**Grading Policy:**   
Attendance / Participation – 150 Points   
(10) Weekly Quizzes – 100 Points: All quizzes will be open book / open notes   
Final Exam – 100 Points   
*\*\*\*Final Grades Viewable in Atlas: 05/2/2017*

**Course Information**  
Credit Hours: 3

Building/Room: HSB 1-147

Course Schedule: Tuesday & Thursday / 8:30 – 9:45am

Office Hours: By appointment

Textbook: Total Fitness & Wellness - Scott K. Powers (PDF Version is located on Blackboard)  
Quizzes: Weekly quizzes will be uploaded to blackboard each Monday.

**Course Description & Prerequisites:**

FITNESS AND WELLNESS FOR LIFE I This course will assist the student in implementing a personal fitness program by performing workouts each class in the fitness center to improve the health-related components of physical fitness including cardiovascular endurance, muscular strength and endurance, flexibility and body composition. Students will also develop an awareness that a positive healthy lifestyle can enhance quality of life and decrease risk of disease. Wellness topics covered include: nutrition, stress management, weight management and disease prevention.  
  
**Prerequisites:** None

**Course Outcomes/Objectives:**

Through participation in individualized AND group exercise programs, the student should be able to select those habits, behaviorisms, and programs which, if applied, will enable him/her to maintain a high quality of health and physical fitness throughout his/her life.

**Important Dates:**

Withdrawal Deadlines for Spring 2017:

*Term First Day & Last Day of Term Withdrawal Deadline (to receive a 'W')*  
2nd 10 Weeks (TWK) 2/13/2017 - 4/30/2017  *4/7/2017*

Spring Break: 3/13 - 3/17  
  
Final Exam Week: 4/24 - 4/28

**Course Schedule:**

Tuesday & Thursday / 8:30 – 9:45am / WC – HSB Room 124

2/13/17 – 4/30/17

**Text & Required Supplies:**  
Textbook: Total Fitness & Wellness - Scott K. Powers (PDF Version is uploaded to Blackboard)

Quizzes: Weekly quizzes will be uploaded to blackboard each Monday and due each Thursday at the end of the classroom discussion

**Contact Information**

Instructor: Reggie Williams

Email: cwilliams298@valenciacollege.edu

Office Phone: (407) 582-1833

Course Syllabus

HLP1081C - Fitness and Wellness for Life I CRN26511 / Spring, 2017



**Course Schedule:**   
8:30am – 9am: Classroom discussion   
9 – 9:45: Total body workout

**Quizzes are due each Thursday at the end of the classroom discussion**

**Week 1: (2/14, 2/16)**

*Class Introduction*

*Chapter 1 Understanding Fitness and Wellness*

**Week 2 (2/21, 2/23)**

*Chapter 2 General Principles of Exercise for Health and Fitness*

*Quiz #1 Due by 2/23 (Quiz will cover chapter 1 & 2)*  
**Week 3 (2/28, 3/2)**   
*Chapter 3 Cardiorespiratory Endurance: Assessment and Prescription*

*Quiz #2 Due by 3/2 (Quiz will cover chapter 3)*

**Week 4 (3/7, 3/9)**

*Chapter 4 Improving Muscular Strength and Endurance*

*Chapter 5 Improving Flexibility*

*Quiz #3 & #4 Due by 3/9 (Quiz will cover chapter 4 & 5)*

***Week 5 (3/14, 3/16) Spring Break***

**Week 6 (3/21, 3/23)**

*Chapter 6 Body Composition*

*Chapter 7 Creating Your Total Fitness and Wellness Plan*

*Quiz #5 & #6 Due by 3/23 (Quiz will cover chapter 6 & 7)*

**Week 7 (3/28, 3/30)**

*Chapter 8 Nutrition, Health, and Fitness*

*Quiz #7 Due by 3/30 (Quiz will cover chapter 8)*

**Week 8 (4/4, 4/6)**

*Chapter 9 Exercise, Diet, and Weight Control*

*Quiz #8 Due by 4/6 (Quiz will cover chapter 9)*

**Week 9 (4/11, 4/13)**

*Chapter 10 Preventing Cardiovascular Disease*

*Quiz #9 Due by 4/13 (Quiz will cover chapter 10)*

**Week 10 (4/18, 4/20)**

*Chapter 11 Stress Management*

*Quiz #10 Due 4/20 (Quiz will cover chapter 11)*

**Week 11 (4/25, 4/27) Final Exam Week**

*4/25 – Review for Final*

*4/27 – Final Exam – Final exam will cover chapters 1-11 (50 questions worth 100 points*)

*Final exam will be open book / open notes*

**Grading scale:**   
A = 350 – 315 (100 – 90%)  
B = 314 – 280 (89 – 80%)  
C = 279 – 245 (79 – 70%)  
D = 244 – 210 (69 – 60%)  
F = 209 or lower

