PHE 106 INTEGRATED HEALTH AND FITNESS
FACE TO FACE COURSE SYLLABUS
PHE 106- D01 MW 9:00AM-10:30AM
Spring 2017
FINAL EXAM: May 1st: 9am-11am JC 101

Instructor: Bridget A. Benshetler  Coach “B”
Office: Hazel Center room 206
Office Phone: 410-572-8761
Office Hours:  M: 1:15-2:15; T: 10:45-11:45; W: 1:15-3:15; R: 10:45-11:45

E-mail Directives: bbenshetler@worwic.edu

Blackboard email will be disabled so please email the Instructor at the above Wor-Wic address. Please state you’re full name and class section, in the subject area, when sending an email in the subject line. **Please use the Wor-Wic email account for all emails.**

Communication coming from personal email accounts i.e. gmail.com puts the school at risk for viruses and is often spammed.

BLACKBOARD DIRECTIVES:

Blackboard Statement: Blackboard is being used as a supplementary site in this course. To access course content in Blackboard, you need to have access to a computer with an Internet connection (other requirements may apply). Computers that meet these requirements are available on campus in FOH 305, HH 100, GH 204 and AHB 108.

BLACKBOARD ACADEMIC INTEGRITY POLICY:

All students logging into Blackboard affirm that they understand and agree to follow Wor-Wic Community College policies regarding academic integrity and the use of College resources as described in the college catalog. Wor-Wic Community College considers the following as violations of the computer usage policy:

*Using the campus computing network and facilities to violate the privacy of other individuals.*
*Sharing of account passwords with friends, family members, or any unauthorized individuals.*

*Violators are subject to college disciplinary procedures.*
NEW: BLACKBOARD TECHNICAL HELP:
Introducing 24x7/365 hour technical support help desk services. Wor-Wic is pleased to announce that we now have 24 x 7 technical help desk services available for students, faculty and staff to assist you with many commonly-reported issues, including:
Call 410-334-2870 or access Live Chat through the Wor-Wic Online Help Desk--available through myWor-Wic. Blackboard and Technical help desk services for our students, faculty and staff. The college has recently contracted with Blackboard to provide 24x7 Blackboard help desk support for students. This support includes weekends and holidays.

LINKS FOR REVIEW:

These links will help you get oriented with how to maneuver through Blackboard and will assist you in getting your computer ready to be compatible with Blackboard:
- Go through the following five steps before using blackboard, on your own computer.
- These steps will help to eliminate some issues you may have.
- These updates have been done on Wor-Wic’s computers.
  1. From the Wor-Wic homepage, point to “myWor-Wic” (top right) and click the “Login to my Wor-Wic” link. Enter your Wor-Wic user ID and password (same as your Wor-Wic email user ID and password). Contact Student Services at 410-334-2800 if you do not know your user ID and password.
  2. Do the Distance Online Orientation and Student Tutorial: http://www.worwic.edu/Academics/DistanceEducation/StudentTutorial/
  5. Turn off pop up blockers and firewalls.

SEXUAL VIOLENCE POLICY:

Wor-Wic Community College seeks a campus free of sexual violence which includes sexual harassment, domestic violence, dating violence, stalking, and/or any form of sex or gender discrimination. Please be aware that if a student discloses a personal experience verbally or in writing as a Wor-Wic student to a faculty or staff member, the employee cannot maintain confidentiality and has the mandatory responsibility to notify one of the college’s Title IX coordinators. However, if you’d like to make a confidential disclosure of any such violence, you can contact Wor-Wic’s director of counseling (X-2900) or you can contact the Life Crisis Center at 410-749-HELP or 2-1-1.

Information on rights of victims of sexual violence and related resources is available in the college catalog and at the public safety page of Wor-Wic’s website.
SERVICES FOR STUDENTS WITH DISABILITIES:

Wor-Wic provides reasonable accommodations for students with disabilities, in compliance with the Americans with Disabilities act of 1990 and section 504 of the Rehabilitation Act pf 1973. If you are in need of accommodation, please contact the counseling office at 410-334-2900. For more information, see Wor-Wic’s Services for Students with Disabilities web page.

DESCRIPTION:

This course covers the basic concepts of personal and community health with an emphasis on mental health, fitness, nutrition, stress management, weight management, sexual health, disease, and environmental health. Specific personalized techniques for optimizing health are emphasized and practice of the concepts is required. **Hours:** 39 lecture and 39 self-scheduled exercise hours per week. Usually offered in the Fall, Spring, and Summer.

