

| Course Information | |
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| Course title: | Fundamentals of Physical Well-being |
| Course number: | HPE 142 - 2 credit |
| Course description: | This course is designed for students to better understand concepts of physical fitness, nutrition, disease prevention, weight management and wellness in order to make healthy lifestyle decisions. Students participate and record weekly aerobic/cardiorespiratory endurance logs to help improve or maintain fitness levels with consultation available with the instructor. Students choose those activities most relevant to them. |
| Course date: | Monday, June 1, 2009 through Thursday, July 23, 2009 |
| Location: | Online |
| Instructor Information | |
| Name: | Brad Heath |
| Email: | brad.heath@clovis.edu |
| Office location: | Health and Fitness Center #307 |
| Office hours: | By Appointment |
| Phone: | 505.769.4156 |
| Textbooks | |
| Required reading: | <i>Lifetime Physical Fitness and Wellness</i> : A Personalized Program, Hoeger & Hoeger, Wadsworth, 10th edition/2009 |
| Course Goals | |
| Course goals: | <p><u>At the conclusion of this course, the student should be able to:</u></p> <ol style="list-style-type: none"> 1. Understand the need for physical fitness. 2. Know the effects of a healthy lifestyle. 3. Administer and correctly interpret tests for cardiovascular endurance, strength, flexibility, and body weight. 4. Develop and apply appropriate cardiovascular endurance, strength and flexibility programs. 5. Evaluate diet practices and develop sound nutrition and weight control programs. 6. Engage in personalized relaxation. 7. Maintain health and fitness for life. 8. Explore physical fitness levels amongst a variety of cultures |
| Attendance | |
| : | CCC Attendance Policy: The College system maintains a log each time you enter |

your online course. **Students are required to login at least once a week** in order to meet course assignment deadlines and to receive additional instructor announcements. Students who do not login and who do not communicate with their instructor either through email or by phone by the 10th class day may be administratively withdrawn from the class. **Students will not be able to make up past due assignments, exercise logs, final exam and quizzes unless prior arrangements have been set.**

Netiquette

: **Netiquette** is using good manners in cyberspace. Since most of the communication over the net is by way of text, be sure your written words are not offensive to the receiver. Remember email is a document, and can be read by someone other than the intended audience. "Flaming" (making personal attacks on a person) is also unacceptable, and will follow the same discipline actions found in the [student handbook](#), including administrative withdrawal at the instructor's discretion. Whether you are in a chat room, writing an email or posting to a discussion area, remember to use proper etiquette in consideration of others. If you would like to read more on the subject of netiquette, use the links below.

<http://www.iwillfollow.com/email.htm>

<http://www.albion.com/netiquette/corerules.html>

Grading Policy

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| : | <p>1. Discussions 5%</p> <p>2. Quizzes: Chapters 1, 3, 6, 7 and 10 30%</p> <p>Chapters 2, 4, 5, 8, 9 and 15 20%</p> <p>3. Exercise Logs (2) 15%</p> <p>4. Final Exam - comprehensive <u>20%</u></p> <p>Total = 100%</p> |
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Grading Scale:

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| A | 90 -100% |
| B | 80 - 89% |
| C | 70 - 79% |
| D | 60 - 69% |
| F | 59% & below |

Point values may change but percent values will not.

Syllabus Changes

: The instructor reserves the right to make changes as necessary to this syllabus. If changes are necessitated during the term of the course, the instructor will

immediately notify students of such changes both by individual email communication and posting both notification and nature of change(s) on the course bulletin board.