



**Alabama
Department of Postsecondary
Education**

Representing Alabama's Public Two-Year College System



**Lawson State Community College
Course Syllabus**

SEMESTER & YEAR: Spring 2008

COURSE TITLE: Personal Fitness – PED 105

COURSE HOURS: (1) credit hour

CLASS MEETING DATES/TIMES/LOCATION: Mini-Term 1 (1/10 – 3/5)

Days: Tuesday & Thursday

Time: 3:45 pm – 5:25 pm

Location: Bessemer Campus, Rm 118A

INSTRUCTOR CONTACT INFORMATION:

Instructor's Name: [Redacted]

Contact Policy: email: [Redacted]

(Ms. Pitts)

Office Hours: N/A

COURSE DESCRIPTION: This course is designed to provide the student with information allowing him/her to participate in a personally developed fitness program. Topics include cardiovascular, strength, muscular endurance, flexibility and body composition.

PREREQUISITE(S)/CO-REQUISITE(S): (if applicable)

Prerequisite:

		class activities
	Week 3	Nutrition for Wellness Health and Well-being USDA My Pyramid Dietary Guideline Class activities
	Week 4	Mid-term exam Lecture/Handouts 1, 2 & 3
	Week 5	Body Composition a. assessment b. BMI (Body Mass Index) Class activities
	Week 6	Weight management a. health consequences b. popular fad diets c. eating disorders class activity
	Week 7	Cardio respiratory endurance a. definition of cardio respiratory b. define aerobic & anaerobic class activity
	Week 8	Final exam Lecture 5, 6, & 7

EVALUATION AND ASSESSMENT

The following list is a breakdown of how each student will be evaluated for final grade calculations at the end of the term:

Class participation & attendance:	80 pts
Class mid-term:	10 pts
Class final exam:	10 pts
Total points:	100 pts

Co-requisite:

TEXTBOOK(S) AND OTHER LEARNING RESOURCES:

Marcus, Bess H. Motivating People to be Physically Active. United States, 2003

Prentice, William E. Get Fit Stay Fit. New York, NY, 2001

Hoeger, Werner W.K. Lifetime Physical Fitness & Wellness. United States, 2007

BLACKBOARD: All Lawson State Community College students must be trained in Blackboard and use Blackboard daily to gain access to vital course information such as the syllabus, handouts, Power Point shows, activities, assignments, announcements, grades, etc. Failure to use Blackboard could severely damage your ability to pass the course. See the schedule book (inside cover) to determine when you can attend training (if needed). Students should always check the Blackboard announcements page prior to coming to class.

COURSE STUDENT LEARNING OUTCOMES (SLO's):

1. Students will be able to demonstrate warm-up, cool-down, and stretching techniques before and after exercise.
2. Students will be able to demonstrate knowledge of basic components needed to maintain a physically fit body throughout life.
3. Students will be able to assess and develop a safe and effective personal exercise plan according to specific needs.
4. Students will be able to record progress through personal logs in the areas of strength, speed, agility, cardiovascular endurance, coordination, flexibility, reaction time and power.

CORE COMPETENCIES:

Check when completed	Date Completed	Core Competencies Guide Sheet (List Major Assignments, Exams, Written Work, Oral Presentations, Projects, Quizzes, Activities, etc...)
	Week 1	Class syllabus Introduction to Physical Fitness and Wellness Class Activities
	Week 2	Behavior Modification Environment Obstacle Motivation

Lawson State Community College's Grade Breakdown:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
59% or below	F

ATTENDANCE

- a. Students are expected to attend all classes for which they are registered. Students who are unable to attend class regularly, regardless of the reason or circumstance, should withdraw from that class before poor attendance interferes with the student's ability to achieve the Student Learning Outcomes required in the course. Withdrawal from class can affect eligibility for federal financial aid. Withdrawal from class can prohibit progression in nursing and allied health programs. Thus, before withdrawing, see your advisor and Financial Aid Office, if applicable.
- b. **Make-up Work.**
- c. **Lateness:**

STATEMENT ON DISCRIMINATION / HARASSMENT

The College and the Alabama Board of Education are committed to providing both employment and educational environments free of harassment or discrimination related to an individual's race, color, gender, religion, national origin, age, or disability. Such harassment is a violation of State Board of Education policy. Any practice or behavior that constitutes harassment is a violation of State Board of Education policy and will not be tolerated.

If you would like to file a harassment complaint, please contact an instructor, a Department Chair or a Dean immediately. Harassment, of any nature, is never tolerated and the College takes such charges seriously.

AMERICANS WITH DISABILITIES

The Rehabilitation Act of 1973 (Section 504) and the American with Disabilities Act of 1990 state that qualified students with disabilities who meet the essential functions and academic requirements are entitled to reasonable accommodations. It is the student's responsibility to provide appropriate disability documentation to the College. **Please contact the ADA representative, [REDACTED], at 205-426-7335 (Bessemer campus) and [REDACTED] at 205-925-2515 (Birmingham campus).**

If you are an ADA student, it the obligation of the student to present your Accommodations paperwork to your instructor (for each class you are enrolled in). Ideally, this paperwork should be submitted at the beginning of the semester to enable best course support for you.

GRIEVANCE PROCEDURES: It is responsibility of every instructor at Lawson State, once notified of your accommodation, to provide those accommodations (if reasonable). Thus, if you are an ADA student and have presented your accommodations paperwork to your instructor, but feel you have not been accommodated for, it is your right to file a grievance. For more information about Grievance procedures, go to www.lawsonstate.edu and click on the Disability Services icon located on the main web page of the college.

COURSE CALENDAR: The course calendar (if applicable) will be posted via Blackboard.

SUBMIT THIS FORM TO YOUR INSTRUCTOR ELECTRONICALLY

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Revised by LSCC 2007-2008

VIA BLACKBOARD

STUDENT ACKNOWLEDGEMENT FORM

The signing of this form below indicates that I have read the current syllabus for PED and am satisfied that I understand its content and accept that I am entering into a binding contract.

The signing of this form also demonstrates that my instructor did review the syllabus with the class and did allow for a questioning/answering period.

Type Name

Type Date