

PELLISSIPPI STATE COMMUNITY COLLEGE  
MASTER SYLLABUS

**LIFETIME FITNESS**  
**PHED 1010**

Class Hours 0.0

Credit Hours 1.0

Laboratory Hours 2.0

Date Revised Spring 2017

**Catalog Course Description**

Theory, knowledge and practical experience in principles of wellness relating to the healthful aspects of lifetime fitness.

**Prerequisites**

None

**Corequisites**

None

**Textbook(s) and Other Course Materials**

**Week/Unit/Topic Basis**

<b>Week</b>	<b>Topic</b>
1.	Locker Assignments/Syllabus Review Introduction / Self Management
2.	Preparing for Physical Activity /How Much Physical Activity Is Enough? Self Planning /Health Benefits of Physical Activity / Lifestyle Physical Activity
3.	Body Composition Pretest / Body Composition
4.	Nutrition / Managing Diet and Activity for Health Body Fatness
5.	Review for Midterm/ Midterm
6.	Flexibility /Safe physical activity / Flexibility Workout
7.	Cardiovascular /Active Aerobics/ Cardiovascular Assessment
8.	Cardiovascular Workout
9.	Cardiovascular Workout
10.	Cardiovascular Workout
11.	Strength Lecture / Strength Workout
12.	Strength Lecture / Strength Workout
13.	Strength Lecture pp / Strength Workout
14.	Stress Management Lecture/ Relaxation Exercise
15.	Final Exam Period

**Course Goals**

NOTE: Roman numerals after course objectives reference TBR General Education Goals.

The course will

- A. Enhance students' ability to understand and analyze information regarding correct Physical Fitness training technique: including warm up, cool down, and principles of training. I.6, III.5, V.1 VII.5
- B. Guide students' to understand and maintain the five health related components of physical fitness. III.3
- C. Develop students' knowledge of the Physical Fitness terminology then provide students with a setting where they may use correct language when referring to enhancing their nutrition, developing proper training technique, and developing training logs and goals. 1.6, VII.4, VII.5
- D. Expand students' understanding of multiple aspects of Physical Fitness and nutrition by giving them an opportunity to engage in multiple Physical Fitness activities and Healthy eating programs. III.1, VII.5
- E. Expand students' knowledge of the importance of tracking fitness achievement by having them maintain accurate logs and/or Journals. II.5, IV.5, VII.3, VII.5
- F. Enhance the students' ability to development and pursue Physical Fitness goals by applying proper technique, and effectively evaluating and correcting execution errors. III.5
- G. Provide an environment where students can develop an awareness of the importance of life-long wellness and personal development. III.3
- H. Enhance students' knowledge of etiquette, injury care, and safety while training for Physical Fitness. I.3; I.4; I.5

### **Expected Student Learning Outcomes**

NOTE: Letters after performance expectations reference the course objectives listed above.

The student will

1. Understand medical considerations before embarking on a physical fitness program. B
2. Understand wellness as a multi-dimensional concept. A&B
3. Understand the significance of maintaining healthy fitness levels. G
4. Define and demonstrate an understanding of hypokinetic conditions. C
5. Demonstrate knowledge of the health related components of physical fitness. B
6. Understand how to use self-management skills to adhere to healthy lifestyle behaviors. A
7. Demonstrate knowledge of heat-related problems. H
8. Demonstrate knowledge of and engage in effective warm-up activities. A
9. Demonstrate knowledge of and engage in effective cool-down activities. A
10. Wear proper clothing and footwear for safe, comfortable cardiovascular, flexibility, and muscular strength workouts. H
11. Describe the metabolic benefits of physical fitness. A&G
12. Describe the psychological benefits of physical fitness. A&G
13. Describe the four primary risk factors associated with coronary heart disease. A

