

PHYSICAL EDUCATION 1150:003
Wellness and Fitness
Course Syllabus
Fall 2010

INSTRUCTOR: Sandra Chambers
Credit Hours: 1
Class Meeting Time: MW/10:00-10:50
Class Location: GPC 108

Office: Gallegos 108
Office Phone: (432) 837-8277
Office Hours:
MW 8:00-11:00
TH 11:00-1:00

Email: schambers@sulross.edu

Course Description

This course provides an easy understanding of non-technical health and fitness knowledge, utilizing applications towards everyday life through outdoor activities and classroom activities. The main focus is clearly placed on health related fitness components.

Purpose of Course

1. To fulfill a graduation requirement to further your collegiate career
2. To gain knowledge and understanding of overall fitness and wellness
3. Assess current level of fitness and wellness using common math calculations.

Course objectives

Students will be able to clearly understand what it means to be physically fit and the importance of attaining overall wellness, to be able to perform daily tasks with greatest efficiency. Students will also be able to construct a skeletal workout regimen to full fitness goals. Students will gain a broad understanding of the physiology of the human body. Calculate percent of body fat and diet breakdown.

Course Requirements

1. Attend all classes and LC meetings
2. If absent from a class, you are responsible to obtain notes and provide doctoral evidence of absence.
3. If you are not excused, the highest point value you may receive on any given assignment is Half Credit.
4. Participation in class is a must, you must be prepared for class to participate in lecture, and this includes all assignments to be finished before class time.
5. If you are five minutes late, you are absent.

Grading Scale

Possible points
Quizzes 100
Mid Term 100
Outdoor Activities 50

Final 100
Attendance 500
Math Pretest 50
LC Meeting 50
Final Form 50
Total 1000
1000-900=A 899-800=B 799-700=C 699-600=D 599-500=F

Attendance

0-2 absence 500 total points
3 absences 450
4 400
5 350
6 Dropped

Academic Ethics:

You are expected to create your own assignments and to take tests without notes or other outside assistance. All work is expected to be your own. If unethical behavior is detected, the instructor will take disciplinary action consistent with departmental and university policy.

Special Notes:

Should any situation develop that leads to an extended absence, contact the Dean of Student Life at (432) 837 – 8037.

It is Sul Ross State University Policy to provide reasonable accommodation to students with disabilities. If you would like to request such accommodation because of a physical, mental, or learning disability, please contact the Disabilities Services Coordinator in the University Center, Room 211, or call (432) 837 - 8178.

Individual Developmental Educational Plan:

It is your responsibility to complete your Individual Developmental Education Plan.