



## NORTH CENTRAL TEXAS COLLEGE COURSE SYLLABUS

<b>Course Name &amp; Number</b>	PHED 1338 CONCEPTS OF FITNESS & WELLNESS	<b>Semester &amp; Year</b>	
<b>Instructor's Name</b>	Van Hedrick	<b>Office Phone #</b>	(940) 668-4286
<b>Instructor's Office #</b>	AWF # 1901	<b>Office Fax #</b>	(940) 668-6049
<b>E-mail Address</b>	vhedrick@nctc.edu	<b>Office Hours</b>	TBA
<b>Grading Policy &amp; Procedures</b>	EVALUATION CRITERION: First Exam (Concepts 1,2,3,4) =10% =50 points Second Exam (Concepts 5,6,7,8) =10% =50 points Third Exam (Concepts 9, 10, 11, 12) = 10% =50points Fourth Exam (Concepts 13, 14, 15, 16) = 10% =50points Fifth Exam (Concepts 17, 18, 19, 20) = 10% =50points Sixth Exam (Concepts 21, 22, 23, 24) = 10% =50points Final Exam (Concepts 1-24) =20% =100 points Fitness Assessments Lab =20% =100 points  TOTAL POSSIBLE POINTS = 100%= 500 points  FINAL EVALUATION SCALE FOR GRADES 450 - 500 Points = 90% = A 400 - 449 Points = 80% = B 350 - 399 Points = 70% = C 300 - 349 Points = 60% = D 299 and below = F		
<b>Catalog Description</b>	This course will introduce the basic concepts of fitness, nutrition, exercise physiology, psychology, epidemiology, health promotion and disease prevention. The students will gain knowledge to make intelligent choices that contribute to a healthy lifestyle.		
<b>Textbooks &amp; Materials Required / Recommended</b>	Concepts of Fitness and Wellness, "A Comprehensive Lifestyle Approach" 7 <sup>th</sup> Edition; Corbin and Welk; Pub. by McGraw Hill		

### ***Course Competencies***

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

1. Name several risk factors that contribute to heart disease
2. List and describe several debilitating lifestyle behaviors
3. Define wellness and list the dimensions of wellness
4. List several hypokinetic diseases/conditions
5. Name several benefits of exercise
6. Describe the difference between aerobic and anaerobic
7. List a benefit of maintaining good flexibility
8. Predict the consequences of a sedentary lifestyle
9. Describe the food guide pyramid
10. Create a safe and effective exercise program
11. List several benefits of strength training
12. Identify positive stress management techniques

### ***Attendance Policy***

It is advised that the student log into the course at least 3 times a week to check announcements, emails, and assignment due dates

### ***Tentative Calendar (optional)***

### ***Other Pertinent Information***

#### **COURSE REQUIREMENTS:**

1. Read the required concepts within the text within the time-line
2. Completion of all required class work and examinations by the posted deadlines.

Visit the North Central Texas College web page for information on registration, financial aid, counseling/advising, and cost of tuition and fees. You will also find information on the catalog and semester schedules as well as courses of study. You can keep up with what is happening on campus by checking the calendar of events and the sports news. The web has information on the library as well as links to other areas of interest. Check out our web page at <http://www.nctc.cc.tx.us>.

#### **TRIO Program:**

TRIO Programs are federally funded programs which offer services designed to assist students in achieving their academic goals. Services include educational workshops, academic advising, tutoring, personal counseling, career counseling, cultural enrichment, and financial aid information. Students may be eligible for TRIO if they are currently enrolled at North Central Texas College, have academic need, and meet at least ONE of THREE criteria which include: 1) first generation status—neither parent has a degree from a 4 year college, 2) income level is within federal low income guidelines, and/or 3) has a documented disability. TRIO is located in Room 170 on

the Corinth Campus and Room 114 on the Gainesville Campus.

Students can access our website by going to [www.nctc.edu](http://www.nctc.edu) and clicking on the red button in the middle of the page labeled “Tutoring and Other ACADEMIC SUPPORT SERVICES” or by going directly to [http://www.nctc.edu/Student\\_Services/Access/AcademicandStudentSupportServices.htm](http://www.nctc.edu/Student_Services/Access/AcademicandStudentSupportServices.htm) .

***Scholastic Integrity***

Scholastic dishonesty shall include, but not be limited to cheating on a test, plagiarism, and collusion. See *Student Handbook* “Student Rights & Responsibilities: Student Conduct [FLB-(LOCAL)]” #18.

***ADA Statement***

North Central Texas College is committed to providing equal access to educational opportunities to its students with disabilities by providing assistance through “reasonable accommodations”; and a variety of services and resources through the Special Populations Office. The College does not discriminate on the basis of disabilities in admission or access to its programs. Students are responsible for notifying the office of their need for assistance at least two weeks prior to the beginning of a semester. Students with documented disabilities such as mobility, hearing or visual impairments, learning, and/or psychological disorders are eligible for services. The Special Populations Office is located in the Counseling/Testing Center in ASC 108 (next door to the bookstore). For assistance, call 940/668-4216 ext. 344.

***EEOC Statement***

North Central Texas College does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in the employment or the provision of services.

***Web Page***

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