

# Fitness and Wellness

PHED 1304.01 Spring 2021

Dee Dee Odorizzi

Office: PE 105

Office Hours: 11am-12pm MW TTH 2:15-3pm \*\* (or by appointment) \*\*

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**Do not discard! You will need to refer to this occasionally.**

This course will incorporate written assessments and physical activities, as well as lectures and discussions to provide students with the necessary tools to take responsibility for their long-term personal health.

**Course outcomes will result from study of the following topics:**

- Factors that contribute to fitness & wellness
- Designing a personal fitness program
- Nutrition
- Chronic Disease as it relates to Lifestyle choices.
- Stress and personality types
- Substance abuse
- Depression
- Consequences of unprotected sex

**Required materials:**

- Internet Access
- Exercise Attire
- Digital Camera (camera phone works)
- Pedometer
- 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 failure to comply with the following:

1. Correct technique and execution of exercises
2. Appropriate intensity
3. Following instruction
4. Proper dress
5. Participation in class discussion.
6. **Phones are NOT ALLOWED in class. You will lose 10 points and may be asked to leave if it creates a distraction.**

**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 \_\_\_\_\_.

**Tentative Grading Scale:**

**A= 1553-1725**

**B= 1380-1552**

**C= 1208-1379**

**D= 1035-1207**

**F= 1034 or less**

Total Points available may change, however grades will always be based a percentage of available points.  
EX: A= 90-100 % of total available points.

Outcomes	Evaluation Method Points available
	Syllabus Quiz (10)  10
<b>Introduction for Wellness Module:</b> <ul style="list-style-type: none"> <li>• Examine and judge the impact of the current US obesity crisis.</li> <li>• Identify the 6 components of wellness and apply those principles to personal health.</li> <li>• Explore and identify the major risk factors for chronic disease.</li> </ul>	Obesity Project (25) Lifestyle Evaluation (10) Wellness Profile (25) Module 1 Test (100) 160
<b>Nutrition Module</b> <ul style="list-style-type: none"> <li>• Explore and recall the essential nutrients</li> <li>• Analyze and apply food label data</li> <li>• Record and evaluate personal nutrition habits.</li> <li>• Judge the impact of fast food on global health.</li> <li>• Judge correct portion sizes</li> <li>• Recall healthy nutrition practices</li> </ul>	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
<b>Cardiovascular Fitness Module</b> <ul style="list-style-type: none"> <li>• Identify and apply the principles and safety guidelines of physical training.</li> <li>• Calculate appropriate heart rate for optimum exercise intensity.</li> <li>• Perform a variety of health assessments.</li> <li>• Identify the link between physical activity and quality of life.</li> <li>• Recognize the skill related components of physical fitness.</li> </ul>	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
<b>Strength Training Module</b> <ul style="list-style-type: none"> <li>• Define basic terms relating to strength training.</li> <li>• Identify Major Muscle Groups</li> <li>• Assess Muscular strength and endurance.</li> <li>• Apply the FITT principles to strength training and flexibility.</li> <li>• Identify potential benefits of strength training and flexibility.</li> <li>• Explain how back pain can be managed or prevented.</li> <li>• Identify safe weight lifting and stretching techniques.</li> </ul>	Journal (5)  Fitness Assessment activity (100)   Exam (100)                      205

<p><b>Sexually Transmitted Diseases/and Sexual Responsibility</b></p> <ul style="list-style-type: none"> <li>• Review long-term consequences of having an STD.</li> <li>• Cultural differences regarding sexual activity and STDs.</li> <li>• Identify the most common STDs and associated risk factors.</li> </ul>	<p>Life Events and Stress Worksheet (10)</p> <p>Journal (5)</p> <p style="text-align: right;">15</p>
<p><b>Substance Abuse (Time Permitting)</b></p> <ul style="list-style-type: none"> <li>• Identify personal behaviors risk for alcohol/ substance abuse</li> <li>• Discuss short and long term effects of alcohol abuse.</li> <li>• List substances commonly abused and prevention strategies.</li> </ul> <p>Recall the definition of binge drinking.</p>	<p>Research Paper: Extra Credit (100)</p>
<ul style="list-style-type: none"> <li>• <b>Final Exam: Comprehensive</b></li> </ul>	<p>Addictive Behavior Assessment (10)</p> <p>Quiz #6 (50)</p> <p>Journal Entry (5)</p> <p style="text-align: right;">65</p>
<ul style="list-style-type: none"> <li>• <b>Attendance/ Participation</b></li> </ul>	<p style="text-align: right;">200</p>
<ul style="list-style-type: none"> <li>• <b>Total potential points</b></li> </ul>	<p style="text-align: right;">1725</p>

