**Reinhardt University**

PED 100: Fitness for College and Life

(2 Credits)

**Spring 2024**

**General Course Information**

**Class Time/Days:**  MW 10:00am **Location:** Brown Gym 208

**Instructor**: Krista Mullins **Office:** Brown 104

**Office Hours:**  **Phone:** 770-720-5949

MW: 8:30am – 9:00am **Email:** krm@reinhardt.edu

## TR: 8:30am – 9:30am & 11:00am – 12:00p Cell: 770-881-6697

F: 10:00am – 11:00am

**Course communication**

The instructor will communicate with students using course announcements and email. Students with personal concerns or questions may contact the instructor via the course email option in Canvas. The instructor will respond to all student emails within 24 hours and return all voicemail within 24-48 hours. Please provide your name, phone number, and a good time to return your call when leaving a voicemail.

**Catalog Course Description**

This course emphasizes the components of health-related fitness (cardio-respiratory endurance, muscular strength and endurance, flexibility and body composition), and also addresses alcohol/tobacco/other drugs, nutrition, and stress management. The course is a General Education requirement for all Reinhardt University students.

**Text/Course Website**

* Recommended Text: Total Fitness & Wellness (Powers, Jackson, and Dodd 2014)
* Canvas Website: <https://reinhardtuniversity.instructure.com/login/ldap>

**Purpose of the Course**

The primary purpose of this course is the acquisition and assessment of personal fitness in the areas of cardio-respiratory endurance, muscular strength and endurance, flexibility, and body composition. Participation in activities designed to enhance those fitness components is a central aspect of the course. Additionally, the course will address health assessments, lifestyle choices, and personal health planning for fitness, nutrition, and stress management.

**Reinhardt University General Education Learning Outcomes**

PED 100 addresses the following General Education Learning Outcome:

Domain IV: Values and Ethics

* Students will demonstrate understanding of and commitment to physical, emotional, and spiritual wellness.

## Course Learning Outcomes

Students should be able to:

1. summarize the concept of wellness by explaining wellness dimensions and the wellness continuum.

2. assess personal health as indicated by the components of health-related fitness.

3. evaluate the current status of health in the U.S. as measured by leading causes of death.

4. identify lifestyle factors that influence health and longevity.

5. explain the importance and role of goal setting in an exercise program.

6. develop specific objectives for behavioral change related to physical fitness and wellness.

7. define cardiorespiratory endurance and explain the benefits of cardiorespiratory training.

8. comprehend the importance of adequate cardiorespiratory endurance in maintaining good health.

9. define aerobic and anaerobic exercise.

10. assess cardiorespiratory fitness through various testing procedures.

11. interpret cardiorespiratory fitness test results and implement appropriate exercise program changes.

12. explain the principles that govern cardiorespiratory exercise (frequency, intensity, time, type; FITT).

13. identify activities to enhance cardiorespiratory endurance.

14. define and adhere to sound training and exercise principles.

15. comprehend and implement appropriate safety guidelines for physical activity.

16. perform weight training exercises that enhance large muscles groups.

17. demonstrate knowledge of appropriate spotting and training techniques for weight training.

18. identify factors that affect and enhance the development of flexibility.

19. define and perform various types of stretching and flexibility enhancing activities.

20. differentiate between body weight guidelines and body fat percentage recommendations.

21. assess personal body composition and evaluate this fitness component based on the assessment.

22. calculate and understand the importance of waist-to-hip ratio and body mass index (BMI).

23. identify the six classes of essential nutrients.

24. identify the three classes of energy yielding nutrients (RDA; sources; purposes; cals/g; types).

25. explain the dangers of high cholesterol levels and the two ways to measure cholesterol (level/ratio).

26. list tips for reducing fat and cholesterol in the diet.

27. cite appropriate body composition for males/females using both body fat% and body weight.

28. cite health problems/risks and understand the consequences associated with obesity.

29. explain appropriate weight loss guidelines (lbs/week; formula).

30. demonstrate knowledge of MyPlate recommendations.

31. define terms associated with alcohol and alcohol related problems (depressant, tolerance, etc.)

32. cite trends among college age drinkers ... binge drinking, profile of drinkers.

33. discuss both health related and impairment related alcohol problems, including what research tells us about those more at risk for developing alcoholism.