14. Calculate target heart rate. A
15. Locate and monitor exercising and resting heart rates. A
16. Define flexibility; understand why it is a health related component of physical fitness. B
17. Demonstrate knowledge of and engage in a variety of different stretching methods. A & B
18. Describe how to stretch safely. B & H
19. Describe the benefits of muscle fitness. B
20. Demonstrate knowledge of and engage in a progressive resistance exercise program. A
21. Describe the adverse effects of anabolic steroid use. H
22. Describe how to prevent injury while engaging in a progressive resistance exercise program. H
23. Describe questionable exercises and safe alternatives. H
24. Describe the acronym FITT for building cardiovascular fitness. A B & C
25. Describe the Overload Principle. A
26. Describe the Principle of Progression .A
27. Describe the Principle of Specificity. A
28. Describe the Principle of Reversibility. A
29. Describe the Principle of Diminishing Returns. A
30. Use the physical activity pyramid in developing a physical fitness plan. B & G
31. Demonstrate knowledge of self-planning skills for lifetime physical activity. B& G
32. Demonstrate knowledge of physical activity, fitness and disease prevention and treatment. G
33. Demonstrate knowledge of lifestyle physical activity. A
34. Describe somatotyping. C
35. Engage in bioelectrical impedance analysis. E
36. Engage in skinfold body-fat analysis .E
37. Describe the RICE acronym to remember first aid treatment. H
38. Describe BMR as a factor in maintaining a healthy body composition. B
39. Describe the function and importance of protein in a well-balanced, nutritional diet. D&F
40. Describe the function and importance of fat in a well-balanced, nutritional diet. D, F&G
41. Describe the function and importance of carbohydrates in a well-balanced, nutritional diet. D,F,& G
42. Describe the function and importance of water in a well-balanced, nutritional diet. D,F,& G
43. Describe the function and importance of vitamins in al well balanced, nutritional diet. D,F,& G
44. Employ the food guide pyramid in developing a health-eating plan. D,F,& G
45. Engage in flexibility and stretching exercises. A & B
46. Maintain accurate fitness profiles. E
47. Maintain an accurate nutritional log.

- 48. Maintain an accurate fitness log. E
- 49. Demonstrate knowledge of and engage in stress management, relaxation, and time management techniques. A
- 50. Engage in a cardiovascular fitness program. A,B,C,D, E &G
- 51. Participate in cardiovascular fitness assessments to establish baseline fitness levels and improvement. A,B,C,D, E &G

**Evaluation**

**Testing Procedures 40% of grade**

Midterm	20 Points
Final	20 Points

**Laboratory Expectations 0% of grade**

**Field Work N/A**

**Other Evaluation Methods: 60% of grade**

Fitness Journal	20 points
Participation	20 points
Fitness goals	10 points
Attendance	10 points

After three absences, 4 points will be subtracted from the student's attendance grade. Students with eight or more absences will not pass this course. Students who fail to participate in assigned activities will be counted as absent.

**Grading Scale**

A	93 -100 points
B+	92 - 88 points
B	87 - 83 points
C+	82 - 78 points
C	77 - 73 points
D	72- 62 points
F	61 below points

**Policies**

**Attendance Policy**

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the

department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

### **Academic Dishonesty**

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems; or completing academic assignments.
- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

Please see the Mississippi State Policies and Procedures Manual, Policy 04:02:00 Academic/Classroom Conduct and Disciplinary Sanctions for the complete policy.

### **Accommodations for Disabilities**

Students that need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Disability Services (DS) in order to receive accommodations in this course. Disability Services (<http://www.pstcc.edu/sswd/>) may be contacted via Disability Services email or by visiting Alexander 130.

### **Other Policies**

#### **Physical Education Activity Attendance**

Three absences will be allowed. On the fourth and subsequent absences, four points will be deducted from the final total. Students with eight or more absences will not pass the course. Students who fail to participate in assigned activities will be counted as absent.

**Make-up**

1. After one week, students will not be allowed to make-up written examinations.
2. With documentation, students will be allowed to make-up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

**Tardiness/Lateness**

Students are expected to be on time for class. Students late for class will have points deducted from the participation total. Ten minutes late will result in an absence

**Dress**

Student should wear attire appropriate for scheduled activity

**Cell Phone**

Use of cell phones (texting, talking, surfing the web, reading emails, etc.) will be limited to approved classroom activities. Usage of text messaging will only be allowed if there is an emergency on a particular day of class, and the student lets the instructor know ahead of time that he/she may be expecting a message. This will prevent students from missing material that is covered in class, and it is respectful to other students and the instructor.

**Stepping out of the Classroom**

Students are to remain in the classroom during all classes, unless he/she needs to use the restroom. This will eliminate distractions to other classmates and allow all students to not miss any material covered in class.

**Exercise Disclaimer**

Please consult your physician or medical professional before starting any exercise, diet, treatment, health, self-help, nutrition or any other related program.

**Injury**

Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

**Gum, Food, Drink, etc.**

In accordance with the guidelines of the Student Recreation Center, any type of chewing gum, tobacco products, food, or drinks are not allowed in Physical Education classes.

The exception would be that WATER is allowed in the weight room provided that it is in a spill-proof container.