

South Plains College
Department of Physical Education
PHED 1304
Fitness & Wellness (Online)

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Required Text: Fit & Well, 12th edition, Fahey, Insel, and Roth. (You do NOT need to purchase an access code for CONNECT.) Please email me through blackboard with questions.

I will not accept assignments or discussions boards through my South Plains College Email. Please only use the Blackboard email service when emailing me class assignments.

Required Video Service: Netflix is an Internet-based video streaming service offering a number of television shows, movies, and educational documentaries that are accessible from your home television, computer, tablet, or smart phone. The Educational Documentaries are what we will use as a class to complete some of the discussion board and/or homework assignments. You can access Netflix through this link, <https://www.netflix.com/>, or Google the name Netflix. Your first month is free, and any additional month used will be charged between \$7 and \$11 per month depending on the package you choose. If you do not plan on using this service after the class has been completed, you will need to be sure and cancel your membership on the Netflix website. *If you would like to delay adding this service until you are instructed to use it the first time, then that will allow you to delay the use and beginning of your first free month.*

Course Description

This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, power point presentations, along with the textbook chapters will provide students with the necessary tools to take responsibility and make drastic improvements to their long term personal health.

Student Expectations:

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative learning, and collaborative learning. In order to take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and units.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussions boards and personal interactions.

Blackboard is the computer software used to deliver this course. It is essential that you have reliable access to the Internet, Microsoft Word, Power Point, Excel, Adobe, etc. It is the student's responsibility to verify that assignments and assessments are accessible. You will have deadlines set for you throughout the semester. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all

enrolled SPC students on all campuses. It is also the student's responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, etc. Should you encounter technical difficulties contact the SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you!

Instructions for this course will come from the four **COURSE UNITS**. There are many ways to get to information you will need, but this is probably the easiest way to navigate the course. There are 4 Units listed under this tool. These units will list everything you need to do for each unit and chapter, including due dates. Pay very close attention to these units!

Due Dates:

You are allowed to work through the units at your own pace. There will still be due dates for assignments but you may work ahead as fast as you would like. Pay attention! This does not mean you can do the work as slow as you would like. You must turn the assignments in by the due dates posted throughout the course units. If you miss 5 due dates throughout the semester you will be dropped from this course.

Course Evaluation:

- 1) There will be **Four Exams** (posted under the **EXAMS** Tool), each worth 50 points (200 points total; 40% of your overall grade). Each exam will consist of 50 questions (multiple choice). The materials covered on each exam are listed in the course **Units**. Once you log on to the test you will have 60 minutes to complete the exam. Do not leave the exam screen once you begin. You will not be able to leave the exam and return to it later. ***Once you enter the exam you must finish!*** You may use your notes and/or text, but *be aware of the time limit.*
- 2) **Chapter Quizzes** will be given over every chapter for a total of 15 quizzes. Each quiz is worth 10 points (150 points total; 30% of your overall grade) and there will be a quiz due each Friday beginning with the first week of school. Each quiz will consist of multiple choice or true false questions. You will only be able to take each quiz one time. Once you log on to the quiz you will have 120 minutes to complete the quiz. Please use your notes and/ or textbook to complete the quizzes. These quizzes will help prepare you for the exams.
- 3) **Two Homework Assignments** will be completed over the course of the semester. Each homework will be worth 37.5 points (75 points total; 15% of your overall grade). These assignments will be posted throughout the **Units** and can also be found under the **HOMEWORK ASSIGNMENTS** Link. ***Please only use the Blackboard email when emailing me assignments. I will not accept them otherwise.***
- 4) **Discussion Board (DB) Activities** will be completed over the course of the semester, each worth 5-15 points (75 points total; 15% of your overall grade). Please see each Module for instructions for each assignment. Do not ignore these assignments. Do not copy answers straight from the text. The primary goal for the discussion portion of the course is to "talk" about what you are learning, so it is fine to be somewhat informal and conversational, however check your grammar and spelling and do not use text message lingo. Please read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether or not you give correct answers, but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and pertaining to the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)*

** I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the power point slides and take good notes. Plan ahead, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down," or "I could not figure out how to post or send the assignment" are not acceptable.

*** All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang and informal kinds of self-expression are appropriate in some contexts, they are out of place in academic writing.

Administrative Drop Policy: Due to Financial Aid and South Plains College requirements for participation/attendance a student who fails to turn in 5 assignments during the semester may be dropped from the course with a grade of "X" or "F" (at my discretion). If missed assignments occur after the final drop date the grade will be "F." **NOTE: You may be dropped from this course without notice if you miss the due dates for any combination of any assignments and/or discussions totaling 5 or more.**

Academic Integrity: Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *he or she will receive an F and administrative withdrawal.*

Final grades will be determined as follow:

- 4 examinations @ 50 points each: 200 points
- 15 quizzes @ 10 points each 150 points
- 2 Homework assignments @ 37.5 points each 75 points
- Discussion Board Activities/ Lab Assignments 75 points

Total: 500 points

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298

ADA 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 through the Guidance and Counseling Centers at Reese Center (Building 8) [716-4606](tel:716-4606), or Levelland (Student Services Building) [716-2577](tel:716-2577)

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, please refer to the SPC policy at:
(http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.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.