34. determine personal low risk drinking guidelines.

35. identify appropriate quantity-frequency choices and risks with inappropriate QF choices.

36. identify risks associated with daily drinking and less than daily drinking based on QF choices.

37. identify risks associated with getting drunk and high risk drinking without getting drunk.

38. cite and define the six classes of psychoactive drugs.

39. define stress, eustress, and distress.

40. identify common stressors among college students and middle aged adults.

41. describe the effects of stress on the body’s nervous system.

42. describe the effects of stress on the body both physiologically and psychologically.

43. explain common stress management and reduction techniques.

44. develop a health-enhancing lifestyle plan encompassing fitness and one other area of the course.

## Methods of Instruction

Possible methods of instruction include: Physical Activity; Lecture/Discussion; Video; Guest Speakers; Projects; Online Instruction/Websites; Health Assessments; Group Work; Other as determined by instructor

## Course Policies

**Attendance and Punctuality:** Attendance and punctuality are crucial aspects of the course. Please show up – on time - just as you would for a job, a doctor’s appointment, or a date for a movie. Do not walk in late and do not pack up early. Excessive absences and or habitual tardiness, both subjective determinations by the instructor, will result in a lowering of the final course average and potentially a failing course grade. On the rare occasion you miss a class session, do not contact the instructor to ask if you missed anything (the answer is “Yes” – contact a classmate). You can see what will be covered in class on the course calendar. You can see what is due on Canvas.

If you are ill and unable to come to class, please email me and let me know. If you are having to miss class for a doctor’s appointment, please get a doctor’s note and your attendance will be adjusted once that is presented.

**Absences for Reinhardt Events:** Students missing class for Reinhardt-related reasons (including athletics and performances) on dates assignments are due must submit those assignments to Canvas by the due date/time. If you will be missing an exam, arrangements to take the exam must be made prior to the exam date. You are responsible for contacting the instructor to make these arrangements.

**Late Work:** You will have a about a week after an assignment is due to get it submitted for credit. Each day an assignment is late, there will be an automatic deduction of 5 points. For example, it you submit an assignment 6 days late, you will only be able to earn up to a 70%. After the extended submission time, no late work will be accepted. All assignments must be turned in prior or on the date that they are **due by 11:59 pm via Canvas unless otherwise noted in Canvas.**

**Extra Credit:** Extra credit is offered throughout the entire semester. This is done through “Optional Review Questions” following each chapter. These can be found in the modules section on Canvas. Each set of extra credit questions will need to be emailed to me ([krm@reinhardt.edu](mailto:krm@reinhardt.edu)) by the next class date. This date will depend on which class group you are in but will work in the following way: Once a chapter lecture is complete in person, your extra credit questions will be due the next time you meet in class by 11:59pm. **No Late work will be accepted for extra credit questions.**

**Distractions:** Basic civility and common courtesy are expected in the class at all times. Basic civility includes the expectation that all electronic devices are to be off (or on quiet setting) and put away (not in lap or pocket) during class**. Refrain from instant messaging, texting, tweeting, etc, during our brief time together.** If you are expecting an emergency message of some sort, inform the instructor prior to the class. Similarly, once class begins, please refrain from chatter. If a class or group discussion is part of a given class period, you will be informed of that expectation.

**Covid-19:**

For more information about COVID -19 and what is expected of you regarding the wearing of masks, please see the following link:

COVID-19 Info Page: <https://www.reinhardt.edu/student-life/student-services-resources/COVID-19-Updates>

**Other Important Information:**

All students, faculty, staff and administration at Reinhardt University are subject to changes in policies if mandated by the State of Georgia. Current policies and procedures can be found at:  <https://www.reinhardt.edu/back-to-campus>

If you have any questions, please refer to the website or contact Reinhardt University at the numbers below.

