

**COLLEGE OF PROFESSIONAL STUDIES
COURSE SYLLABUS, SPRING 2020**

NAME OF DEPARTMENT: Health, Physical Education and Recreation

NAME OF COURSE: PED 101 Fitness and Wellness

NAME OF TEXT: Fit & Well. Twelfth Edition
Author: Fahey
ISBN 13: 9781307077452
ISBN 10: 1307077455

Lab: Labs and Activities for Fitness and Wellness.
Author: Johnson and Kriewitz
ISBN 13: 978-1-60797-649-3
ISBN 10:1-60797-649-8

NAME OF INSTRUCTORS: Mr. Mike Bucker, Dr. Stephanie Gerlach, Dr. Dr. Molina, Mr. Gerald Small

OBJECTIVES OF THE COURSE:

1. To familiarize students with the basic values of physical activities and physical fitness as they relate to wellness.
2. To help students develop a positive mental attitude toward wellness in their daily lives.
3. To provide an opportunity for students to develop and evaluate their own physical fitness status.
4. To expose students to various programs of exercise that could apply to their individual needs.

OBJECTIVES AS THEY RELATE TO GENERAL STUDIES:

1. Think critically and reason analytically. (TE 1)
2. Understand and appreciate the methods of gaining and maintaining mental and physical health.

SPECIFIC OBJECTIVES;

1. To understand the difference in the structure and function of individuals and how it effects the pursuit of health and wellness. (TE 1,DESE 6)
2. To realize the implication of the term "A person is what he/she eats".
3. To understand the relationship of caloric balance in the pursuit of ideal body weight.
4. To understand the impact of the basic food groups on the metabolic functions of the body.
5. To understand the relationship of daily activities to the triggering of the flight or fight response.
6. To realize the deadline relationship between certain lifestyles and the risk of arteriosclerosis. (DESE 1)
7. To understand that prevention of heart diseases is based on behavior modification of risk factors in the individual's daily routine.
8. To understand that prevention of heart disease relates to the individual's awareness of his

- personal behavior.
9. To understand that exercise is beneficial in the prevention of heart diseases by interacting with the other risk factors with the double barrel effect.
 10. To understand the relationship of muscle function to health fitness.
 11. To understand the effects of poor posture to skeletal dysfunction.
 12. To understand the relationship of low back pain to health fitness.
 13. To understand the relationship of movement potential to daily health fitness.
 14. To understand the historical and philosophical bases of health and wellness in America.
 15. To understand the importance of mind, body, and spirit as it relates to health and fitness.
 16. To recognize the psychological problems associated with increased levels of stress in today's society.
 17. To recognize ways to reduce stress through exercise, progressive relaxation, recreation, and other stress diverters.
 18. To understand the philosophy of Missouri Western State University HPER Department, and to recognize available facilities, equipment and curriculum.
 19. To help the individual formulate his or her own personal philosophy regarding exercise and lifestyle modification. (DESE 7)
 20. To recognize the impact of wellness on physical education programs.
 21. To recognize the importance of physical education as it relates to health and wellness.
 22. To understand the physical, psychological, social, and economic benefits of exercise and wellness.

METHODS OF EVALUATION (for lecture)

Test A=100 points
 Test B=100 points
 Test C=100 points

Final Exam=100 points
 Other= 100 points
 Lab=100 points
 Total=600 points

540-600	=	A	420-479	=	C	<360 = F
480-539	=	B	360-419	=	D	

The OTHER segment of your grade will be determined by your instructor by any or all of the following:

Attendance	Article reviews and evaluations
Class discussion	Periodical reviews
Daily work	Calorie Projects
Pop quizzes	Critical Thinking Assignments
Lifestyle modification plans	

****In the event Missouri Western State University would be closed during a scheduled exam, your instructor will contact you through your MWSU Goldlink email account with alternative plans.**

STUDENTS WITH DISABILITIES: Students seeking accommodations must first provide documentation of needed accommodations to the Accessibility Resource Center (ARC) located in Eder Hall, Suite 203. Once accommodations have been approved by the ARC, students are responsible for notifying their instructors of those accommodations. This should be done within the first two weeks of classes. Accommodations are not retroactive.

Harassment, Discrimination and Sexual Misconduct

Consistent with its mission, Missouri Western seeks to assure all community members learn and work in a welcoming and inclusive environment. Title VII, Title IX and University policy prohibit harassment, discrimination and sexual misconduct. Missouri Western encourages anyone experiencing harassment, discrimination or sexual misconduct to talk to someone from the Campus and Local Resources list found in the Student Handbook (<https://www.missouriwestern.edu/studentaffairs/wp.../handbook.pdf>) about what happened so they can get the support they need and Missouri Western can respond appropriately.

