

# Fitness and Wellness

PHED 1304.01 Spring 2026

Do not discard this! You may need to refer to it later.

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Office: KINE 105

Office Hours: 11am-12pm T-Th, M-Th 3:45-4:30pm \*\* (or by appointment) \*\*

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**Email is the best way to communicate with me.**

This course will incorporate written assessments, physical activities, lectures, and group activities to provide students with the necessary tools to take responsibility for their long-term personal health. Most course work will take place in class, so attendance is mandatory for your success.

## **Course outcomes will result from study of the following topics:**

- Factors that contribute to fitness & wellness
- Designing a personal fitness program
- Nutrition
- Chronic Disease as it relates to Lifestyle choices.
- Stress and personality types
- Depression
- Consequences of unprotected sex

## **Required materials:**

- Internet Access
- Exercise Attire
- Digital Camera (camera phone works)
- Pedometer (fitness tracker works)
- Athletic Shoes

**Grading Policies:** A points system will be determined to calculate your grade.

## **280-300= A. Attendance and Participation:**

Up to 10 points per day may be awarded for this category. You will lose points for not attending class or failure to comply with the following:

1. Participation in class discussion
2. Following instruction
3. Proper dress
4. Correct technique and execution of exercises
5. **Phones are NOT ALLOWED in class. You will lose 10 points per instance of use, and you may be asked to leave if it creates a distraction.**
6. You will lose points for leaving class on a regular basis.
7. You will be dropped from class after 6 absences until April 30. After that date, the student will receive an F for 6 absences.

## **2410= B. Exams/ Assignments:**

1. **Make up exams: Not allowed unless arrangements are made prior to the test.**
2. Some assignments will be performed in class. You will receive a zero for an assignment if you are inappropriately dressed or absent.

 **3. Late assignments are not accepted.** 


## **50= D. Journal/ Discussion questions**

## **200= E. Final Exam**

1. The final exam will be comprehensive.
2. The final exam will be \_\_\_\_\_.
3. Those with perfect attendance are exempt.

**Tentative Grading Scale:****A= 1593-1770****B= 1416-1592****C= 1239-1415****D= 1062-1238****F= 1061 or less**

Total Points available may change, however grades will always be based a percentage of available points.  
EX: A= 90-100 % of total available points.

Outcomes	Evaluation Method Points available
	Syllabus Quiz (10)  10
<b>Introduction to Wellness Module:</b> <ul style="list-style-type: none"> <li>Examine and judge the impact of the current US obesity crisis.</li> <li>Identify the 6 components of wellness and apply those principles to personal health.</li> <li>Explore and identify the major risk factors for chronic disease.</li> </ul>	Obesity Project (25) Lifestyle Evaluation (10) Wellness Profile (25) Module 1 Test (100) 160
<b>Nutrition Module</b> <ul style="list-style-type: none"> <li>Explore and recall the essential nutrients</li> <li>Analyze and apply food label data</li> <li>Record and evaluate personal nutrition habits.</li> <li>Judge the impact of fast food on global health.</li> <li>Recall healthy nutrition practices</li> </ul>	Snack food analysis (25) Journal Entry (15) Fast Food Comparison (25) Comprehensive 5-day food journal (300) Super-Size Me Paper (50) Nutrition Exam (100) 515
<b>Mid Term Exam</b>	100
<b>Cardiovascular Fitness Module</b> <ul style="list-style-type: none"> <li>Identify and apply the principles and safety guidelines of physical training.</li> <li>Calculate appropriate heart rate for optimum exercise intensity.</li> <li>Perform a variety of health assessments.</li> <li>Identify the link between physical activity and quality of life.</li> <li>Recognize the skill related components of physical fitness.</li> </ul>	Participant Safety Questionnaire (10) Overcoming Barriers to Being Active (10) Target Heart Rate Journal Activity (10) Pedometer Activity (100) Journal Discussion (5) Exam #1 (100) 235
<b>Strength Training Module</b> <ul style="list-style-type: none"> <li>Define basic terminology.</li> <li>Identify Major Muscle Groups</li> <li>Assess muscular endurance.</li> <li>Apply the FITT principles to strength training</li> <li>Identify benefits of strength training and flexibility.</li> <li>Explain how back pain can be managed or prevented.</li> </ul>	Journal (5) Fitness Assessment activity (100) Exam (100)

<ul style="list-style-type: none"> <li>Identify safe weightlifting and stretching techniques.</li> </ul>	205
<b>Chronic Disease</b> <ul style="list-style-type: none"> <li>Individually examine the controllable and uncontrollable risk factors for CVD and cancer.</li> <li>Examine personal risk of chronic disease</li> <li>Recall preventative strategies for decreasing personal risk.</li> </ul>	CVD Risk Assessment (10) Family tree lab (100) Journal Entry (5) Exam (100)  215
<b>Sexually Transmitted Diseases/and Sexual Responsibility</b> <ul style="list-style-type: none"> <li>Review long-term consequences of having an STD.</li> <li>Identify the most common STDs and associated risk factors.</li> <li>Recall other long-term outcomes of recreational/ irresponsible sexual activity.</li> </ul>	Life Events and Stress Worksheet (10)  Journal (5)   15
<b>Substance Abuse (Time Permitting)</b> <ul style="list-style-type: none"> <li>Identify personal behaviors risk for alcohol/ substance abuse</li> <li>Discuss short- and long-term effects of alcohol abuse.</li> <li>List substances commonly abused and prevention strategies.</li> <li>Recall the definition of binge drinking.</li> </ul>	Addictive Behavior Assessment (10)     10
<ul style="list-style-type: none"> <li><b>Final Exam: Comprehensive</b></li> </ul>	100
<ul style="list-style-type: none"> <li><b>Attendance/ Participation</b></li> </ul>	200
<ul style="list-style-type: none"> <li><b>Total potential points</b></li> </ul>	1770

COVID/ FLU: If you're symptomatic, contact the school nurse, DeEtte Edens, at [dedens@southplainscollege.edu](mailto:dedens@southplainscollege.edu) or at (806) 716-2376. If your test results are positive, contact all your instructors to make plans for missed work.

**Required Syllabus Statements:** <https://www.southplainscollege.edu/syllabusstatements/>

