness article/Chapter question
Week 15	Finals	

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