**COURSE SYLLABUS**

**GENERAL INFORMATION**

Course Title and Number: PHED 1010 Physical Fitness for Life
Required Text/Manuals: Physical Fitness for Life Pearson Custom Library
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Instructor’s Name: Bruce Capers
Office Hours/Location: Alumni Memorial Hall Room 117
 MWF – 1:00am – 2:30pm
 TTR – 9:30am – 10:30am
 1:00pm – 2:00pm
Office Phone Number: 678-359-5856
Email Address: bcapers@gordonstate.edu

**COURSE DESCRIPTION**

Introduction to fitness and health with an emphasis on physical activity, nutrition, weight

management, and health related fitness concepts. Each student will have an opportunity to asses, design, and implement a personal fitness and wellness program. Students will participate in a variety of physical fitness activities. Additional topics include stress management, lifetime activities, and emotional health.

**COURSE OBJECTIVES**

Students will demonstrate an understanding of:

1. Assess his/her current fitness & wellness levels.
2. The impact of physical activity on our overall health and wellness.
3. Discuss the relationship and interaction of physical, mental, emotional, social, and spiritual health of the individual.
4. Develop and implement a personal fitness and wellness program.
5. Nutritional and weight management concepts.
6. Identify personal stressors and utilize stress management techniques to lower stress.
7. Discuss the components which inhibit healthy living; tobacco, alcohol, and drug use, disease, cancer, heart disease, sexually transmitted disease, diabetes, etc.

**GRADING AND ASSESSMENT**

We will cover in class material, and meet at varies locations on campus for physical activity.
Please dress out in workout attire and bring written assessment. Should you not attend the first assessment, you will receive a zero on the lab report because you will not have any verified physical fitness scores to use to complete your project.

* Body composition analysis 20 points
* Four fitness test 80 points

 **100 points**

* (3) test every two chapters 30 points
* (6) quizzes 60 points
* Discussion and participation 25 points
* (4) article reviews/group presentations 40 points
* Cardio Plan 25 points
* Muscular strength training plan 25 points
* (3) nutritional analysis 30 points
* Activity log 65 points
* Final exam 100 points
* End of course program assessment 100 points

 **400 points**

**Final Course Grade (out of 500 points)**

 A: 447.5 points and above B: 397.5 points to 447.4 points

 C: 347.5 points to 397.4 points D: 297.5 points to 347.4 points

 F: 297.4 points and below

**COURSE POLICY**

1. Attendance
2. Attendance is required
3. The instructor may refuse admittance to late students
4. The instructor may drop, without warning, any student who misses more the four (4) classes
5. Participation 1. Students are expected to be on time and prepared for class
 2. Class participation is required for this course-lack of participation results in an
 unexcused absence for the day
6. Grading 1. Final grades are based on the total points accumulated during the semester
 including:
 A. Examinations (100 per exam)
 B. Lab Results (50 per lab)
 C. Article Review (100 per review)
 D. Individual Fitness/Wellness Plan Project
7. Extra Credit 1. May be available at the instructor’s discretion
8. Make-up work

1. Exams are given on date stated. Any make-ups allowed
 (instructor’s discretion) will be taken during the week of final exams. To be
 eligible for a make-up exam the student must inform the instructor BEFORE
 the date of the exam if they will not be present.

 F. Tutoring/Special Help
 1. Can be arranged with instructor

 G. Plagiarism/Cheating
 1. These activities will not be tolerated and will be handled to the fullest extent
 of the college policy.
 2. Refer to student handbook for further details

 H. Assignment Turn-In
 1. Assignments are due on the given dates
 2. Late assignments will result in a ten point deduction for each day they are late

 I. Illness/injuries/pregnancies: If a situation or condition presents itself where you are
 unable to exercise and complete the course requirement, I will need proper medical
 documentation supporting the condition. We will discuss assigning an incomplete for
 this course and finishing the requirements next semester.

 J. Accommodations of Disabilities: If you need academic accommodations for a disability
 you must go through the process of receiving approved accommodations through the
 Student of Counseling and Disability Services Office, Student Center, Room 212,
 phone #678-359-5585.

 K. Academic Dishonesty: Cheating will not be tolerated. Please refer to the Academic
 Dishonesty Policy in the Gordon State College Handbook.

 L. Other Notes: Students are required to dress out in workout attire (t-shirts, shorts,
 jogging pants, closed toe athletic shoes) when this class is scheduled to meet for
 fitness assessments.

M. Due dates of all assignments will be announce in class or student email.

 **Student Grade Worksheet**

|  |  |  |  |
| --- | --- | --- | --- |
| **Assignment** | **Student Grade** | **Assignment Totals** | **Percentage Grade** |
| Body Composition Analysis |  |  |  |
| Four Fitness Test |  |  |  |
| (3) Test |  |  |  |
| (6) Quizzes |  |  |  |
| Discussion & Participation |  |  |  |
| (4) Article Reviews & Group Presentation |  |  |  |
| Cardio Plan |  |  |  |
| Muscular Strength Plan |  |  |  |
| (3) Nutritional Analysis |  |  |  |
| Activity Log |  |  |  |
| Final Exam |  |  |  |
| End of Course Assessment |  |  |  |
| Final Grade |  | 500 |  |
|  |  |  |  |