MATERIALS:

Do not purchase the condensed edition of the textbook or you will be missing chapters covered in the course.


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<tr>
<th>Course Objectives</th>
<th>Assessment Goals</th>
<th>Assessment Tool</th>
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<tr>
<td>Identify and apply the principles of wellness, fitness and lifestyle management. &lt;br&gt; GEO: 3, 4, 5</td>
<td>• Identify the dimensions of wellness and describe the components of physical fitness and how each component affects wellness &lt;br&gt; • Employ the principals involved in designing a well-rounded exercise program and incorporate them to a personal fitness program &lt;br&gt; • Analyze how body composition is measured and assessed as well as muscular strength and endurance. &lt;br&gt; • Develop a personalized plan for changing behavior. &lt;br&gt; • Identify the concepts of</td>
<td>Tests and final exam; Health Questionnaire; Homework &lt;br&gt; Fitness Logs; Tests; Final Exam; Homework &lt;br&gt; Fitness Logs; Tests and Final Exam; Pre-test; Post-Test &lt;br&gt; Tests and Final Exam; In-Class Work &lt;br&gt; Pre-Testing; Post-</td>
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between lifestyle choices and their impact on personal wellness. GEO: 3, 4, 5

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<tr>
<th>Analyze the effect of social influences on personal attitudes and behaviors related to wellness. GEO 2, 3, 5</th>
<th>cardiovascular endurance, how it measured and assessed, and explore how personal choices may affect the process.</th>
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<tr>
<td>• Identify the health risks associated with overweight and obesity and the societal influences that might contribute to this issue.</td>
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<td>• Identify the principals involved in an effective, safe, and progressive weight training program and apply these principals is designing a personal program.</td>
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<td>• Analyze the formula for determining the correct BMI and body weight.</td>
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<tr>
<td>• Identify and describe symptoms of eating disorders and the health risk associated with them.</td>
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<tr>
<td>• Develop and employ a personal plan for managing body weight and stress successfully.</td>
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<td>• Express the factors that may contribute to an unhealthy lifestyle, including genetic, physiological lifestyle, and psychosocial factors.</td>
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<td>• Recognize the role that environment plays in personal wellness and the steps people can take to preserve and restore environment.</td>
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TESTING; Tests; Final Exam; Homework

In Class Work; Tests Final Exam; Homework

Tests and Final Exam; Homework; In Class Work

Tests and Final Exam; In Class Work

Tests and Final Exam

REQUIREMENTS FOR EVALUATION AND GRADING:
(GEO 1, 2, 3, 4, 7, 8; CO ALL)

Below are the point totals you must acquire in order to receive the assigned grade. Be cognizant of the grade you need for a successful transfer to another University.

COURSE EVALUATION 1000: Total Points

| 900-1000 | A | 90-100% |
| 800-899 | B | 80-89% |
| 700-799 | C | 70-79% |
| 600-699 | D | 60-69% |
| 599 or below | F | 59% |

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ASSIGNMENTS:
Assignments are initially submitted in Blackboard, by the designated due date and time, then must be turned in during the next class period, in hard copy form, for grading.
- Assignments have specific due dates set up in blackboard and are always due by 11:59pm, on that day. The Blackboard submission is for record purposes only, so remember to turn your hard copy in, at the next class period.
- If you are absent from the class period when the assignments are due, an automatic 25 point late penalty will be applied, regardless of the reason for your absence.
- Late assignments will be brought to the next scheduled class period. If you are absent again, the assignment will not be accepted. Assignments should not be slipped under an office door, emailed, placed in any mailbox etc., without permission of the Instructor.
- If you miss an assignment due date, feel free to contact your Instructor.
- Assignments must be typed, in the provided charts, when applicable. (Mid-semester Fitness Log; End-Semester Fitness Log; Pre-testing; Post-testing) Do
not submit the charts in typed paragraph formatting. **No hand written assignments will be accepted including scanned handwritten assignments.**

- Rubrics are available online for all applicable assignments.

**PARTICIPATION/ATTENDANCE:**
- The total points for this category are fifty.
- Ten points are deducted for each absence. There are no excused absences. If you are not present in class, you will not be awarded any participation/attendance/In Class Work/Homework points.
- Participation/attendance is defined as coming to class on time, being prepared for class, acting appropriately, staying for the entire class, turning off all cell phones and tablets unless specifically used for class work, and participating in any in-class activities, as assigned by the Instructor.
- Lateness, leaving early, or any other violation of the above, will result in a reduction of all or some of the attendance points.
- Two lateness’s for class, will equal one absence.

