PHED 1010 Physical Fitness for Life
Online Course Syllabus
Summer Session

GENERAL INFORMATION

Instructor: Ally Hattermann
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Office Hours: By appointment only
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Cell: 404-405-5973
Course Webpage: Brightspace/D2L

REQUIRED EQUIPMENT
Although it is stated that a Fitbit is required for this course, students may 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 their Gordon State email address. Any and all technical questions regarding the fitness tracker should be directed to the manufacturer’s website and/or customer service/technical support.

SUPPLEMENTAL TEXTBOOK (Not required)

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 evaluate 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 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.

GRADING AND ASSESSMENTS

All assignments are open on the start day of class. The student is responsible for completing all assignments, quizzes, exams, etc. before the posted deadlines on D2L. A schedule of deadlines is included at the end of this syllabus. Missed/late work is counted as a zero.

Syllabus Quiz (no grade, attendance verification only): The purpose of this quiz is to prepare the student for this course and to verify their enrollment. The student will be dropped from the course by not taking this quiz before the posted deadline. After reading through this course syllabus, the student will need to complete the syllabus quiz in D2L under the “quizzes” tab.

Fitness Assessment & Written Project (100 points): 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. SARC HOURS SUMMER 2019: M/W/F: 8 am to 5 pm; Tue/Thur: 12 pm to 10 pm; Sat/Sun: 1 pm to 5 pm**

The 2nd part of this assignment is where the student will take their fitness scores/results and write a comprehensive self-evaluation report. Complete details including assignment instructions and deadlines are posted in the D2L assignments.

Chapter Quizzes/Exams (300 total points, 50 points per quiz): These are available on D2L under “quizzes”. The purpose of these quizzes/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 (password is always phed1010) 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. Students 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 (100 points): This “exam” is simply a project that assess 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.

Fitness Facility Research PowerPoint (25 points): 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 (25 points): Based upon the student’s identified & Defined cardiorespiratory fitness/exercise goals, this assignment is targeted towards 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 (25 points): Based upon the students identified & defined muscular strength training goals, this assignment is targeted towards 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 (25 points): Students will download the My Fitness Pal app and log/save their food and beverage intake for any three (3) days. After the 3 days, the students will review their daily totals 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 (100 points): Students will summarize their individual health and nutritional findings over the course of this semester. Essentially, this is a public review of the course through D2L and will take place in the discussion section of D2L.

Mandatory Fitness/Exercise Requirements (320 total points; 100 points per week, except week 1): As mentioned previously, any fitness tracking device will work for this course. The fitness tracker is used as a means for the professor to track the student’s physical activity without having to meet on campus for specific workouts. In order to receive the maximum 100 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 below as well as on each weekly D2L assignments. As the weeks progress, the intensity of the requirements will also increase. The American Heart Association recommends that we attain 10,000 or more steps per day and 30 or more active minutes per day, so those numbers will be the baseline/foundation for the starting weekly numbers. The fitness tracker week is your standard week (Sunday-Saturday). Therefore, workouts for the week will be graded upon the Sunday (Day 1) –Saturday (Day 7) schedule. Students must then upload a screen shot of their fitness tracker dashboard for the week by the deadline in order to receive credit. No late submissions will be accepted.
Week 1 (May 30 through June 1): 25,000 steps or 45 active minutes
Week 2 (June 2 through June 8): 30,000 steps or 90 active minutes
Week 3 (June 9 through June 15): 40,000 steps or 120 active minutes
Week 4 (June 16 through June 22): 50,000 steps or 150 active minutes

*If the student does not earn all of the minimum steps or minutes, the assigned grade will be the percentage of the steps/active minutes earned.

**Example Screenshot of Steps and Minutes.** Students should upload just ONE screen shot (highest percentage earned) per week.

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**Overall Grading Scale (“rounding up” has already occurred).**

- **A** (89.5% and above): 984.5 and above
- **B** (79.5% to 89.4%): 874.5 to 984.4
- **C** (69.5% to 79.4%): 764.5 to 874.4
- **D** (59.5% to 69.4%): 654.5 to 764.4
- **F** (59.4% and below): 654.4 and below

*Once a grade has been assigned on D2L, the student has **48 hours to discuss the grade** with the Professor if any grade changes need to be considered.*
COURSE POLICIES

Technical Requirements: Webpages/ Email: This course will be conducted through Brightspace/Desire to Learn (from the MY GORDON link at www.gordonstate.edu). The instructor will use Microsoft Office to post course information (PowerPoint, Word, Excel, PDF, etc) and the students are expected to post their work in the same format. 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. Should the student need to text the, they should identify themselves in the message.

Attendance: There is no attendance policy for online work, other than the posted assignment deadlines. All students are required to come to the Barnesville campus one time to use the equipment in the SARC for their fitness evaluation.

Make-up Work: There will be no make-up or late work accepted for any part of this course. All of the coursework is open from the start day of this class and the student is responsible for completing all assignments, quizzes, exams, etc. before the posted final deadlines. Therefore, students are encouraged NOT to wait until the last day/minute to complete the assignments as you may experience technical difficulties (which is not an excuse for missed or late work).

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. 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 (mandated reporters) 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, contact the Counseling and Accessibility Services Office, Room 212, Student 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 also 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.

Illness/Injuries: Should a student suffer a serious illness or injury over the course of the summer term and are unable to exercise or complete online work, the student will need to provide proper medical documentation in a timely manner so appropriate accommodations may be made.

Accommodations of Disability: Should the student need academic accommodations for a disability, the student must go through the process of receiving approved accommodations through the Student Counseling and Disability Services office, Gordon State College Barnesville Campus, Student Center, Room 212, phone – 678-359-5585.

Academic Dishonesty: Cheating will not be tolerated. Please refer to the Academic Dishonesty Policy in the Gordon College Handbook.
Other Notes: Students ARE required to dress out in workout attire (t-shirts, shorts, SOCKS, closed toe athletic shoes) and have their student ID when coming to the SARC on campus to use the equipment.
## Summer 2019 Schedule

**Week 1:** Students should be studying chapter 1 and exercising.

- **Thursday, May 30th:** D2L available. Drop/Add through Friday, May 31st.

**Week 2:** Students should be studying chapters 1 & 2 and exercising.

- **Monday, June 3rd:** Fitness tracker 1 screenshot due
  - Chapter 1 quiz due
- **Thursday, June 6th:** Fitness facility assignment due
  - Chapter 2 quiz due

**Week 3:** Students should be studying chapters 2-4 and exercising.

- **Monday, June 10th:** Fitness tracker 2 screenshot due
  - Cardio assignment due
- **Thursday, June 13th:** Chapter 3 quiz due
  - Strength assignment due

**Week 4:** Students should be studying chapters 4-6, completing the self-evaluation and exercising.

- **Monday, June 17th:** Fitness tracker 3 screenshot due
  - Chapter 4 quiz due
- **Thursday, June 20th:** Chapter 5 quiz due
  - Self-evaluation project due

**Week 5:** Students should be completing all chapter 6 work & final exam

- **Monday, June 24th:** Fitness tracker 4 screenshot due
  - Chapter 6 quiz due
  - 3 day nutrition assignment due
- **Tuesday, June 25th:** Final exam due