

REINHARDT UNIVERSITY

Physical Education Department



PED 100 (020): Fitness for College and Life

FALL **2023**

General Course Information

Class Time/Days: MW 10:00am – 10:50am
Instructor: Kelley Horton
Office Hours: As Posted and by Appointment

Location: Brown Gym 208
Office: 213
Phone: 770-720-5615
Email: KRH@reinhardt.edu

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.

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).

Required Text/Recommended Readings

- No required text. Online and other readings as assigned during the semester.

Course 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.

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; cal/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 food pyramid 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 risks associated with getting drunk and high risk drinking without getting drunk.
36. define stress, eustress, and distress.
37. identify common stressors among college students and middle-aged adults.
38. describe the effects of stress on the body's nervous system.
39. explain common stress management and reduction techniques.
40. 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.

In-Class and Out-of-Class Activities/Workout Days

Some class activities and assignments require students to take part in physical activity. Students are expected to actively participate in those activities unless excused by the instructor for medical purposes. Medical documentation may be required to be excused.

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 current level of fitness.

Course Requirements/Assignments/Evaluation

1. Exams (45%)

- Students complete three online examinations during the semester. The format may include objective and subjective items. Exam content will be drawn from power point and lecture information, notes, handouts, and any other materials provided by the instructor.

2. Health and Fitness (45%)

A. Personal Fitness Assessments and Goals (15%)

- Students will complete two sets of Personal Fitness Assessments (PFA) and create fitness goals and an activity plan
 - The assessments measure components of health-related fitness
 - SMART Fitness Goals and Activity Plan (based on PFA results)
 - Procedures and due dates will be provided in class and posted on Canvas

B. Wellness Assessments (15%)

- Students will assess/reflect on current and desired state of health and well-being using various tools and information discussed and provided in class. Wellness assessments and reflections may include:
 - Nutrition Log and Assessment
 - Lifestyle Behavior Assessment
 - Lifestyle Change Paper

C. Stress Assessment (15%)

- 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
 - Analyzing stress and personal health through an online website
 - Evaluating stress and personal health through a type-written reflection

3. Participation, Communication, Professionalism, and Credibility (10%)

- Students are expected to participate in and complete in-class and online or remote activities, labs, and workouts. Therefore, students should make meaningful and active class contributions including preparedness, attendance, punctuality, and informed discussion and participation. **Please review Policies and Expectations about Professionalism and Credibility.**

Grade Scale

A	90% and above
B	80-89%
C	70-79%
D	60-69%
F	Below 60%

Course Policies and Becoming a Professional

- **Cell Phones** – unless requested by the instructor for instructional purposes, there will be no personal use of cell phones in this classroom. If you must use your cell phone, please do so before class or during breaks, and please step outside the classroom. Once inside the classroom place your phone face down on your desk or put your cell phone inside your book bag (not in a pants pocket or in your lap).
- **Laptops and Tablets** – unless allowed by the instructor for instructional or research purposes, there will be no personal use of laptops, tablets, and similar devices during class. Please keep such devices inside your book bag if you bring them to class.
- **No Recording** – any recording of class sessions (video or audio) without prior approval of the instructor is prohibited. Violation of the policy may result in a failing grade in the class (or student administrative withdrawal if before the W date).
- **Classroom Demeanor** – only one person should speak at a time during a class session. There are to be no side discussions unless the instructor has requested such conversation.
- **Language and Civility** – the use of profanity of any kind in the classrooms or surrounding areas is prohibited, including slang expressions and racially insensitive terms. Reinhardt University is a Christian and Methodist-affiliated institution and students will conduct themselves accordingly. Each incident of profanity results in a 2-point deduction from your final grade.
- **Maturity and Good Judgment** – always maintain maturity in classroom interactions and correspondence with the instructor or guests. The class may take field site visits. If that is the case, be sure to dress appropriately, show up on time, and always maintain appropriate decorum.
- **Work Submissions** – When class sessions are missed for Reinhardt-related activities (including athletics), due assignments must be submitted on time ... i.e. – if an assignment is due on a date, you will be missing class, you must submit the assignment beforehand or have a classmate submit it for you on the due date. Acceptance of and penalties for late submissions will be determined at the discretion of the instructor.

