

**South Plains College**  
**Department of Physical Education**  
**PHED 1304- Lecture**  
**Fitness & Wellness**

**Instructor:** Ryan Heth  
**Office:** Physical Education Building #107

**Office Phone:** 806-716-2234  
**Email:** [rheth@southplainscollege.edu](mailto:rheth@southplainscollege.edu)

**Required Text:** Fit & Well, 12<sup>th</sup> edition, Fahey, Insel, and Roth. (You do NOT need to purchase an access code for CONNECT.)

**Required Video Service:** Netflix is an Internet-based video streaming service offering a number of television shows, movies, and educational documentaries that are accessible from your home television, computer, tablet, or smart phone. The Educational Documentaries are what we will use as a class to complete some of the discussion board and/or homework assignments. You can access Netflix through this link, <https://www.netflix.com/>, or Google the name Netflix. Your first month is free, and any additional month used will be charged between \$7 and \$11 per month depending on the package you choose. If you do not plan on using this service after the class has been completed, you will need to be sure and cancel your membership on the Netflix website. *If you would like to delay adding this service until you are instructed to use it the first time, then that will allow you to delay the use and beginning of your first free month.*

**Course Description**

This course is designed to enhance personal health and wellness. Physical and personal health assessments, online lectures, power point presentations, along with the textbook chapters will provide students with the necessary tools to take responsibility and make drastic improvements to their long term personal health.

**Student Expectations:**

Faculty and students actively contribute to one another's learning through critical dialogue, integrative learning, and collaborative learning. In order to take full advantage of the experiences and resources South Plains College offers, students are expected to manage and direct their academic progress with support and guidance from faculty. To acquire knowledge and build skills, students are expected to:

- Read and become familiar with the course syllabus and unit instructions.
- Keep up with assignments and readings.
- Ask for clarifications about material or course expectations.
- Analyze assigned readings and offer thoughtful interpretations.
- Be respectful of diverse perspectives and refrain from making inappropriate comments in discussions boards and personal interactions.

**Course Evaluation:**

- 1) There will be **Two Exams** (posted under the **ASSESSMENTS** Tool), each worth 100 points (200 points total; 40% of your overall grade). Each exam will consist of 50-100 questions (multiple choice, essay, matching, etc.). The materials covered on each exam are listed in the course **Unit Instructions**.
- 2) **Chapter Quizzes** will be given over every chapter for a total of 15 quizzes. Each quiz is worth 10 points (150 points total; 30% of your overall grade) and there will be a quiz due each Friday beginning with the first week of school. Each quiz will consist of multiple choice or true false questions. You can take the quizzes multiple times up until the due date. These quizzes will help prepare you for the exams.

- 3) **Two Homework Assignments** will be completed over the course of the semester. Each homework will be worth 37.5 points (75 points total; 15% of your overall grade). These assignments will be posted throughout the *Unit Instructions* and can also be found under the **HOMEWORK ASSIGNMENTS** Link.
- 4) **Classroom Discussion Topics/ Attendance** will be completed in class and turned in, each worth up to 5 points (75 points total; 15% of your overall grade). The primary goal for the discussion portion assignments of the course is to critically think about what you are learning. These will also be used to keep up with attendance. If you miss 6 of these assignments you will be dropped from the course. There are no makeups allowed for this portion of your grade. If you are not here when we complete these in class, you will receive a zero as a grade.  
The primary goal for the discussion portion of the course is to "talk" about what you are learning, so it is fine to be somewhat informal and conversational, however check your grammar and spelling and do not use text message lingo. Your grades on these assignments will not be based on whether or not you give correct answers, but will be based on your content.

\*\* I expect you to read the chapters assigned. This exposes you to the material and makes it easier for you to understand the power point slides and take good notes. Plan ahead, and do not wait until the last minute to submit your assignments.

\*\*\* All written assignments should be presented using the conventions of Standard Written English. South Plains College requires all students to become proficient in "academic English," a form of English that is typically used in academic, professional, and business contexts. While slang and informal kinds of self-expression are appropriate in some contexts, they are out of place in academic writing.

#### **Attendance Policy: Drop Policy**

##### **Students need to inform me prior to an absence due to a school sponsored activity.**

I do not need doctors notes or excuses for being absent from or late to class. If you miss six assignments or if you are tardy on a continuous basis you will be dropped. There are no makeups for missed assignments. I will not take roll prior to class but make sure you're aware of how many assignments you have missed.

- Drops will be made by the instructor for excessive absences, discipline, and disregard for the class guidelines. It will be the student's responsibility to drop themselves after the administrative drop day.

**TWO WEEKS OF CONSECUTIVE ABSENCES = DROPPED FROM THE CLASS.**

This is a college policy. If you stop coming to class, it is best that you withdraw yourself. Refer to SPC catalog pg.21

**Academic Integrity:** Students are expected to maintain complete honesty and integrity in their experiences in the course. Please read and understand the SPC policy regarding academic integrity and honesty found on page 23 of the SPC General Catalog. If a student violates this policy (e.g., is caught cheating or plagiarizing), *he or she will receive an F and administrative withdrawal.*

Final grades will be determined as follow:

- 2 examinations @ 100 points each: 200 points
- 15 quizzes @ 10 points each 150 points
- 2 Homework assignments @ 37.5 points each 75 points
- Discussion Board Activities/ Lab Assignments 75 points

**Total: 500 points**

<b>Final Grade</b>	<b>Point Percentage</b>	<b>Point Total</b>
A	90-100%	448-500
B	80-89%	398-447
C	70-79%	348-446
D	60-69%	298-347
F	Below 60%	Below 298

**Levelland Campus -**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability. For more information, call or visit the Disability Services Office in the Student Health & Wellness Office, 806-716-2577.

**Reese Center and the Byron Martin Advanced Technology Center (ATC) -**

Students with disabilities, including but not limited to physical, psychiatric, or learning disabilities, who wish to request accommodations in this class should notify the Disability Services Office early in the semester so that the appropriate arrangements may be made. In accordance with federal law, a student requesting accommodations must provide acceptable documentation of his/her disability. For more information, call or visit the Disability Services Office at, Reese Center Building 8, 806-716-4675.

**Campus Concealed Carry –**

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in South Plains College buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and South Plains College policy, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to the SPC policy at:

([http://www.southplainscollege.edu/human\\_resources/policy\\_procedure/hhc.php](http://www.southplainscollege.edu/human_resources/policy_procedure/hhc.php))

Pursuant to PC 46.035, the open carrying of handguns is prohibited on all South Plains College campuses. Report violations to the College Police Department at 806-716-2396 or 9-1-1.

I \_\_\_\_\_ have read and understand all the information on this syllabus for PHED \_\_\_\_\_.

Date \_\_\_\_\_

Phone # \_\_\_\_\_

**Write your phone number and email legibly!!!!**

E-mail \_\_\_\_\_

Are there any health issues we should be concerned about before you start this program? (Circle one)

No

If yes, please explain:

**\*Sign and complete this form and turn it in to the instructor.**