

Fitness and Wellness
PHED 1304.01 Spring 2026
Do not discard this! You may need to refer to it later.

Dee Dee Ninemire (9-myer)

Office: KINE 105

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

E-mail: **d ninemire@southplainscollege.edu** Phone: 716-2236

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
Introduction to Wellness Module: <ul style="list-style-type: none"> Examine and judge the impact of the current US obesity crisis. Identify the 6 components of wellness and apply those principles to personal health. Explore and identify the major risk factors for chronic disease. 	Obesity Project (25) Lifestyle Evaluation (10) Wellness Profile (25) Module 1 Test (100) 160
Nutrition Module <ul style="list-style-type: none"> Explore and recall the essential nutrients Analyze and apply food label data Record and evaluate personal nutrition habits. Judge the impact of fast food on global health. Recall healthy nutrition practices 	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
Mid Term Exam	100
Cardiovascular Fitness Module <ul style="list-style-type: none"> Identify and apply the principles and safety guidelines of physical training. Calculate appropriate heart rate for optimum exercise intensity. Perform a variety of health assessments. Identify the link between physical activity and quality of life. Recognize the skill related components of physical fitness. 	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
Strength Training Module <ul style="list-style-type: none"> Define basic terminology. Identify Major Muscle Groups Assess muscular endurance. Apply the FITT principles to strength training Identify benefits of strength training and flexibility. Explain how back pain can be managed or prevented. 	Journal (5) Fitness Assessment activity (100) Exam (100)

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

COVID/ FLU: If you're symptomatic, contact the school nurse, DeEtte Edens, at 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/>