There are both confidential and non-confidential resources and reporting options available to you. Missouri Western is legally obligated to respond to reports of sexual misconduct, and therefore we cannot guarantee the confidentiality of a report, unless made to a confidential resource. Responses may vary from support services to formal investigations. As a faculty member, I am required to report incidents of sexual misconduct and thus cannot guarantee confidentiality. I must provide our Title IX coordinator with relevant details such as the names of those involved in the incident. For more information about policies and resources or reporting options, please visit the following website: <https://www.missouriwestern.edu/titleix/sexual-misconduct-policy/>

Students have received information via email regarding training regarding Title IX. Student employees may have additional required training. Please follow the link in the email sent to your MWSU student account to complete the training. Students who do not complete the training will receive a hold on their account, prohibiting future semester enrollment until the training is complete. These training courses will ensure that all students are appropriately educated about these important regulations.

HPER Departmental PED 101 Attendance Policy:

The best way to succeed in this course is to attend regularly and participate in the course. You will be expected to take active notes, and engage in discussion when prompted by the instructor in order to succeed in the course. Based on the format of the course (2X per week), attendance and active participation is critical to this course, and is also reflected in the student evaluation.

Excused Absences:

- ONLY accepted in emergency situations.
- Written documentation (i.e.: Physician's note, bereavement of immediate family member) MUST be submitted within 7 calendar days.
 - Missed assignments MUST have prior approval by the instructor to be allowable for late submission.
 - *Failure to notify instructor will result in a grade of Zero. (0)*
- **Official Representative of MWSU:** will be given an excused absence, **provided** you give prior written verification from the faculty/staff supervisor of the event.

Other excused absences must follow the University guidelines and appropriate documentation must be given to the instructor or it will be unexcused.

Unexcused Absences:

- Unexcused late assignments will not be accepted. Tests and quizzes **Will Not** be made up. Your instructor *may* provide you with additional information regarding this policy.
- **(5)** Unexcused absences throughout the semester will result in the final grade being dropped by one letter grade.

Academic Honesty Policy and Due Process

Academic honesty is required in all academic endeavors. Violations of academic honesty include any instance of plagiarism, cheating, seeking credit for another's work, falsifying documents or academic records, or any other fraudulent activity. Violations of academic honesty may result in a failing grade on the assignment, failure in the course, or expulsion from the University. When a student's grade has been affected, violations of academic honesty will be reported to the Provost or designated representative on the Academic Honesty Violation Report forms.

Please see the Western Student Handbook and Calendar on for specific activities identified as violations of this policy and the student due process procedure.

<http://www.missouriwestern.edu/handbook/index.pdf>

STUDENTS RECORDING CLASSROOM LECTURES

As a professional courtesy, students are expected to inform a faculty member if they plan to make audio or video recordings of a class. However, students should understand that there are times when the faculty member may prohibit this activity. For example, in order to protect patient confidentiality, in health-discipline classes discussions pertaining to protected patient information may not be recorded.

The redistribution of audio or video recordings of statements or comments from the course to individuals who are not students in the course is prohibited without the express permission of the faculty member and of any students who are recorded. Unauthorized distribution of such materials is a violation of academic standards and may violate copyright laws and/or privacy rights. Violations may result in disciplinary action.

COMMUNICATION DATA: Your Instructor is _____
Office Hours: _____ Office Telephone: _____
Email Address: _____

Decisions regarding class operations are the responsibility of the instructor. All communications should be made directly with the instructor. **DO NOT CALL** other offices regarding class matters. (Physical Education and Athletic Offices). **THEY WILL NOT DELIVER MESSAGES.**

PED 101 OUTLINE

****The order/addition or omission of chapters MAY change based on the discretion of the Instructor. Additionally, dates may change as well.****

Jan. 13-17	Classes begin – Introduction – Syllabus – Chapter 1 -Introduction to Wellness, Fitness and lifestyle Management – <i>Labs Begin Week Jan. 13th</i>
Jan. 20.	Martin Luther King Day (No Classes/Campus Closed)
Jan. 21 - 23	Chapter 2 -Principles of Physical Fitness
Jan. 27 - 30	Chapter 7 -Putting together a complete Fitness Program
Feb. 3 - 6	Chapter 10 – Stress
Feb. 10 - 14	Test A
Feb. 17 - 21	Chapter 6- Body Composition (2/17 Presidents Day – Classes In Session/Campus Open)
Feb. 24 – 27	Chapter 8- Nutrition
March 2 - 5	Chapter 9 -Weight Management Test B
March 8 – 15	Spring Break (No Classes/Campus Open)
March 16 - 19	Chapter 3 -Cardiorespiratory Endurance (3/18 Mid-Term Grades Due)
March 23- 26	Chapter 11 - Cardiovascular Health (3/27 Last Day to Withdraw) (3/30 Labs End)
March 30 – Apr. 2	Chapter 12 – Cancer Test C
April 6 -9	Chapter 13 - Substance Use and Misuse
April 13 - 16	Chapter 14 - Sexually Transmitted Infections
April 20 - 23	Catch up lecture and assignments (4/24 Last day of Classes)

****PED 101 FINALS TAKEN DURING THE WEEK OF FINALS!
<https://www.missouriwestern.edu/finals/>**

