



PHED 1238 – Fitness For Life

Course Syllabus: May Intersession 2017

“Northeast Texas Community College exists to provide responsible, exemplary learning opportunities.”

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Office Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Online
	5:00am-6:30am 12:20pm-1:00pm	5:00am-6:30am 12:20pm-1:00pm	5:00am-6:30am 12:20pm-1:00pm	5:00am-6:30am 12:20pm-1:00pm		

The information contained in this syllabus is subject to change without notice. Students are expected to be aware of any additional course policies presented by the instructor during the course.

Catalog Course Description (include prerequisites): 2 credit hours.

Lecture/Lab/Clinical: Three hours of class and activity each week

Prerequisite: Physician approval may be necessary

This course is designed to prepare the student for cardiovascular fitness. It includes the meaning and use of selected physiological parameters of fitness, individual testing and consultation, and the introduction to suitable fitness programs.

Class Description: Welcome to Fitness for Life ONLINE! My name is Tom Seabourne and I will be your instructor for this course. Please make sure the first thing you do is thoroughly read the syllabus and everything in the START HERE folder... Printing the assignment due date calendar. You need to complete the 3 question syllabus quiz before you begin the course work. Once you complete the quiz you are considered an official attending member of this course. Anyone that does not complete the syllabus quiz can be dropped for non-attendance.

COURSE DESIGN: You will find on the course homepage that you need to complete a chapter’s worth of assignments per day. For each chapter, there is a learning objective assignment, possibly a lab that you need to complete, a post-test to ensure you understood what you learned and then videos to watch. You will have 3 major exams in this course and those exam questions can come from any of those assignments... even the videos, so make sure you are doing all the work in order.

Required Textbook(s): Fit and Well by Fahey, 11th ed. *Connect Plus with e/book*

Publisher: McGraw Hill Publishing

ISBN Number: 9780077770372

Recommended Reading(s):

<http://www.ntcceagles.com/live> Click on "our videos"

Student Learning Outcomes:

1. to demonstrate proper techniques of lifetime wellness;
2. to explain the physiological basis of physical training;
3. to explain the healthful benefits of lifetime fitness training;
4. to develop strength, endurance, and flexibility;
5. to demonstrate the basics of physical conditioning;
6. to acquire an appreciation of full body conditioning including cardiovascular involvement;
7. to design a program for lifetime physical development and maintenance.

Lectures & Discussions:**Evaluation/Grading Policy:**

DAILY ASSIGNMENTS: 60% OF YOUR GRADE

QUIZZES: 40% OF YOUR GRADE

Tests/Exams:

See Blackboard Assignment Section

Assignments:

See Blackboard Assignment Section

Other Course Requirements:**Student Responsibilities/Expectations:****NTCC Academic Honesty Statement:**

"Students are expected to complete course work in an honest manner, using their intellects and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. NTCC upholds the highest standards of academic integrity. This course will follow the NTCC Academic Honesty policy stated in the Student Handbook."

Academic Ethics

The college expects all students to engage in academic pursuits in a manner that is beyond reproach. Students are expected to maintain complete honesty and integrity in their academic pursuit. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. Refer to the student handbook for more information on this subject.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodations for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with respect to providing reasonable accommodations as required to afford equal educational opportunity. It is the student's responsibility to arrange an appointment with a College counselor to obtain a Request for Accommodations form. For more information, please refer to the NTCC Catalog or Student Handbook.

Family Educational Rights And Privacy Act (FERPA):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

Other Course Policies:

none