

Mary Baldwin University
Physical and Health Education
Course Syllabus

PHED 199WA: Fitness
Summer 2020
2.0 Credit Hours

Instructor: Sharon B. Spalding
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This course meets the entire 2.0 credit Common Curriculum Requirement for Physical Education P1 and P2 under LO2 for those who matriculated before Fall 2020

Course Goals

1. Develop in students an awareness of the importance of personal fitness.
2. Provide students with the knowledge needed to design a personal program for lifelong fitness and wellbeing.
3. Participation in an physical activity to improve and/or maintain fitness and health

Topics to be covered

1. Evaluation of current fitness level P1
2. Setting realistic goals P1 and P2
3. Strategies for changing health related behaviors P1
4. Weight control and nutrition P1
5. Stress Reduction P1
6. Improving motor skill or fitness level in chosen activities P2

Course Requirements

1. Aerobic/sport activity:30 minutes of activity at least 3 days/week for 8 weeks– documented in a journal to be submitted at the end of class.
2. Are You Ready to Exercise PAR Q Form
3. Fitness Assessment Assignment
4. Mindful Eating Assignment
5. Journal Article Review on some aspect of Fitness, health or wellness
6. Two Journal Article Reviews on your chosen physical activity or sport
7. Participation in four online discussions
 - a. Introductions
 - b. Goal Setting
 - c. Stress Management
 - d. Total Wellness
8. Final Summary of Class Activities

Grading

Assignments:	110 points
Online Discussions	40 points
Exercise Journal	100 points
Final Summary	50 points

Grading Scale:

A	93-100 (279-300)	C+	77-79 (231-239)
A-	90-92 (270-278)	C	73-76 (219-230)
B+	87-89 (261-269)	C-	70-72 (210-218)
B	83-86 (249-260)	D+	67-69 (201-209)
B-	80-82 (240-248)	D	63-66 (189-200)
		D-	60-62 (180-188)
		F	59 and below (<180)

All PHE classes may be taken P/NC and this does not count toward the P/NC rules. PASS is 180 and above

Notes to Students

1. Baldwin online students are required to activate their MBC-issued email account, as this will be the account I will use when communicating with you.
2. I need to have ALL WORK submitted in Blackboard. This is critical to make sure that materials are not lost in my email box.
3. Please do use my email if you have a question of a personal nature, that you don't wish to put in the "Ask A Question Forum". If you do have to email me, make the subject line PHE199WASum2020. Thank you for your help.
4. All academic work is covered by the MBC Honor Code policy.
5. I have worked with sedentary adults, cardiac patients, cancer survivors and athletes as they design programs to meet their individual needs and goals. If you have physical limitations or a current disorder or disease that you regularly see a physician for, I will be happy to work with your physician in designing a safe, realistic program to meet your needs. I look forward to meeting you and helping you to develop a program to meet your needs.
6. **Please look at the Due Dates, late work will not receive full credit. After one week, the most credit that can be earned for late work is 50%.**
7. Finally, I am a reasonable person and understand that many of you are working, have families and are completing coursework. If you are having issues because of difficult situations, please let me know. I do know that Life Happens in unexpected moments and I am willing to work with you if I am aware.