**Important Information:**   
1. Text book is available on Blackboard.   
2. Weekly quizzes will be uploaded each Monday and are due each Thursday at the end of the classroom discussion (See class schedule for due dates)  
3. Students are expected to come dressed each class period for the Total Body Workout session.

a. Two (2) non-dress days = 10-point deduction  
 b. Total Body Dress: Comfortable clothing that you can move in (Gym attire), Tennis shoes

(closed toe shoes)   
  
**Attendance Policy: *150 Points***  
Students are expected to attend and participate in each class session. Regular attendance is essential since many activities and assignments will take place during scheduled class periods. Students are responsible for all information covered in class. If a student is absent from class, it is the student’s responsibility to contact a classmate PRIOR to the next regularly scheduled class for assignments or general information.

If you wish to withdraw from this course, it is your responsibility to go to the Admissions Office and withdraw officially from the course. Failure to follow this procedure will result in a grade of “F” for the course.

Attendance will be taken within the first five (5) minutes of class, and if the student is late, it is his or her responsibility to inform the instructor of his presence to avoid the absence.

The instructor also reserves the right to take attendance at the end of class. If the student has left the class early, this is equivalent to a late arrival or absence at the instructor’s discretion.

Two (2) late arrivals and/or (2) early departures = one (1) absence.

Penalty for missing a class is as follows:

1. 1st absence = NO point deduction
2. 2nd absence = 5 – Point deduction
3. 3rd absence = 10 – Point deduction
4. 4 or more absence = 15 – Point deduction

**Classroom Rules and Policies:**Each student is expected to participate in classroom discussions and activities. Each student is welcome to express his/her opinions concerning the topic discussed. As part of proper protocol, each student will allow others to express themselves in a respectful manner. Each person will respect each other. Appropriate clothing should be worn, with no underwear showing. NO CELL PHONES OUT DURING CLASS, UNLESS GIVEN PERMISSION BY THE PROFESSOR. NO CELL PHONES RINGING IN CLASS. ONLY IN AN EMERGENCY WILL YOU LEAVE CLASS TO ANSWER A CALL

**Makeup Policy for Examinations and All Other Assignments:**No makeup quizzes be available without explicit consent of instructor which will only be granted in case of documented extreme emergency.

**Academic Integrity:**

All forms of academic dishonesty are prohibited at Valencia College. Academic dishonesty includes, but is not limited to, acts or attempted acts of plagiarism, cheating, furnishing false information, forgery, alteration or misuse of documents, misconduct during a testing situation, facilitating academic dishonesty, and misuse of identification with intent to defraud or deceive.

Students may be subject to both the [Student Code of Conduct](http://valenciacollege.edu/generalcounsel/policy/documents/8-03-Student-Code-of-Conduct-Amended.pdf)and academic sanctions as determined in the academic judgment of the professor in cases where there is a combination of alleged violations of academic and non-academic regulations.

Any student determined by the professor to have been responsible for engaging in an act of academic dishonesty shall be subject to a range of academic penalties (apart from any sanctions that may be imposed pursuant to the Code) as determined by the professor which may include, but not be limited to, one or more of the following: loss of credit for an assignment, examination, or project; a reduction in the course grade; or a grade of "F" in the course.

**Student Code of Conduct Policy:**Valencia Community College is dedicated not only to the advancement of knowledge and learning but is concerned with the development of responsible personal and social conduct. By enrolling at Valencia Community College, a student assumes the responsibility for becoming familiar with and abiding by the general rules of conduct. The primary responsibility for managing the classroom environment rests with the faculty. Students who engage in any prohibited or unlawful acts that result in disruption of a class may be directed by the faculty to leave the class. Violation of any classroom or Valencia’s rules may lead to disciplinary action up to and including expulsion from Valencia. Disciplinary action could include being withdrawn from class, disciplinary warning, probation, suspension, expulsion, or other appropriate and authorized actions. You will find the Student Code of Conduct in the current Valencia Student Handbook.

**Students with Disabilities:**Students with disabilities who qualify for academic accommodations must provide a notification from the Office for Students with Disabilities (OSD) and discuss specific needs with the instructor, preferably during the first two weeks of class. The Office for Students with Disabilities determines accommodations based on appropriate documentation of disabilities.

**Valencia Student Core Competencies:**Valencia faculty have defined four interrelated competencies (Think, Value, Communicate, ACT) that prepare students to succeed in the world community. These competencies are outlined in the College Catalog. In this course, through lecture and discussion, group work, and other learning activities, you will further develop your mastery of those competencies.

**Disclaimer Statement**:   
This outline may be altered, at the instructor’s discretion, during the term. It is the responsibility of the student to make any adjustments as announced.