



# PHED 1338 Concepts of Fitness

Course Syllabus: Spring 2026

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

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| Office Hours | Monday         | Tuesday       | Wednesday      | Thursday      | Friday         | Online         |
|--------------|----------------|---------------|----------------|---------------|----------------|----------------|
|              | 9:00am-11:00am | 7:30am-8:00am | 9:00am-11:00am | 7:30am-8:00am | By Appointment | By Appointment |

*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:** The 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.

**Required Textbook(s):** Concepts of Fitness and Wellness, 13e

**Publisher:** McGraw-Hill

**ISBN Number:** 978-1-266-655513-5

**Recommended Reading(s):** None

### Student Learning Outcomes:

1. Students will learn how to achieve a healthy lifestyle through good health, wellness, and fitness.
2. Students will learn how physical activity and physical fitness can reduce the risk of illness and contribute to optimal health and wellness.
3. Students will learn how nutrition and activity levels affect your health.
4. Students will plan and teach a fitness activity component to learn lifetime fitness skills.

### Evaluation/Grading Policy:

The final grade will be determined as follows:

#### For your final grade:

**Exams:** Exams: Five (5) exams will be worth 500 points of the total grade. Exam questions will be multiple choice and short answer and will be limited to material covered in textbook & class exercises. (The majority of questions will be taken from class exercises.)

**Class Participation:** Students are expected to attend class and participate appropriately in class exercises. In addition to regular attendance, spirited and appropriate discussion and thoughtful questions will help to raise the student’s grade. At the end of the semester before finals students will teach a 25 minute lesson on a physical fitness concept of the students choosing. The topics will be chosen in advance so as to not repeat the same lesson another student taught. **You will receive up to 100 points for your presentation and up to 100 points for class participation when the other students teach and participating in discussion boards. If**

**you do not attend all student led presentations or do not participate you will have points deducted from your participation grade. The assignment will potentially change to a Unit/Lesson plan written assignment based off the college/state decisions on whether to continue the semester in live classes or online. I will let you know prior to the time to complete the assignment which format we will use to obtain your grade.**

**Course Readings:** To help facilitate class discussion, it is absolutely necessary that class readings be read – and read on time. Weekly readings as specified in syllabus are necessary to complete your test with optimal grades.

**Letter grades** will be determined by adding up your five test scores along with your student taught lesson and the class participation grade for a total of 700 possible points. Your grade will be assigned according to the following scale:

A = 630-700    C = 490-559  
B = 560-629    D = 420-489  
F = 419 & below

**Please be aware that NO EXTRA CREDIT WILL BE GIVEN at the end of the semester.** The average shown in Bb will determine the final course grade, and **no additional work** is possible.

**Attendance:** At the end of the semester, grades will be calculated according to the percentages in the syllabus, and the only adjustment that will be made is if the final percentage is **WITHIN FIVE POINTS** of the next letter grade (and NO more), and the student has missed **THREE OR LESS LECTURES**. (Mitigating circumstances will be taken into account at the discretion of the instructor.) The grade will then be **rounded up** to the **next letter grade**. Students who do not attend class and/or complete assigned work can be dropped from the course.

**General:**

Students should log onto **Blackboard (Bb)** ASAP and **carefully** read **all announcements**. **Bb** and **student email** should be checked **DAILY** for **new announcements or messages**.

Questions are welcomed during office hours (or by appointment), or if more convenient, they can be directed to me either by phone or e-mail. **Please do not hesitate to ask questions! There is no such thing as a stupid question. It is only stupid NOT to ASK them. It is VERY difficult to improve your course average after you fail the first exam, so PLEASE contact the instructor for help or studying tips EARLY in the semester, before it is too late to make a difference.**

**Exam/Quiz Make-Up Policy:** If a student is unable to take an exam/quiz as scheduled, a make-up will be arranged **ONLY** if the reason is legitimate, and the instructor is notified **IN ADVANCE of the time the exam/quiz is scheduled** (or becomes unavailable), either through the telephone or e-mail. **Students who fail to make appropriate arrangements will receive a grade of "0" for the exam missed.** There will be no exceptions.

**Student Responsibilities/Expectations:**

If you attend this class or a portion of this class on-campus then class etiquette dictates that you will:

1. Attend class each time the class meets.
2. Be on time for class and **remain for the entire period**. You may not receive credit if you do not attend all sessions.
3. Refrain from talking while the professor is lecturing. Idle chattering and giggling are disruptive to the class and disrespectful to your professor and your classmates.
4. Be attentive and participate in class.

**NTCC Academic Honesty Statement:**

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

**Academic Ethics**

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

**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 arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

**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.

**Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements**

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast

Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email

messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for

course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

Alternate Plan for Small Class

**COURSE SCHEDULE**

| <b>DATE</b>        | <b>CHAPTERS</b>                                       |
|--------------------|---|
| January 20         | Class Orientation - Syllabus, Blackboard and Textbook |
| January 22         | Chapter 1   |
| January 27         | Chapter 2   |
| <b>January 29</b>  | <b>No Class</b>                                       |
| February 3         | Chapter 3   |
| <b>February 5</b>  | <b>No Class</b>                                       |
| February 10        | Chapter 4   |
| <b>February 12</b> | <b>Test 1</b>   |
| February 17        | Chapter 5   |
| February 19        | Chapter 6   |
| February 24        | Chapter 7   |
| February 26        | Chapter 8   |
| <b>March 3</b>     | <b>Test 2</b>   |
| March 5            | Chapter 9   |
| March 10           | Chapter 10  |
| March 12           | Chapter 11  |
| March 24           | Chapter 12  |
| <b>March 26</b>    | <b>Test 3</b>   |
| <b>March 31</b>    | <b>No Class</b>                                       |
| April 2            | Chapter 13  |
| April 7            | Chapter 14  |
| April 9            | Chapter 15  |
| April 14           | Chapter 16  |
| April 16           | Chapter 17  |
| April 21           | Chapter 23  |
| April 23           | Chapter 24  |
| April 28           | Lesson Planning                                       |
| April 30           | <b>Test 4</b>   |
| May 5              | Work on Project                                       |
| May 7              | Project Due   |
| May 11-14          | Final Exam Date TBD                                   |