Campus Nurse within the Student Health Center: [nurse@reinhardt.edu](mailto:nurse@reinhardt.edu), 770-720-5542 or [www.reinhardt.edu/nurse](http://www.reinhardt.edu/nurse)

Public Safety: [publicsafety@reinhardt.edu](mailto:public_safety@reinhardt.edu)

**Non-Emergency Phone:** 770.720.5789  
**Emergency Phone:** 770.720.5911

Dean of Students: [deanofstudents@reinhardt.edu](mailto:deanofstudents@reinhardt.edu), 770-720-5540

Office of the Provost: [provost@reinhardt.edu](mailto:provost@reinhardt.edu), 770-720-9102

## Course Requirements/Assignments/Evaluation

1. **Exams** (40%)

* Students complete four written examinations during the semester. Each exam counts 10% toward the overall course average. The format may include objective and subjective items. Exam content will be drawn from text, lecture notes, handouts, and any other materials provided by the instructor.

2. **Health and Fitness** (40%)

A. Personal Fitness Assessments (10%)

* Students complete two sets of Personal Fitness Assessments (PFA)
  + The assessments measure components of health-related fitness
  + Procedures and due dates will be provided in class

B. Fitness and Wellness Plan (10%)

* Students develop and complete a personal wellness plan to include:
  + Fitness Goals and Activity Plan (based on PFA results)
  + Nutrition Assessment
  + Lifestyle Change Paper

C. Stress Assessment (10%)

* Students assess the impact of stress on personal health by completing an instructor-provided assignment. The stress assessment can include (but may not be limited to):
  + Monitoring stressors for a given time period
  + Analyzing stress and personal health through an online website
  + Evaluating stress and personal health through a type-written reflection

D. Class Presentation (10%)

* Students will be required to give a presentation to the class
  + Topics can be anything related to health and fitness that is not covered in class and is approved by the instructor

3. **Class Contributions** (20%)

* Student attendance (10%)
* Out-of-class assignments and Workout Days (10%)

**Reinhardt Credit Hour Statement: 2 Credit Hour Class**

Over 15 weeks, students will spend 100 minutes per week in lectures, class discussions, and examinations (25 hours for the semester). Instructional time includes a 3-hour final exam. Out-of-class work includes homework and preparation for exams and quizzes and is estimated at around 200 minutes per week (50 hours for the semester).

## In Class Activity

On specified dates, the class will take part in physical activity. Students are expected to actively participate in those activities unless excused by the instructor for medical purposes. Two points to remember:

* Safety First: If something hurts – STOP and inform instructor.
* Lifetime Foundation: Your grade is not affected by how skillful or fit you are … this is a class that should provide a foundation for a lifetime of physical activity and healthy practices … not a class that assigns a grade based on your physical prowess.

## Grade Scale

**A** 90% and above **C** 70-79% **F** Below 60%

**B** 80-89% **D** 60-69%

## Academic Integrity

Students are expected to adhere to the *Reinhardt University Honor Code* with regard to academic integrity. Instances of academic dishonesty (cheating, plagiarism, etc) will result in a course grade of “F” and any other penalties imposed by Reinhardt University.

## Accommodation Statement and Academic Support

“The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a documented disability requiring an accommodation, please contact the Academic Support Office (ASO).

Reinhardt University is committed to providing reasonable accommodations for all persons with disabilities. Therefore, if you are seeking classroom accommodations under the Americans with Disabilities Act, you are required to register with the Academic Support Office (ASO). ASO is located in the basement of Lawson Building. Phone is 7707205567. To receive academic accommodations for this class, please obtain the proper ASO letters/forms.”

<https://www.reinhardt.edu/academic-resources/academic-support-office/aso-student-guide/>

**Technical Issues and Support**

Students needing technical support for Canvas, Microsoft 365, Reinhardt email, or any other technology issues should contact Reinhardt IT at 770-720-5555 or IT@reinhardt.edu.

## Schedule of Class Meetings – Please see attached Course Calendar

## Instructor’s Bibliography

American College of Sports Medicine (2003). *ACSM Fitness Book*. Champaign, IL: Human Kinetics.

Anspaugh,D.J., and Ezell G. (1998). *Teaching today’s health* (5th Ed.). Boston: Allyn & Bacon.

Baechle, T. and Groves, B. (1998). *Weight training: Steps to success* (2nd Ed.). Human Kinetics.

Bender, S. (1997). *Teaching Health Science: Elementary and Middle School* (4th Ed.). Boston: Jones and Bartlett.

Brooks, D. (1999). *Your personal trainer*. Champaign, IL: Human Kinetics.

Brown, L. (1996). *Lifetime fitness*. Gorsuch Scarisbrick Publishers.

