

South Plains College
Department of Physical Education
PHED 1304
Fitness & Wellness (Online)

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Required Text: Fit & Well, Fahey, Insel, and Roth, McGraw Hill, (latest edition) (You do NOT need to purchase an access code for CONNECT.) I will not accept assignments or discussions boards through my South Plains College Email.

Please only use the Blackboard email tab when turning in assignments for this class. I will not accept work that is emailed to me using my South Plains College email address.

Course Description

This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, power point presentations, along with the textbook chapters will provide students with the necessary tools to take responsibility and make drastic improvements to their long term personal health.

Student Expectations:

South Plains College's online courses and programs are based on interactive teaching, learning, and communication. Faculty and students actively contribute to one another's learning through critical dialogue, integrative learning, and collaborative learning. In order to take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and unit instructions.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussions boards and personal interactions.

Blackboard is the computer software used to deliver this course. It is essential that you have reliable access to the Internet, Microsoft Word, Power Point, Excel, Adobe, etc. It is the student's responsibility to verify that assignments and assessments are accessible. You will have deadlines set for you throughout the semester. If you wait until a few hours before assignments are due and have technical difficulties, they may not be corrected in time to get credit for the assignment. Have a backup plan in place should you encounter computer problems. There are open computer labs available to all enrolled SPC students on all campuses. It is also the student's responsibility to have the required computer skills to complete this course. You must be able to download and attach files, watch videos, etc. Should you encounter technical difficulties contact the SPC technical support at (806) 716-2180 or email blackboard@southplainscollege.edu. Be sure to include course and section number information when contacting technical support. If you are not a self-motivated student, online classes are most likely not for you!

Required Video Service: Netflix is an Internet-based video streaming service offering a number of television shows, movies, and educational documentaries that are accessible from your home television, computer, tablet, or smart phone. The Educational Documentaries are what we will use as a class to complete some of the discussion board and/or homework assignments. You can access Netflix through this link, <https://www.netflix.com/>, or Google the name Netflix. Your first month is free, and any additional month used will be charged between \$7 and \$11 per month

depending on the package you choose. If you do not plan on using this service after the class has been completed, you will need to be sure and cancel your membership on the Netflix website.

If you would like to delay adding this service until you are instructed to use it the first time, then that will allow you to delay the use and beginning of your first free month.

Unit Instructions!! Instructions for this course will come from the course ***Unit Instructions***. There are many ways to get to information you will need, but this is probably the easiest way to navigate the course. **There will be 4 Units listed under this tool by the end of the semester.** These units will list everything you need to do for each unit and chapter, including due dates.

Course Evaluation:

- 1) There will be **Four Exams** (posted under the **ASSESSMENTS** Tool), each worth 50 points (200 points total; 40% of your overall grade). Each exam will consist of 50 questions (multiple choice). The materials covered on each exam are listed in the Unit Instructions. Once you log on to the test you will have 60 minutes to complete the exam. Do not leave the exam screen once you begin. You will not be able to leave the exam and return to it later. **Once you enter the exam you must finish!** You may use your notes and/or text, but *be aware of the time limit.*
- 2) **Chapter Quizzes** will be given over every chapter for a total of 15 quizzes. Each quiz is worth 10 points (150 points total; 30% of your overall grade). Each quiz will consist of multiple choice or true false questions. You will only be able to take each quiz one time. Once you log on to the quiz you will have 120 minutes to complete the quiz. Please use your notes and/ or textbook to complete the quizzes. These quizzes will help prepare you for the exams.
- 3) **Two Homework Assignments** will be completed over the course of the semester. Each homework will be worth 37.5 points (75 points total; 15% of your overall grade). These assignments will be posted throughout the ***Unit Instructions*** and can also be found under the **HOMEWORK ASSIGNMENTS** Link. **Please only use the Blackboard email when emailing assignments. I will not accept them otherwise.**
- 4) **Discussion Board (DB) Activities/ Lab Assignments** will be completed over the course of the semester, each worth 5-15 points (75 points total; 15% of your overall grade). **Please see each Unit module for instructions for each assignment.** Do not ignore these assignments. Do not copy answers straight from the text. The primary goal for the discussion portion of the course is to "talk" about what you are learning, so it is fine to be somewhat informal and conversational, however check your grammar and spelling and do not use text message lingo. Please read and respond to others' posts even if it does not directly say to do so in your assignment. Your grades on these assignments will not be based on whether or not you give correct answers, but will be based on your content. Please be sure to use the "Create Message" function to begin a new post, and use the "Reply" function when responding to others. Please be respectful of others when posting on the DB, and keep your content appropriate and pertaining to the subject matter. *(Students who do not comply with this last statement will be dropped from the course.)

** I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the power point slides and take good notes. Plan ahead, and do not wait until the last minute to submit your assignments. Excuses for late work, such as "The network was down," or "I could not figure out how to post or send the assignment" are not acceptable.

*** All written assignments should be presented using the conventions of Standard Written English.

South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang and informal kinds of self-expression are appropriate in some contexts, they are out of place in academic writing.

Administrative Drop Policy: Due to Financial Aid and South Plains College requirements for participation/attendance a student who fails to complete and turn by the due date listed 6 total assignments will be dropped and either receive an "X" or "F" (at my discretion).

Academic Integrity: Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *he or she will receive an F and administrative withdrawal.*

Final grades will be determined as follow:

- 4 examinations @ 50 points each: 200 points
 - 15 quizzes @ 10 points each 150 points
 - 2 Homework assignments @ 37.5 points each 75 points
 - Discussion Board Activities/ Lab Assignments 75 points
- Total: 500 points**

<u>Final Grade</u>	<u>Point Percentage</u>	<u>Point Total</u>
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-397
D	60-69%	298-347
F	Below 60%	Below 298