

MARTIN COMMUNITY COLLEGE

COURSE SYLLABUS

Semester/Year: Spring 2011

COURSE NUMBER: PED 110 (50)

INSTRUCTOR: Danny Perry

COURSE TITLE: Fit and Well for Life

OFFICE NO: NA

CREDIT HOURS: 2

OFFICE/VIRTUAL HOURS:

CONTACT HRS/WK: 3 (1 Class, 2 Lab)

E-Mail Instructor

PREREQUISITES: None

PHONE NO: Dr. Broughton (252) 789-0246

COREQUISITES: None

FAX: (252) 792-0826

E-MAIL: dperry@mcc.martincc.edu

COURSE DESCRIPTION: This course is designed to investigate and apply the basic concepts and principles of lifetime physical fitness and other health-related factors. Emphasis is placed on wellness through the study of nutrition, weight control, stress management, and consumer facts on exercise and fitness. Upon completion, students should be able to plan a personal, lifelong fitness program based on individual needs, abilities, and interests. *This course has been approved to satisfy the Comprehensive Articulation Agreement for transferability as a pre-major and/or elective course requirement.*

PROGRAM LEARNING OUTCOMES:

1. Apply critical thinking skills to problem solving
2. Demonstrate the use of appropriate discipline related technology
3. Exhibit effective oral and written communication skills

COURSE LEARNING OUTCOMES:

1. Recognize and apply the basic concepts and principles of lifelong physical fitness.
2. Demonstrate a high level of understanding of the skills needed to plan and achieve lifelong fitness
3. Apply skills learned to plan a personal, lifelong fitness program based on individual needs, abilities, and interests

REQUIRED TEXTBOOKS: Fahey, Insel, Roth (2009). *Fit and well (Eighth Edition)*. New York, New York: McGraw-Hill. ISBN: 978-0-07-352372-9

SUPPLEMENTAL RESOURCES: None

LEARNING/TEACHING METHODS: Outside Reading Assignments, Exercise Log, Class Discussion via Blackboard Discussion Board, Writing Assignments and Internet Activities.

ASSESSMENTS/METHODS OF EVALUATION:

1. Tests- 300 Points
2. Internet Activities-150 Points
3. Outside Reading Assignments-100 Points
4. Discussion Board- 80 Points
5. Exercise Log- 70 Points
6. Final Exam-100 Points

Total Possible Points-800

Grading Scale based on total points accumulated:

720-800-A

640-719-B

560-639-C

480-559-D

479 and below-F

GRADING POLICY: 10 point grading scale

A= 90-100 (720-800 points)

B= 80-89 (640-719 points)

C= 70-79 (560-639 points)

D= 60-69 (480-559 points)

F= Below 60 (479 and below)

COURSE OUTLINE:

(January 5-9)

Chapter 1: Introduction to Wellness, Fitness, and Lifestyle Management

(January 10-16)

Chapter 2: Basic Principles of Physical Fitness

(January 17-23)

Chapter 3: Cardiorespiratory Endurance

(January 24-30)

Chapter 4: Muscular Strength and Endurance

(January 31-February 6)

Chapter 5: Flexibility and Low-Back Health

(February 7-13)

Chapter 6: Body Composition

(February 14-20)

Chapter 7: Putting Together a Complete Fitness Program

(February 21-27)

Chapter 8: Nutrition

(February 28-March 6)

Chapter 9: Weight Management

(March 7-13)

Chapter 10: Stress

(March 14-20)

Chapter 11: Cardiovascular Health

(March 21-27)

Chapter 12: Cancer

(March 28-April 3)

Chapter 13: Substance Use and Abuse

(April 4-17)

Chapter 14: Sexually Transmitted Diseases

(April 18-May 3)

Chapter 15: Wellness for Life

Final Exam: (May 1-3)

STUDENT ATTENDANCE POLICY:

Martin Community College recognizes that academic success is tied to regular attendance and completion of assigned work and tasks in a timely manner. Students are expected to attend a minimum of 80 percent of the total hours for a course, which includes classes, labs, and shops. A student will be counted present for the week by submitting a completed assignment during the week.

To enter section 50 (Internet) courses, students must do two things:

- (1) First, students must complete a technology assessment located on the Blackboard login page.
- (2) Second, students must login into Blackboard and complete the first assignment within seven (7) days.

Both the technology assessment and the first assignment must be completed for students to remain in the course. If students are taking more than one online course, the student ONLY takes the technology assessment ONE time.

Students must be present in at least one class during the first ten percent (10%) of a course in order to be considered enrolled in the class. If a student has not logged in Blackboard by the ten percent census date, the instructor will administratively withdraw the student.

Students who miss more than six contiguous contact hours or fail to attend the required percentage of total hours without a justifiable absence and verifiable contact with the instructor may be administratively withdrawn from the class by the instructor and given a grade of "WF." The "WF" will be equivalent to an "F" when calculated into the student's GPA. The course syllabus will indicate what the instructor considers a justifiable absence and will define "verifiable contact." Students may remove a "WF" by submitting appropriate paperwork for an official withdrawal by the last day to officially withdraw without receiving an "F." The last day to officially withdraw without receiving an "F" is published in the academic calendar for each academic year. The official withdrawal date for mini sessions, block courses, or other non-traditional schedules are available from the registrar and will be included on the course syllabus.

Request for Excused Absences for Religious Observances*

***In compliance with G.S. 115D-5, MCC policy permits a student to be excused, with the opportunity to make-up any test or other missed work, a maximum of two excused absences per academic year for religious observances required by the student's faith. The policy limits the excused absences to a maximum of two days per academic year.**

Students who wish to be excused for a Religious Observance required by their faith must complete and submit a request form to the instructor(s) prior to the census date of each class. The *Request for Excused Absences for Religious Observances* form can be picked up from Student Services. This does not supersede the college-wide attendance policy as outlined in the college catalog or syllabus, with the exception of a reasonable accommodation for the make-up of missed course work.

COURSE POLICIES: Please remember that spelling and punctuation are important when turning in work. Make use of the spell check feature before turning in assignments or posting on the discussion board. All assignments are due no later than the Sunday at 11:55 pm of the week they are due. Late assignments will not be accepted.

Each test or quiz has a time limit for completion. If you take more than the allotted time for the test or quiz, you will see a ! instead of your grade in the grade book. If you take more than the allotted time for a test or quiz, two (2) points will be deducted from a ten (10) point test or quiz and twenty (20) points will be deducted from a 100 point test or quiz. All tests and quizzes have a ten (10) minute time limit for completion. The final exam has a two (2) hour time limit for completion.

If you cannot reach your instructor, you may contact Dr. Phyllis Broughton, Dean of Academic Affairs and Student Services at (252) 789-0246 or (252) 789-0247 by phone, pbroughton@martincc.edu by e-mail, or in person at her office in Building 2, Room 33.

To access the Martin Community College Career Catalog for policies and curriculum requirements, please go online to www.martincc.edu

If you have a need for a disability-related accommodation, please notify the Student Services counselor at (252) 792-0293.