COVID: If you're symptomatic, contact the school nurse, DeEtte Edens, at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or at (806) 716-2376. If your test results are positive, contact all of your instructors to make plans for missed work.

## **Required Statements**

**Student Code of Conduct Policy:** Any successful learning experience requires mutual respect on the part of the student and the instructor. Neither instructor nor student should be subject to others' behavior that is rude, disruptive, intimidating, aggressive, or demeaning. Student conduct that disrupts the learning process or is deemed disrespectful or threatening shall not be tolerated and may lead to disciplinary action and/or removal from class.

**Diversity Statement:** In this class, the teacher will establish and support an environment that values and nurtures individual and group differences and encourages engagement and interaction. Understanding and respecting multiple experiences and perspectives will serve to challenge and stimulate all of us to learn about others, about the larger world and about ourselves. By promoting diversity and intellectual exchange, we will not only mirror society as it is, but also model society as it should and can be.

**Disability Statement:** Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability to the Disability Services Office. For more information, call or visit the Disability Services Office at Levelland (Student Health & Wellness Office) 806-716-2577, Reese Center (Building 8) 806-716-4675, or Plainview Center (Main Office) 806-716-4302 or 806-296-9611.

**Nondiscrimination Policy:** South Plains College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following person has been designated to handle inquiries regarding the non-discrimination policies: Vice President for Student Affairs, South Plains College, 1401 College Avenue, Box 5, Levelland, TX 79336. Phone number 806-716-2360.

**Title IX Pregnancy Accommodations Statement:** If you are pregnant, or have given birth within six months, Under Title IX you have a right to reasonable accommodations to help continue your education. To [activate](#) accommodations you must submit a Title IX pregnancy accommodations request, along with specific medical documentation, to the Director of Health and Wellness. Once approved, notification will be sent to the student and instructors. It is the student's responsibility to work with the instructor to arrange accommodations. Contact the Director of Health and Wellness at 806-716-2362 or [email cgilster@southplainscollege.edu](mailto:cgilster@southplainscollege.edu) for assistance.

**Campus Concealed Carry:** Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations and Frequently Asked Questions, please refer to the Campus Carry page at: <http://www.southplainscollege.edu/campuscarry.php>

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

**SPC Bookstore Price Match Guarantee Policy: This piece is recommended but not required.**

If you find a lower price on a textbook, the South Plains College bookstore will match that price. The difference will be given to the student on a bookstore gift certificate! The gift certificate can be spent on anything in the store.

If students have already purchased textbooks and then find a better price later, the South Plains College bookstore will price match through the first week of the semester. The student must have a copy of the receipt and the book has to be in stock at the competition at the time of the price match.

The South Plains College bookstore will happily price match BN.com & books on Amazon noted as *ships from and sold by Amazon.com*. Online marketplaces such as *Other Sellers* on Amazon, Amazon's Warehouse Deals, *fulfilled by Amazon*, BN.com Marketplace, and peer-to-peer pricing are not eligible. They will price match the exact textbook, in the same edition and format, including all accompanying materials, like workbooks and CDs.

A textbook is only eligible for price match if it is in stock on a competitor's website at time of the price match request. Additional membership discounts and offers cannot be applied to the student's refund.

Price matching is only available on in-store purchases. Digital books, access codes sold via publisher sites, rentals and special orders are not eligible. Only one price match per title per customer is allowed.