Attendance Policy

- Attendance is a crucial aspect of the course. Show up just as you would for a job, or a doctor's appointment. Students are expected to attend every class meeting and any field visits. In the unusual circumstance that an absence cannot be avoided, students are responsible for all material addressed on that day (get this material from a classmate – not from the instructor). Excessive absences, as determined by the instructor, will result in a lowering of the overall course grade.
- There is no such thing as an excused absence. You are either in class or you are not in class. Someone has paid for your course, and you are responsible for the materials addressed for every class session.

The “Self-Reliance Rule”

Instructors in the Reinhardt Sport Studies Program try to be very accessible, but we need your help. We ask that you follow the “Self-Reliance Rule” by attempting to find answers to questions about the class or the SSP in at least three places before asking the instructor. The answer to your question may very well be in a course syllabus, available on the departmental or university website, in the academic catalog, or easily findable online. Your classmates and fellow SSP majors are also good sources of information. When you email the instructor a question, be prepared to identify the three places you've already tried to find the answer. This policy should also be useful in your professional preparation.

Academic Integrity

Students are expected to adhere to the Reinhardt Code of Conduct and Honor Code. Violations (including cheating and plagiarism) will result in disciplinary actions.

Late Work

You will have 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%. This means if you submit an assignment 6 days late, you will only be able to earn up to a grade of 70 on the assignment. Once the extended submission time has passed, late work will NOT be accepted. Due dates and submission times of assignments will be noted in Canvas.

Accommodation Statement and Academic Support

Students with disabilities who believe that they may need accommodation in this course are encouraged to contact the Academic Support Office as soon as possible to ensure that such accommodations are implemented in a timely fashion.

The Center for Student Success located on bottom floor of Lawson (room 035) is a free tutoring service available to all students. For appointments--go to Reinhardt webpage; click on "Academics" ... when the next page appears, click Center for Student Success. On that screen, click Student Appointment Form. Fill out required fields and then submit. If you would prefer to call, the number is 770-720-9232.

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

Instructor's Bibliography

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Schedule of Class Meetings – Please see **Course Outline/Calendar** at end of syllabus

WK	Date	Topic	Reading
1	08/14 08/16	Welcome & Syllabus Overview Classroom Policies and Icebreakers	
2	08/21 08/23	Understanding Fitness and Wellness Principles of Exercise	Ch. 1 Ch. 2
3	08/28 08/30	Cardio-Respiratory Endurance Cardio-Respiratory Endurance – Fitness Test	Ch. 3 **
4	09/04 09/06	Labor Day Holiday NO CLASS! Muscular Strength & Endurance	Ch. 4
5	09/11 09/13	Muscular Strength & Endurance – Fitness Test Flexibility	** Ch. 5
6	09/18 09/20	Body Composition Flexibility & Body Composition – Fitness Test	Ch. 6 **
7	09/25 09/27	Exam 1 (Chapters 1-6) Stress Management	Ch. 11
9	10/02 10/04	Activity Day! (Introduce Stress Assessment) Fall Break – No Class!	**
10	10/09 10/11	Stress Management Stress Management	Ch. 11
		Stress Assessment DUE	
11	10/16 10/18	Addiction and Substance Abuse Addiction and Substance Abuse	Ch. 16
12	10/23 10/25	Activity Day! Exam 2 (Chapters 11 & 16)	**
13	10/30 11/01	Nutrition, Health, and Fitness Nutrition, Health, and Fitness	Ch. 8
13	11/06 11/08	Activity Day! (Introduce Final Fitness & Wellness Assessment) Personal Fitness Testing	**
14	11/13 11/15	Exercise, Diet and Weight Control Exercise, Diet and Weight Control	Ch. 9
15	11/20	Exam 3 (Chapters 8 & 9)	Final Assessment DUE

Notes:

- ** Indicates activity days when you will want to dress appropriately for physical activity
- Course outline is tentative and subject to change based on pace of course/instructor discretion
- Assessment procedures, lab/assignment information, and due dates will be provided in class
- Please contact the instructor immediately if you are having problems in the course