

## **Midland College Syllabus**

2021 - 2022

KINE/PHED 1164- Web

Introduction to Physical Fitness and Wellness

Lecture Hours: 0

Lab Hours: 3

Credit Hours: 1

### **Instructor Information:**

**Instructor:** [Click here to enter text.](#)

**Office:** [Click here to enter text.](#)

**Phone:** [Click here to enter text.](#)

**Email:** [Click here to enter text.](#)

**Office Hours:** [Click here to enter text.](#)

**Notice:** Students MUST actively participate by completing an academic assignment required by the instructor by the official census date. Students who do not actively participate in an academically-related activity may be reported as never attended and dropped from the course.

### **Course Description**

This course will provide an overview of the lifestyle necessary for fitness and health. Students will participate in physical activities and assess their fitness status. Students will be introduced to proper nutrition, weight management, cardiovascular health, flexibility, and strength training.

### **Core Objectives:**

This course fulfills the one-hour additional requirement in the Midland College Core Curriculum. The Core Curriculum is a set of courses that provide students with a foundation of knowledge, skills and educational experiences that are essential for all learning. The Core Curriculum is available in the [Midland College Catalog](#). As part of the core, this course addresses the following four objectives:

<p style="text-align: center;"><b>KINE 1164</b></p> <p style="text-align: center;"><b>Course Objectives Mapped to Foundational Component Areas</b></p>	Critical Thinking	Communication	Empirical and Quantitative Skills	Teamwork	Social Responsibility	Personal Responsibility
Use established criteria and fitness data to evaluate personal fitness level in pre and post test assessment.	x		x	x		
Apply scientific principles of training and fitness data to design, implement and maintain personal fitness program.	x		x	x		
Develop and express ideas related to the physical, emotional, and social benefits of physical activity.	x	x				
Understand and debate current wellness issues based on philosophical, sociological, and scientific perspectives	x	x		x	x	x
Apply mathematical skills to calculate caloric intake, energy expenditure, BMI, heart rate, and other related information	x		x	x		
Apply scientific principles of exercise (overload, progression, specificity, etc.) to evaluate the effectiveness of personal fitness program.	x		x			x
Assess effectiveness of strategies for overcoming personal, environmental, and social factors affecting personal wellness and revise those strategies that have been ineffective.	x	x			x	x
Examine social sources of influence (parents, family members, media, communities), discuss public policy's influence on health behavior, and debate the potential for physical activity to be a mechanism for change	x	x		x	x	x
Examine current concerns of global obesity, the patterns and behaviors that contributed to this epidemic, and long term risk associated with obesity	x	x		x	x	x
Recognize obstacles to emotional wellbeing, survey personal stress factors and discuss a variety of stress management techniques	x					
Discuss impact of hypokinetic diseases on regional, national, and global communities					x	x
Examine responsibility for personal wellness by engaging in self-development process such as self-motivation and goal setting.						x
Analyze and examine the influence of culture, media, and technology in making decisions regarding personal health	x					
Evaluate daily nutritional intake and use appropriate technology and resources to develop a plan for improvement based on scientific principles of nutrition.	x		x			
Apply knowledge of nutrition in order to read and understand food labels and make informed decisions	x		x			

### **Text, References, and Supplies:**

Required - Cengage Unlimited-Access (1-Semester)

ISBN: 9780357700037

- E-book: Hoeger, Lifetime Physical Fitness and Wellness: A Personalized Program, 15th ed.
- Digital Learning Platform: MindTap

### **Student Learning Outcomes:**

Upon satisfactory completion of this course, the student will be able to:

1. Describe how the components of physical fitness impact health and wellness.
2. Explain the influence of personal behaviors and personal responsibilities on the development, treatment, and prevention of hypokinetic diseases, infectious diseases, stress, and addiction.
3. Analyze the relationship between physical activity, inactivity, and nutrition on weight and body composition.
4. Plan, implement, and evaluate a personal fitness program.
5. Develop an appreciation and positive attitude for a healthy lifestyle and the effects of global trends on physical activity.

### **Student Contributions, Responsibilities and Class Policies:**

1. Students will be expected to comply with the policies outlined in the Midland College Student Handbook. Instructor policies concerning attendance and academic behavior are consistent with the policies in the student handbook. Regular attendance is required to do well in this class.
2. Students will be evaluated based on the results of assignments and examinations given throughout the semester and the content of a portfolio. Your instructor will inform you on the first day of class as to the tentative dates and content for each exam and the expected content of the notebook. The last day for withdrawal is published in the catalog and the current course schedule. To drop a course, the student must complete an official withdrawal form with Student Services.
3. No late work will be accepted. Students are expected to complete each exam, quiz, lab and the notebook by the due date given by the instructor.

### **Evaluation of Students:**

<b>Assessment</b>	<b>Percentage of grade</b>	<b>Grade Scale</b>
Exams	45%	A = 90-100%
Labs/Discussion	25%	B = 80-89%
Notebook	<u>30%</u>	C = 70-79%
	100%	D = 60-69%
		F = 0-59%

## **Final grade will be determined on a total grade system**

### **Class Schedule is attached**

#### **Attendance Policy:**

It is the responsibility of the students to know the policies and procedures associated with absences. These policies are set by instructors. Excused absences may include, but are not limited to, illness, severe weather, school activity, and death in the family. Instructors will determine whether or not an absence is excused. Please visit the [Midland College Catalog](#)

#### **Withdrawal Policy:**

Students who have enrolled in a Texas public institution of higher education as a first-time freshman in fall 2007 or later are permitted to drop no more than six courses during the entire undergraduate career. This limit includes all transfer work taken at a Texas institution of higher education and to second baccalaureate degrees. This statute was enacted by the State of Texas in spring 2007 (Texas Education Code 51.907). Any course that a student drops after Census Day is counted toward the six-course limit if "(1) the student was able to drop the course without receiving a grade or incurring an academic penalty; (2) the student's transcript indicates or will indicate that the student was enrolled in the course; and (3) the student is not dropping the course in order to withdraw from the institution." Please visit the [Midland College Catalog](#)

#### **Scholastic Dishonesty:**

Midland College does not tolerate scholastic dishonesty or academic misconduct in any form. Please read the MC Student Handbook on this subject. Please visit the [Midland College Catalog](#)

#### **Non-Discrimination Statement**

Midland College does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs and activities. The following individual has been designated to handle inquiries regarding the non-discrimination policies:

##### **Tana Baker**

Title IX Coordinator/Compliance Officer

3600 N. Garfield, SSC 131

Midland, Texas 79705

(432) 685-4781

[tbaker@midland.edu](mailto:tbaker@midland.edu)

For further information on notice of non-discrimination, visit the ED.gov Office of Civil Rights website, or call 1 (800) 421-3481.

**Americans with Disabilities Act (ADA) Statement:**

Midland College provides services for students with disabilities through Student Services. In order to receive accommodations, students must visit [www.midland.edu/accommodation](http://www.midland.edu/accommodation) and complete the Application for Accommodation Services located under the Apply for Accommodations tab. Services or accommodations are not automatic, each student must apply and be approved to receive them. All documentation submitted will be reviewed and a "Notice of Accommodations" letter will be sent to instructors outlining any reasonable accommodations.

**Math & Science Division Information:**

Division Office: AHSF 124 (432) 685-4561  
Division E-Mail: [mns@midland.edu](mailto:mns@midland.edu)

Department Chair: Ms. Sheena Thompson (432) 685-4579  
Dean: Dr. Miranda Poage  
Secretary: Sarah Anderson  
Clerk: Liliana Orcutt

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