

Clarendon College
PHED 1105
PHYSICAL FITNESS
Fall 2010

CLARENDON COLLEGE
Division of Science & Health

Course Name: PHED 1115 Physical Fitness

Credit Hours: 1

Semester: Fall 2010

Classroom Location: Fitness Center

Instructor: Miklannet Tennial

Office Location: Gymnasium

Phone: 806-874-4835

Email: Miklannet.tennial@clarendoncollege.edu

Fax: 806-874-5080

Other:

Office Hours: 9:00am-12:00 pm Monday-Thursday, or by appointment

Course Description:

An introductory course in . Topics include cardiovascular benefits, equipment, and personal safety.

Statement of Purpose

This class partially satisfies the requirements for an Associate Degree at Clarendon College and is designed for transfer to a senior college. The course may be repeated for credit.

Required Instructional Materials:

Textbook:

No Textbook required for this course.

Other Relevant Materials:

Student Requirements

Students are required to attend scheduled course meetings and work with instructor as needed to help develop a sufficient workout plan and schedule. Students are required to turn in 42 documented hours stating their workouts and progress throughout the semester. Students are required to submit a two page paper at the end of the semester about weight lifting and physical fitness.

By Sunday at midnight, your documented hours for the week must be emailed to me at miklannet.tennial@clarendoncollege.edu. Included must be how long you worked out, what exercises and how much weight you did on each exercise.

Your two page paper must be emailed to the instructor by December 3, 2010.

Methods of Instruction

Individual Work Load

Course Objectives

As a result of this course, students should be able to:

1. Develop an understanding of weight lifting
2. Progress individual physical fitness levels from weight lifting
3. Understand how the body functions during a weight lifting session

Grading Policies:

There will be no tests given during this course.

Documentation of 42 workout hours and progress

Two page essay due **no later than December 3, 2010.**

You will receive a grade in this class based on the following; work ethic, proper documentation, and commitment.

The final semester grades will be figured as set in the current catalog:

90 to 100 = A 80 to 89 = B 70 to 79 = C 60 to 69 = D Below 59 = F

Not turning in your two page essay is automatic drop in letter grade.

A student's final grade will be made available through Campus Connect at Clarendon College's website.

Classroom Policies:

You are required to keep proper documentation of your workouts.

Classroom Conduct

Failure to comply with lawful direction of a classroom instructor is a disruption for all students enrolled in the class. Cheating violations include, but are not limited to: (1) obtaining an examination, classroom activity, or laboratory exercise by stealing or collusion; (2) discovering the content of an examination, classroom activity, laboratory exercise, or homework assignment before it is given; (3) using an unauthorized source of information during an examination, classroom activity, laboratory exercise, or homework assignment; (4) entering an office or building to obtain unfair advantage; (5) taking an examination for another person; (6) completing a classroom activity, laboratory exercise, homework assignment, or research paper for another person; (7) altering grade records; (8) using any unauthorized form of electronic communication device during an examination, classroom activity, or laboratory exercise; (9) Plagiarism. Plagiarism is the using, stating, offering, or reporting as one's own, an idea, expression, or production of another person without proper credit.

Disciplinary actions for cheating in a course are at the discretion of the individual instructor. The instructor of that course will file a report with the Dean of Students when a student is caught cheating in the course, whether it be a workforce or academic course. The report shall include the course, instructor, student's name, and the type of cheating involved.

Students who are reported as cheating to the Dean of Students more than once shall be disciplined by the Dean. The Dean will notify all involved parties within fourteen days of any action taken.

American with Disabilities Act Statement:

Clarendon College provides reasonable accommodations for persons with temporary or permanent disabilities. Should you require special accommodations, notify the Office of Student Services (806-874-3571 or 800-687-9737). We will work with you to make whatever accommodations we need to make.

Dropping a Course:

A student who is enrolled in a developmental course for TSI purposes may not drop his/her only developmental course unless the student completely withdraws from the college. A student may drop any other course with a grade of "W" any time after the census date for the semester and on or before the end of the 12th week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar. The request

for permission to drop a course is initiated by the student by procuring a drop form from the Office of Student Services. (Refer to other policies concerning this issue in the current college catalog online.)

Withdrawal: If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. Withdrawal from a course is a formal procedure that you must initiate. If you do not go through the formal withdrawal procedure, you will receive a grade of "F" on your transcript.

A student is permitted to drop a course if he/she obtains an official drop slip from the office and has the instructor sign the slip before the 12th class week.

Remember, a student is only allowed to drop the same class twice before he/she will be charged triple the tuition amount for taking the class a third time or more. Furthermore, beginning with the Fall 2007 semester, students in Texas may only drop a total of 6 courses throughout their entire undergraduate career. After the 6, he/she will no longer be able to withdraw from any classes.

Withdrawal from College:

When a student finds it necessary to withdraw from school before the end of the semester, he or she should obtain a withdrawal form from the Office of Student Services. Students may also withdraw from the college by sending a written request for such action to the Registrar's Office. The request must include the student's signature, the student's current address, social security number and course information details. Students who withdraw after the census date for the semester and on or before the end of the 12th week of a long semester, or on or before the last day to drop a class of a term as designated in the college calendar will be assigned a grade of "W."

Tentative Course Schedule/Outline

Final exam on date/time as posted on Final Exam Schedule on Clarendon College website.