



PHED 1164.082 – Online Wellness For a Lifetime

Course Syllabus: Fall, 2019

“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

Tom Seabourne, Ph.D.

Office: F.I.T.

Phone: 903 434 8170

Email: tseabourne@ntcc.edu

Office	Monday	Tuesday	Wednesday	Thursday	Friday	Online
Hours	5:00am-6:30am 12:20pm-1:00pm	5:00am-6:30am 12:20pm-1:00pm	5:00am-6:30am 12:20pm-1:00pm	5:00am-6:30am 12:20pm-1:00pm		Any time

This syllabus serves as the documentation for all online course policies and requirements, assignments, and instructor/student responsibilities. This course is entirely online.

The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.

Catalog Course Description (include prerequisites): 1 credit hour.

Instruction and participation in physical and recreational activities. (Physical Fitness and Sport majors may have the option of eight credits.) This online course is designed to prepare the student for a lifetime of fitness. It includes the meaning and use of selected physiological parameters of wellness, individual testing and consultation, and the introduction to suitable fitness programs. There are no prerequisites for Wellness For a Lifetime.

Prerequisites: none

Student Learning Outcomes:

1. Describe how the components of physical fitness impact health and wellness.
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
4. Plan, implement, and evaluate a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

Evaluation/Grading Policy:

DAILY ASSIGNMENTS: 60% OF YOUR GRADE

POST TESTS: 40% OF YOUR GRADE

Each assignment is based upon different point values. The percentage correct will be displayed in the My Grades. The Current Average column reflects the percentage of the work completed correctly.

Grading Scale:

89.5% to 100% A

79.5% to 89.4% B

69.5% to 79.4%	C
59.5% to 69.4%	D
Below 59.4%	F

Late Work Policy:

The published Due Dates Calendar should be followed in order to complete the work in a timely manner but you may work ahead if you desire. All assignments are accessible on the first day of class. There will be no late penalty applied if you fall behind, but you are strongly encouraged to make up all missed assignments as quickly as possible. To determine your midterm grade, all assignments due by the reporting date, but not submitted will be recorded as a zero. The same is true for the Final Grade. All missed work will receive a zero. About a week before midterm reports and the last day of class, zeros will be recorded giving you an idea of your academic standing in the class.

Grading:

Grades will be returned to the student immediately.

The CURRENT AVERAGE posted in the Blackboard course site is a calculated grade that represents your current course grade average based on the work you have turned in. It will not calculate correctly if you have missed assignments that have not been filled in with a zero.

Required Instructional Materials:

Laptop or desktop computer.

Publisher: McGraw Hill

Required Textbook(s): Fit and Well by Fahey, 13th ed. Connect Plus with e/book Publisher: McGraw Hill Publishing ISBN Number: 9780077770372

Optional Instructional Material(s): www.ntcc.edu/live Click on "our videos"

Minimum Technology Requirements:

• Daily high speed internet access • Microsoft Word • Power point • Portable storage device such as a Jump drive/Thumb drive:

Required Computer Literacy Skills::

Word Processing skills • Email skills Course Structure and Overview: This is an online class which means all instruction is done online via the learning management system BLACKBOARD.

Course Structure and Overview

You need to complete the three-question syllabus quiz before you begin the course work. Once you complete the quiz you are considered an official attending member of this course. Anyone that does not complete the syllabus quiz can be dropped for non-attendance. Students are expected to complete all the readings of the required e-book chapters, watch the instructional videos and complete the online chapter activities. You will see that the course is divided into eight weeks in the Blackboard portion. Each week you will be expected to complete certain online assignments for the chapters found in that week's folder. This course requires daily computer and internet access.

Online activities:

The integrated McGraw-Hill Connect materials consisting of assignments and LearnSmart modules are written to aid you in successfully completing Walking/Jogging. The chapters should be completed in order and in an organized and efficient manner. The activities to be accomplished each week are listed as you move

through each chapter. The LearnSmart activities provide you easy access to the ebook as well as providing review questions where you can evaluate your understanding of the concepts presented. Due dates are provided in the course weekly assignment calendar.

Daily Assignments:

The LearnSmart Activities and the various practice activities and labs found in the Connect class are considered daily assignments. Your daily assignments help you determine your status in each of cardio respiratory endurance and a variety of wellness parameters. The results form the basis for your personal fitness goals from which you develop your personal walking program.

Labs:

You will complete laboratories as identified in your assignments and described in your textbook. The labs help you assess your health status, health risks, physical and cardiovascular fitness. All labs are described in detail in your textbook. If you have any questions about the labs, contact me at your convenience. To see comments or grade explanations, you must open the assignment thru My Grades tab. Lab due dates are also listed on the course calendar.