**HOMEWORK/IN CLASS WORK:**
- The total points for this category is seventy five.
- In class work and homework points will be assigned at the discretion of the Instructor.
- **Homework and in-class work MAY NOT be made up.** If you are absent or late, you will forfeit those points, regardless of the absence or lateness excuse.

**TESTS:**
- Tests cover the designated textbook chapters; all material covered in the weekly modules, in-class lectures, assigned work, guest speakers (if applicable), and designated Recorded Lectures.
- Tests may consist of multiple choice and/or true/false questions.
- Students are expected to take the tests on the dates they are administered in class.
- **Make-up tests will be at the discretion of the Instructor.**
- The Instructor reserves the right to change the format of any make-up tests.

**ACTIVITY PARTICIPATION:**
Each student must participate, on one’s own, in all 36 required out-of-class activity days as well. By mid-semester the student is expected to have completed 18/36 training sessions.
- For each training session 6.944 points are rewarded for a total of 250 points.
- Refer to the *Mid-Semester and End-Log Fitness Journal, in the Weekly Work modules for more specifics.*
- Completion of the **Health Questionnaire OR a doctor’s note,** clearing you to safely train, is a **REQUIREMENT** for participation in the course activities.
• It is important the instructor knows you are capable of meeting the physical requirements for the course.
• A medical note or clearance to participate is required, if an injury has been sustained. **All injuries must be reported to the instructor immediately to plan an alternative course of action, if possible.**
• If your injury does not all allow you to participate at the level you were before, or not at all, please contact the Instructor, for the next course of action.

**FINAL EXAM POLICIES:**

**Final exam schedule link:**
http://www.worwic.edu/Academics/ClassSchedule.aspx

• The final exam must be taken on the date it is scheduled with three exceptions: **court appearance, military obligations, or medical emergency.**
• Documentation of exception(s) must be provided.
• The instructor reserves the right to change the format of any make-up final exams.
• The final exam consists of 50 multiple choice questions and covers all material covered in the course.

**REQUIRED ELECTRONIC/Writing ASSIGNMENT:**

• The topic of the writing assignment will be assigned at the discretion of the Instructor and the directives explained in class and in the blackboard module.
• The assignment can be found in the blackboard weekly modules.

**E. Academic Honesty**

Academic honesty is expected of all students. Cheating and plagiarism are violations of academic honesty. Any student found violating the academic policy will be subject to follow Wor-Wic’s policies and procedure’s regarding plagiarism and cheating.

• Plagiarism - In both oral and written communication, the following guidelines for avoiding plagiarism must be followed: any words quoted directly from a source must be in quotation marks and cited.; any paraphrasing or rephrasing of the words and/or ideas of a source must be cited; any ideas or examples derived from a source that are not in the public domain or of general knowledge must be cited; all papers, presentations, and examinations must be the student’s own work. Because there are ambiguities in concepts of plagiarism, each instructor will be available for consultation regarding any confusion a student may have.
• Cheating- is the act of obtaining information or data improperly or by dishonest or deceitful means. Examples of cheating are copying from another student’s test paper, obtaining information illegally on tests, and using crib notes or other deceitful practices.
EMERGENCY INFORMATION:
In the event of a flu epidemic or other emergency that results in the suspension of classes, faculty will be communicating with students about their courses and course requirements, such as assignments, quiz and exam dates, and class and grading policies, via faculty websites or Blackboard. Students will be responsible for completing all these assignments in accordance with class policies. Information about the resumption of classes will be communicated via the College’s website and email system.

EXTRA CREDIT OPPORTUNITIES:
In your life, “success” will be what you earn but “significance” is what you put out and give back. Following this philosophy, here are the guidelines for extra credit in the course.

• 25 points may be earned only once.
• Participate in any physical race or event located anywhere.
• Volunteer for anything in the community.
• Documentation may be sent via email or a hard copy and must be provided by someone at the event, verifying your participation. No documentation means no extra credit.
• Documentation must be received by April 10th, at 11:59pm. No extra credit will be entered after that date so plan accordingly.
• Extra credit points will be entered under the Health Questionnaire column.
• If you have any questions what constitutes an acceptable volunteer activity, race or proper documentation, contact the Instructor.

TENTATIVE COURSE SCHEDULE
Refer to Blackboard Weekly Course Modules for all specific work due each week and the specific due dates, in case of error here. This is only a basic course outline. Blackboard Weekly Modules should be followed. The instructor reserves the right to modify the schedule.