Champeau,D. (1998). *Great ideas in teaching health*. Boston: Allyn & Bacon.

Corbin, C.B. and Lindsey, R. (1994). *Concepts of physical fitness* (8th Ed.). Madison, WI: Brown and Benchmark.

Cornacchia, H.J., Olsen, L.K., and Ozias, J. (1996). *Health in elementary schools*. (9th Ed.) St. Louis:McGraw-Hill.

Cresswell, W., and Newman, I. (1993). *School health practice* (10th ed.). St. Louis: McGraw-Hill.

*Health* (2003-04). Dushkin-McGraw Hill.

Insel, P. and Roth, W. (2002). *Core Concepts in Health* (9th ed.). McGraw-Hill.

Nakamura, R. (1999). *Health in America: a multicultural perspective*. Boston: Allyn and Bacon.

Sandler, D. (2003). *Weight training fundamentals*. Champaign, IL: Human Kinetics.

Sharkey, B. (2001). *Fitness and health* (5th Ed.). Champaign, IL: Human Kinetics.

U.S. Department of Health and Human Services (1996). *Physical activity and health: A report of the Surgeon*

*General*. Atlanta, GA: USDHHS, Centers for Disease Control and Prevention, National Center for Chronic Disease

Prevention and Health Promotion.

Weinstein, E., and Rosen, E. (1999). *Teaching children about health*. Englewood, CO: Morton.

**PED 100: Fitness for College & Life Spring 2024 MW Course Outline**

Week 1: 01/08 Introduction and Syllabus Overview

01/10 Class Icebreakers

Week 2: 01/15 **NO CLASS – MLK Jr. Day**

01/17 Understanding Fitness and Wellness Ch. 1

Week 3: 01/22 Principles of Exercise / Cardio-Respiratory Endurance Ch. 2/3

01/24\* Cardio-Respiratory Endurance: Step-test Ch. 3

**F & W plan: Introduction Due**

Week 4: 01/29\* Muscular Strength and Endurance: Push-up Test Ch. 4

01/31\* Flexibility: Sit and Reach test Ch. 5

**F & W Plan: Wellness Due**

Week 5: 02/05\* Body Composition: Body Comp. Assessments Ch. 6

**Personal Fitness Assessment #1 Due**

02/07 **Exam I** **(Chapters 1-6)**

Week 6: 02/12 Stress Management Ch. 11

02/14 **No Class: Workout Day 1 on Your Own**

Week 7: 02/19 Stress Management Ch. 11

**F & W Plan: Physical Fitness Project Due**

02/21 Addiction and Substance Abuse Ch. 16

Week 8: 02/26 **Exam 2** **(Chapters 11 & 16)**

02/28 Scavenger Hunt

Week 9: 03/04 **No Class – Spring Break**

03/06 **No Class – Spring Break**

Week 10: 03/11 Nutrition, Health and Fitness Ch. 8

03/13 Nutrition, Health and Fitness Ch. 8

**Stress Assessment Due**

Week 11: 03/18 **Online Lecture: Exercise, Diet, and Weight Control Ch. 9**

03/20 **No Class: Workout Day #2 – On Your Own**

Week 12: 03/25 Exercise Related Injuries Ch. 13

**(F & W Plan: Food Journal Project Due)**

03/27 Exercise Related Injuries Ch. 13

Week 13: 04/01 **Exam 3 (Chapters 8, 9, & 13**

04/03 **Online Lecture: Cancer Ch. 14**

Week 14: 04/08 Presentations

04/10 Presentations

Week 15: 04/15 Presentations

04/17\* Fitness Testing (Step test, Sit & Reach, Push-ups, Body Comp)

Week 16: 04/22 **Exam 4: Last Day of Class**

**(Review of Personal Fitness Assignment Due)**

**04/25- THURSDAY: Make-Ups** - **Exam 4, Presentation, and Fitness Testing (8:30 – 9:30am)**

**Notes:**

* The **\*** on specified dates indicates days you are to dress in appropriate work-out attire
* F & W Plan assignments collectively make up the Fitness & Wellness Plan grade
* All dates/assignments are tentative and subject to change based on pace of course/instructor discretion
* Please contact the instructor immediately if you are having problems in the course