Post-Tests:

You will complete a Post-test for each chapter. These questions may come from any of your assignments and material in your textbook.

Communication:

I check emails several times per day, so I will be sure to get back with you within 24-hours, including weekends. If I don't hear from you, you will receive weekly emails from me assessing your performance in the course. Although my office hours are posted, you can contact me between my face-to-face classes and I will get back to you as soon as possible. Your work is computer-graded so you may move forward at your own pace. Please email, call or come by my office in the FIT if you have any questions or concerns.

Institutional/Course Policy:

You should expect to spend no less than two to four hours a week in this course. Technical difficulties are no excuse for late assignments. A due date assignment schedule is posted in the START HERE folder in Blackboard the entire semester! Please check it weekly so that you know what is due and do not miss anything.

NTCC Academic Honesty/Ethics Statement:

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to request accommodations. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at

903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

Family Educational Rights and Privacy Act (FERPA):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

Tentative Course Timeline (*note* instructor reserves the right to make adjustments to this timeline at any point in the term)

EIGHT WEEK SCHEDULE

WEEK 1 CHAPTER 1

After reading this chapter, you should be able to

1. Describe the dimensions of wellness.
2. Identify the major health and lifestyle problems in the United States today.
3. Describe the behaviors that are part of a wellness lifestyle.
4. Explain the steps in creating a behavior management plan.
5. Evaluate some of the available sources of wellness information.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities
Assessment: Chapter Post-Test

WEEK 2 CHAPTER 4 - Muscular Strength and Endurance

After reading this chapter, you should be able to

1. Describe the basic physiology of muscles and explain how strength training affects muscles.
2. Define muscular strength and endurance, and describe how they relate to wellness.
3. Assess muscular strength and endurance.
4. Apply the FITT-VP principle to create a safe and successful strength-training program.
5. Describe the effects of supplements and drugs that are marketed to active people and athletes.
6. Explain how to safely perform common strength-training exercises using body weight, free weights, and weight machines.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities
Assessment: Chapter Post-Test

WEEK 3 CHAPTER 5 - Flexibility and Low-Back Health

After reading this chapter, you should be able to

1. Identify the potential benefits of flexibility and stretching exercises.
2. List the factors that affect a joint's flexibility.
3. Describe the types of stretching exercises and how they affect muscles.
4. Describe the frequency, intensity, duration, volume, and progression for a successful flexibility program.
5. List safe stretching exercises for major joints.
6. Explain how low-back pain can be prevented and managed.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities

Assessment: Chapter Post-Test

WEEK 4 CHAPTER 7 - Putting Together a Complete Fitness Program

After reading this chapter, you should be able to

1. List the steps for putting together a personal fitness program.
2. Describe strategies for maintaining a fitness program over the long term.
3. Tailor a fitness program to accommodate different life stages and special health concerns.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities

Assessment: Chapter Post-Test

WEEK 5 CHAPTER 12 - Cancer

After reading this chapter, you should be able to

1. Explain what cancer is and how it spreads.
2. Discuss causes of cancer and how they can be avoided or minimized.
3. Describe common cancers.
4. Describe how cancer can be detected, diagnosed, and treated.
5. List actions you can take to lower your risk of cancer.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities

Assessment: Chapter Post-Test

WEEK 6 CHAPTER 13 - Substance Use and Misuse

After reading this chapter, you should be able to

1. Define and discuss addiction.
2. List the major categories of psychoactive drugs and discuss how drug abuse can be prevented and treated. Describe the short-term and long-term effects of alcohol use.
3. Identify strategies for drinking alcohol responsibly.
4. List the health hazards associated with tobacco use and exposure to environmental tobacco smoke.
5. Describe strategies that can help someone stop smoking.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities
Assessment: Chapter Post-Test

WEEK 7 CHAPTER 14 - Sexually Transmitted Infections

After reading this chapter, you should be able to

1. Explain how HIV is transmitted, diagnosed, and treated.
2. Discuss the symptoms, risks, and treatments of other major STIs.
3. List strategies for protecting yourself from STIs.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities

Assessment: Chapter Post-Test

WEEK 8 CHAPTER 15 - Environmental Health

After reading this chapter, you should be able to

1. Explain how population growth affects the earth's environment.
2. Discuss the causes and effects of air and water pollution.
3. Discuss the impact of solid waste on the environment and human health.
4. Identify key sources of chemical and radiation pollution, and discuss methods for preventing such pollution.
5. Explain the impact of energy use on the environment and strategies for using energy more efficiently.

Learning Activities: LearnSmart Interactive Reading; Connect Homework Activities

Assessment: Chapter Post-Test