<table>
<thead>
<tr>
<th>WEEKLY MODULES &amp; DATES</th>
<th>BLACKBOARD WEEKLY MODULES COVERED:</th>
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<tbody>
<tr>
<td>#1... Week of Jan. 16th</td>
<td>1. Watch Coach B's Corner.</td>
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<td>2. Click on the RECORDED LECTURES link and review the lectures explanation and the listed lectures.</td>
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<td>3. Click on the All-Aboard Orientation link and review.</td>
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<td>4. Complete the All-Aboard Orientation Quiz by stated deadline.</td>
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<td>5. Review the MID-SEMESTER FITNESS JOURNAL</td>
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# 2…
**Week of Jan. 23rd**

<table>
<thead>
<tr>
<th>RECORD LECTURES:</th>
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<tr>
<td>Mid-Semester Fitness Journal Directives</td>
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<td>Mid-Semester Fitness Journal Chart Directives</td>
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<td>6. Review the TRAINING RECORD LECTURES:</td>
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<tr>
<td>Basic Training Guidelines</td>
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<tr>
<td>Static, Ballistic, Dynamic, and PNF stretching</td>
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<tr>
<td>7. Print out homework sheets for assigned homework.</td>
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<tr>
<td>8. Review the Blackboard and Fitness helpful links.</td>
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1. Watch Coach B's video.
2. Take the PHE Honor Code quiz.
4. Complete the Health questionnaire by stated the deadline.
5. Open and review the Pre-test directives file and complete by the stated deadline.
6. Review the PRE-TEST Recorded Lectures before attempting it: |
| Pre-Test Directives |
| Pre-Test Chart Directives |
8. Open and review the Mid-Semester Fitness Journal/Writing Assignment file and complete by the stated deadline.
9. Review the Mid-Semester Fitness Journal Recorded Lectures before attempting it:
| Mid-Semester Fitness Journal Directives |
| Mid-Semester Fitness Journal Chart Directives |
10. Review the Writing Assignment Recorded Lecture.

# 3…
**Week of Jan. 30th**

1. Watch Coach B's Corner.
2. Reminder to get Pre-test in by deadline: Link found in Week 2.
3. Review Study Resources.
4. Review the chapter helpers.
5. Review the Chapter 1 Recorded Lecture.
6. Review the Chapter 2 Recorded Lecture.

# 4…
**Week of Feb. 6th**

1. Review Coach B's corner.
2. Review chapter helpers.
3. Reminder to complete Pre-Testing: there is a link in Week 2 module.
4. Review Chapter 3 Recorded Lecture:
| Cardiovascular Endurance |
5. Test#1
#5…
**Week of Feb. 13th**
1. Review Chapter Helpers.
2. Continue to train hard.
3. Review Chapter 4 Lecture: Muscular Strength
4. Review Water Lecture

#6…**Week of Feb. 20th**
1. Review Coach B's video.
2. Submit Mid-Semester Fitness Journal AND Writing Assignment in one file by deadline.
3. In class Water lecture.
4. Pre-Test rankings day!
5. Review Chapter 7 Lecture: Putting Together a Complete Fitness Program
6. Test #2

#7…
**Week of Feb. 27th**
1. Review Coach B's Corner.
2. Review Chapter Helpers.
3. Print out End-Log for preparation of submission later on.
4. Review Chapter 8 Lecture.
5. Review the End-Semester Fitness Journal Lecture.

**Week of March 6th**
**SPRING BREAK**

#8…
**Week of March 13th**
1. Review Coach B's corner.
2. Listen to an uplifting song by CHER!
3. Review Chapter Helpers.
4. Review Chapter 9 Lecture.
5. Test #3

#9…
**Week of March 20th**
1. Review Coach B's video.
2. Review Chapter Helpers.
3. Review Chapter 10: Communication Lecture

#10…
**Week of March 27th**
1. Review Coach B's corner.
2. Review Chapter Helpers.
3. Stress Profile.
4. Review the Post-Testing Lecture.
| Week of April 3rd | 1. Review Coach B’s corner.  
2. Review Chapter Helpers.  
3. Complete End-Semester Fitness Journal by stated deadline.  
4. Complete Post-testing by stated deadline. |
|------------------|--------------------------------------------------------------------------------------------------|
| Week of April 10th | 1. Review Coach B's corner.  
2. Reminder to complete End-Log found in Week 11.  
3. Reminder to complete Post-test: found in Week 11  
4. Test #5 |
| Week of April 17th | 1. Review Coach B's corner.  
2. In Class Work: STI's or Safety. |
| Week of April 24th | 1. Final Exam Review  
2. Test #6 |