Online Course Syllabus
PHED 1010 Physical Fitness for Life

GENERAL INFORMATION

Instructor: Ally Hattermann
Office: Gordon Hall 26
Office Hours: Tuesday-Thursday 10:00 am to 12:00 pm. Please check the softball schedule prior to visiting. If it is a game day, no office hours will be held.
http://www.gscathletics.com/sports/sball/2018-19/schedule
Email: ahattermann@gordonstate.edu
Course Webpage: Brightspace by Desire2Learn (D2L): https://gordonstate.view.usg.edu/

COURSE REQUIREMENTS:

NEW THIS SEMESTER: Although it is stated that a Fitbit is required for this course, students may now use ANY brand of fitness tracker (Apple, Garmin, Samsung, etc). This tracker must be able to (at minimum) count steps and active/exercise minutes in order for the student to complete this course successfully. It is the responsibility of the student to set up their fitness tracker on their smartphone, tablet or desktop using the Gordon State email address. Any and all technical questions regarding your fitness tracker should be directed to the manufacturer’s website and/or customer service/technical support.

RECOMMENDED TEXTBOOK:

The textbook for this course is **NOT** required. All lecture materials will be presented to the student through PowerPoint presentation and audio broadcasts. Should you need additional readings to help learn the materials, the recommended textbook for this course is: *Fitness* Pearson Custom Library Copyright 2013. Pearson Leaning Solutions, Pearson 2013. ISBN: 13 978-1-269-11032-7. Not available online. Students must purchase this text book from the Gordon State College Bookstore.

COURSE DESCRIPTION

“Introduction to Fitness and Health with an emphasis on physical activity, nutrition, weight management, and health related fitness concepts. Students have the opportunity to asses their physical fitness, nutrition, and activity patterns and to develop a personalized health and fitness program. Students will be introduced to and will participate in a variety of physical fitness activities.” Gordon State College Academic Catalogue 2018-2019 (3 credit hours).
COURSE OBJECTIVES:

Students will demonstrate an understanding of:

1. The impact of physical activity on our overall health and wellness.
2. Basic exercise physiology concepts and their applications.
4. Basic cardio-respiratory physiology and its response to exercise.
5. The techniques and tools for physical fitness assessments and exercise prescriptions.

ASSESSMENTS & GRADING:

<table>
<thead>
<tr>
<th>Task</th>
<th>Percentage of final grade</th>
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</thead>
<tbody>
<tr>
<td>Syllabus Quiz</td>
<td>Pass/Fail for attendance verification</td>
</tr>
<tr>
<td>Online Homework Assignments</td>
<td>22%</td>
</tr>
<tr>
<td>• Fitness Assessment #1 Participation &amp; Lab Report</td>
<td></td>
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<tr>
<td>• Fitness Facility Research PowerPoint</td>
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<tr>
<td>• Personalized Cardiorespiratory Fitness Plan</td>
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<tr>
<td>• Personalized Muscular Strength Training Workout Plan</td>
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<tr>
<td>• Nutritional Analysis Reports &amp; Summary</td>
<td></td>
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<tr>
<td>• Final Reflection</td>
<td></td>
</tr>
<tr>
<td>Quizzes &amp; Exams</td>
<td>26%</td>
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<tr>
<td>• Chapters 1-6 quizzes</td>
<td></td>
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<tr>
<td>• Comprehensive Final Exam</td>
<td></td>
</tr>
<tr>
<td>Fitbit Exercise</td>
<td>37%</td>
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<tr>
<td>• 10 weeks</td>
<td></td>
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<tr>
<td>• 2 make-up weeks</td>
<td></td>
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<tr>
<td>Final On Campus Meeting</td>
<td>15%</td>
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<tr>
<td>• Step Test, Sit and Reach, Push-ups, Curl-ups, Body Comp</td>
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The following grading scale will be used to determine the student’s overall grade in the course:

90-100% A; 80-80% B; 70-79% C; 60-69% D; 59% and below F

Syllabus Quiz: The purpose of this quiz is to prepare you for this course and to verify your enrollment. You will be dropped from the course by not taking this quiz by the posted deadline. After reading through this course syllabus, you need to complete the syllabus quiz on D2L under the “quizzes” tab.

Fitness Assessment #1 Participation & Lab Report: This assignment is twofold with the first part testing the student’s initial level of fitness through the following screening tests: 1) Rockport 1 mile walk test; 2) 1-minute push-up test; 3) 1-minute curl-up test; 4) sit and reach flexibility test; and 5) body composition testing. STUDENTS MUST COME TO CAMPUS TO USE THE EQUIPMENT FOR THE SIT AND REACH TEST AND THE BODY COMPOSITION TEST WHICH IS LOCATED IN THE SARC. PLEASE SEE THE STUDENT WORKER AT THE FRONT DESK. Students may conduct the remaining tests at the location of their choice. The 2nd part of this assignment is where
the students will take their fitness scores/results and write a comprehensive self-evaluation/lab report. Complete details including assignment instructions and deadlines are posted in the D2L assignments.

**Fitness Facility Research PowerPoint:** Students will research the membership details of JUST ONE Local fitness facility and put together a PowerPoint presentation. Complete details of this assignment including instructions and deadlines are located in the D2L assignments.

**Personalized Cardiorespiratory Fitness Plan:** Based upon the student’s identified & defined cardiorespiratory fitness/exercise goals, this assignment is targeted toward the development of a 1 month cardiorespiratory endurance workout plan. This assignment will meet the American College of Sports Medicine (ACSM) minimum weekly exercise recommendations for cardiorespiratory endurance and follow the F.I.T.T. (Frequency, Intensity, Time, and Type) Principle. Complete details of this assignment including instructions and deadlines are located in the D2L assignments.

**Personalized Muscular Strength Training Workout Plan:** Based upon the student’s identified & defined muscular strength training goals, this assignment is targeted toward the development of a 1 month strength training workout plan. This assignment will meet the American College of Sports Medicine (ACSM) minimum weekly exercise recommendations for strength training and follow the F.I.T.T. (Frequency, Intensity, Time, Type) Principle. Complete details for this assignment including instructions and deadlines are located in the D2L assignments.

**Nutritional Analysis Report:** Students will download the My Fitness Pal app and log/save their food and beverage intake for three (3) days. After the 3 days, the students will review their daily summaries and write a one page summary (double spaced) of their findings. Complete details for this assignment including instructions and deadlines are located in the D2L assignments.

**Final Reflection/Discussion:** Students will summarize their individual health and nutritional findings over the course of this semester. This will take place in the discussion section of D2L.

**Chapter Exams:** These are available on D2L under “quizzes”. The purpose of these exams is to test the student’s knowledge gained from reading the chapter power points and doing research on the topics to “fill in the blanks.” Listening to the audio broadcast on screencastomatic or searching for the materials online using the American College of Sports Medicine guidelines will prepare the student for these exams. The student should be prepared before beginning the assessments! Once the quiz link has been opened, the testing clock begins. After 50 minutes, all exams are submitted regardless if the student is finished. Student’s will have two attempts and the average of the two scores is recorded. If the student chooses to only take one attempt, that score is posted. Exam deadlines are marked on the D2L quiz links.

**Final Comprehensive Exam:** This “exam” is simply a project that assesses the knowledge the student has gained over the topics discussed in chapters 1-6. Students will be assigned a client to develop a personalized workout and nutrition program. Complete details of this test will be found under the ASSIGNMENT link.

**Mandatory Fitness/Exercise Requirements:** As mentioned previously, any fitness tracking device that collects steps and active minutes will be acceptable for this course. The student’s fitness tracker is
used as a means for the professor to track your physical activity without having to meet on campus for specific workouts. In order to receive the maximum points on your weekly fitness tracker checks, the students must meet the minimum weekly exercise requirements for STEPS OR ACTIVE/EXERCISE MINUTES. These requirements are posted on each weekly D2L assignment for your exercise. Note: each weekly assignment submission must show a minimum of 3 different exercise days per week. The maximal number of steps the student can earn per day is 20,000 steps and the maximal number of active minutes the student can earn per day will be 75 minutes. As the semester progresses, the intensity of the requirements will increase. The American Heart Association recommends that we attain 10,000 or more steps per day (every day) and 30 or more active minutes per day, so those numbers will be the baseline/foundation for our starting weekly numbers. The fitness tracker week is your standard week (Sunday-Saturday). Therefore, your workouts for the week will be graded upon the Sunday (Day 1) –Saturday (Day 7). Complete details for these assignments including instructions and deadlines are located in the D2L assignments.

*Note: There will be two weeks this semester designated as “Make-up” weeks should you miss or score poorly on a Fitbit submission. Should you submit a make-up, the dates must exactly match the week you forgot to turn in your work. If you are choosing to use the make-up week to literally make-up the entire week of exercise, it must match the required active minutes and or steps for the week in which you have a zero/low posted for your grade. The reason for these make-ups is injury or illness could play a factor in your physical activity, but NOT your online activity.

**Fitness Assessment #2 - Rankings Classification (Mandatory on campus in Alumni Memorial Hall – Tentative Date – Monday, April 22nd):** This is a repeat test of Fitness Assessment #1 with the exception of the Rockport 1-mile test. This test will be replaced with the 3-minute step test. There will be no written report required. Instead, students will be graded on how their scores fair against the normal standards based upon population data. Your participation in exercise over the course of the semester should help improve your scores from the first assessment. The scoring charts associated with your lab report assignment will be the numbers that will be used for grading. Mid-range scores will be the high scores for this assessment (for example: average/good; excellent and superior scores will not receive any extra credit). **Note, the dates/times for this meeting will be confirmed in early April. Due to the softball schedule, the final exam period for this class cannot be used.

**COURSE POLICIES**

**Attendance:** On campus attendance is required for use of the devices required in your lab report as well as the final fitness assessment at the end of the semester. If there is no record of you checking in to the SARC, signing the class roll sheet and utilizing the required equipment for your lab report, you will not receive a passing grade for that assignment. Failure to appear for the final fitness assessment will result in a 0 for that portion of your grade. All other work in this course is to be completed online prior to the posted deadlines.

**Technical Requirements: Webpages/ Email:** This course will be conducted through Desire2Learn. The instructor will use Microsoft Office to post course information (PowerPoint, Word, Excel, etc.) and the students are expected to do the same. Students will be required to contact the instructor using their Gordon State College email account. The instructor will not correspond with students regarding the class through any off campus email once add/drop period ends and this class is in full swing. Should
you use the D2L email client, you will more than likely NOT receive a normal response time from the instructor. Generally, you can expect an email response through Gordon State email within 24 hours during the work week and on the next business day following a weekend or holiday (campus closed).

Make-up Work: There will be **no make-up work accepted** for any part of the course that requires an online submission with a deadline **so don’t ask for an extension** (EXCEPTION – there will be 2 Fitbit make-up days as noted above in the event you have an injury or illness that does not allow you to work out). Students are encouraged NOT to wait until the last day/minute to complete assignments there is always the chance the student could experience technical difficulties (which is not an excuse – I have heard them all!!). Plenty of time is given for the student to submit their work well in advance of any posted deadlines.

Illness/Injuries: If a situation or condition presents itself where you are unable to exercise and complete the course requirements, you will need to present the instructor with proper medical documentation supporting the illness/injury. Further actions regarding course completion will then be discussed.

Title IX: Gordon State College is committed to providing an environment free of all forms of discrimination and sexual harassment, including sexual assault, domestic violence, dating violence and stalking. If you (or someone you know) has experienced or experiences any of these incidents, know that you are not alone. All faculty members at Gordon State College are mandated reporters. Any student reporting any type of sexual harassment, sexual assault, dating violence, domestic violence or stalking must be made aware that any report made to a faculty member under the provisions of Title IX will be reported to the Title IX Coordinator or a Title IX Deputy Coordinator. If you wish to speak with someone confidentially, you must contact the Counseling and Accessibility Services office, Room 212, Student Life Center. The licensed counselors in the Counseling Office are able to provide confidential support. Gordon State College does not discriminate against any student on the basis of pregnancy, parenting or related conditions. Students seeking accommodations on the basis of pregnancy, parenting or related conditions should contact Counseling and Accessibility Services regarding the process of documenting pregnancy related issues and being approved for accommodations, including pregnancy related absences as defined under Title IX.

ADA and 504: If you have a documented disability as described by the Americans with Disabilities Act (ADA) and the Rehabilitation Act of 1973, Section 504, you may be eligible to receive accommodations to assist in programmatic and/or physical accessibility. The Counseling and Accessibility Services office located in the Student Center, Room 212 can assist you in formulating a reasonable accommodation plan and in providing support in developing appropriate accommodations to ensure equal access to all GSC programs and facilities. Course requirements will not be waived, but accommodations may assist you in meeting the requirements. For documentation requirements and for additional information, contact Counseling and Accessibility Services at 678-359-5585.

House Bill 280: For information regarding House Bill 280, see the University System of Georgia at the following link: http://www.usg.edu/hb280

Religious Holidays: Gordon State College acknowledges that the academic calendar can sometimes conflict with major holidays from among our diverse religious traditions. If a student must miss class due to the observance of a religious holiday, that absence may be excused. To be excused, the student
must inform his/her instructors before the absence and make alternate arrangements for any work due at the time of the absence. An excused absence for the observance of a religious holiday does not excuse student from responsibility for required course work.

**Academic Dishonesty:** Cheating of any kind will not be tolerated. Please refer to the Academic Dishonesty Policy in the Gordon State College Handbook.

**Other Notes:** Students ARE required to dress out in proper and appropriate workout attire (t-shirts, shorts, SOCKS, closed toe athletic shoes) when this class is scheduled to meet for fitness assessments and exercise activity. Jeans, work boots, flip flops etc are inappropriate and you will not be allowed to participate in assessments no exercise. This means you will not earn your participation credit/grade for that day.
Fitness Tracker Grade Checks

The graded workout week runs from Sunday to Saturday. You will then have UNTIL 11:59 PM on Sunday (grace period to 9 am on Monday morning) to submit the previous week’s work. Emailed assignments will not be accepted. All work must be submitted via the assignment link on D2L. Up to 20,000 steps or 75 active minutes will be counted per day and your submission must show a minimum of 3 different days of exercise per week.

**Week 1:** Start January 27 and end February 2. This is your baseline week. Wear your tracker daily to see where you fall for steps and active minutes. This will tell how if you are on track or need to make more time for your fitness for the next graded week. The only graded weekly minimums for this week is that you show 3 different exercise days.

**Week 2:** Start February 3 and end February 9. 150 weekly active minutes OR 50,000 weekly steps

**Week 3:** Start February 10 and end February 16. 165 weekly active minutes or 55,000 weekly steps

**Week 4:** Start February 17 and end February 23. 165 weekly active minutes or 55,000 weekly steps

**Week 5:** Start February 24 and end March 2. 180 weekly active minutes or 60,000 weekly steps

**March 3 – March 9: MAKE UP WEEK #1.** You only need to submit fitness tracker work if you missed or did poorly on a submission for weeks 1 through week 5. Only one make-up week for this time period is allowed.

*No work required over spring break March 10-16*

**Week 6:** Start March 17 and end March 23. 180 weekly active minutes or 60,000 weekly steps

**Week 7:** Start March 24 and end March 30. 195 weekly active minutes or 65,000 weekly steps

**Week 8:** Start March 31 and end April 6. 195 weekly active minutes or 65,000 weekly steps

**Week 9:** Start April 7 and end April 13. 210 weekly active minutes or 70,000 weekly steps

**Week 10:** Start April 14 and end April 20. 210 weekly active minutes or 70,000 weekly steps

**April 21 - April 27: MAKE UP WEEK #2.** You only need to submit fitness tracker work if you missed or did poorly on a submission for weeks 6 -10 (submission for Fit Bit 1-5 will not be accepted here). Only one make-up for this time period is allowed.
Tentative Course Schedule

This was pulled from the assignment deadlines on D2L. Always refer to the deadlines on D2L over this syllabus as this schedule is “tentative.” No late work will be accepted or graded.

Go ahead and get it in your mind that your deadlines for this class are at 11:59 pm on SUNDAY AND THURSDAY!

1/14-1/30:  Students MUST come to campus and use the sit and reach box and body comp analyzers in the SARC (please check SARC hours). Please check with the workers at the desk for roll sheet and to check out equipment.

1/17:  Syllabus quiz deadline.

1/24:  Fitness facility PowerPoint deadline.

1/27:  Start wearing your fitness tracker for exercise tracking.

1/31:  Fitness assessment #1 project/lab report deadline.

2/3:  Week 1 fitness tracker deadline.

2/7:  Chapter 1 deadline.

2/10:  Week 2 fitness tracker deadline.

2/14:  Chapter 2 deadline.

2/17:  Week 3 fitness tracker deadline.

2/21:  Cardio plan deadline.

2/24:  Week 4 fitness tracker deadline.

2/28:  Chapter 3 deadline.

3/3:  Week 5 fitness tracker deadline.

3/7:  Strength plan deadline.

3/10:  Make-up fitness tracker deadline (one submission for weeks 1-5 only).

3/21:  Chapter 4 deadline.

3/24:  Week 6 fitness tracker deadline.

3/28:  Chapter 5 deadline.

3/31:  Week 7 fitness tracker deadline.

4/4:  Chapter 6 deadline.

4/7:  Week 8 fitness tracker deadline.

4/11:  Nutritional analysis deadline.

4/14:  Week 9 fitness tracker deadline.

4/18:  Final comprehensive exam deadline.

4/21:  Week 10 fitness tracker deadline.

4/25:  Final reflection deadline.

4/28  Make-up Fitbit activity deadline (one submission for weeks 6-10 only).

TBA:  Mandatory on-campus meeting for final fitness assessment - Alumni Memorial Hall Gym Floor (3-minute step test, 1-minute push up test, 1-minute curl up test, sit and reach, body comp).