

MONTGOMERY COLLEGE
Department of Health Enhancement, Exercise Science and Physical Education
Germantown Campus
HLTH 125 – Personalized Health Fitness
(CRN# 21159)

I. Instructor Information

Dr. Keith McKelphin

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Phone: 240-567-7727

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Class Day and Time: Tuesday and Thursday – 11:00 am – 12:15 pm

Office Hours: Monday 9:15 am – 9:45 am & 12:20 pm – 12:50 pm

Tuesday 9:45 am – 10:45 am

Wednesday 9:15 am – 9:45 am; 12:30 pm – 1:30 pm

Thursday 9:45 am – 10:45 am & 12:30 pm – 1:00 pm

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II. General Course Information

The HLTH 125 – Personalized Health Fitness course introduces students to the principles of exercise physiology in order to promote health and prevent diseases by using scientific evidences that supports the benefits and necessity of healthy eating and physical activity. Students are introduced to anatomy and applied physiology to develop and implement an individualized comprehensive fitness and wellness plan to achieve a healthier lifestyle. In addition, students use data collected from a variety of activities to describe and critically analyze the role of physical activity in health, wellness, and quality of life. Students will have opportunities to practice and evaluate different core concepts, methods, and techniques related to the development and maintenance of fitness, nutrition and weight management, managing stress and reducing risks associated with prevalent diseases.

HLTH 125 fulfills a General Education Program Health Foundation requirement or General Education Institutional Requirement (GEIR). Montgomery College general education program is designed to ensure that students have the skills, knowledge, and attitudes to carry them successfully through their work and personal time. This course provides multiple opportunities to develop the following competencies; critical analysis and reasoning, information literacy, scientific and quantitative reasoning and technical competencies. Your performance in these competencies will be evaluated on your mastery of the area anywhere from novice to advance.

For more information, please see www.montgomerycollege.edu/gened.

III. Specific Outcomes

By the end of the semester, the student will:

- Identify and explain principles of exercise physiology.
- Apply and evaluate scientific principles of physical activity.
- Assess various components of exercise physiology and apply the data assessed to design a personalized fitness program.
- Demonstrate an understanding of the dimensions of wellness and a relationship to social health perspectives as a foundation for healthy living. Apply behavioral change strategies to develop a wellness lifestyle management plan.
- Demonstrate an understanding of the biological and physical aspects of stress and explain various acceptable ways of coping with stress including relaxation techniques.
- Define the benefits of a physically active lifestyle and achieving optimal well-being and analyze the role of physical activity in health, wellness, and quality of life.

IV. Text and Supplies

Connect Plus with LearnSmart Fitness and Wellness Access Card for Fit & Well, 13th Edition-- ISBN-13: 978-1260155037/ISBN-10: 126015503X

You will need to have access to the book's website using the instructions below. This website includes the e-book, assignments, quizzes, test, homework, and health information websites.

Fitness Trackers PEDOMETERS are required; you may purchase at the MC bookstore or purchase from any store of your choice. **No phone pedometers

Recommended Text: Montgomery College Student Handbook

V. Course Website

Login to <http://www.montgomerycollege.edu>



Click on the  button at the top of the page.

The instructor has added a blackboard supplemental cite that can be accessed through MyMC, Log onto MyMC and click on “Blackboard”, at the top of the page. Various course materials, syllabus, assignments, grades, announcements, and course notes will be posted. **Students are responsible for checking the site on a weekly basis.**

VI. Grading

A. Requirements

In order for students to be successful in this course they will need to prepare for each class by completing the assigned readings, completing all assignments (including labs, papers and projects) by the appropriate due dates and coming to classes prepared to participate in all activities.

B. Course Grade

Learn Smart	110 points - (10 bonus orientation not included)
Labs/ Assignments	130 points
Homework or inclass	100 points
Fitness Plan	50 points
Nutrition Paper	50 points
Exams	300 points (3 tests at 100 pts each)
<u>Pedometer Program –</u>	<u>110 points</u>
TOTAL POINTS	850 points

C. Standards

Final grades will be determined by total points accumulated through assignments, participation and tests. The final points necessary for a given letter grade will be based upon the following percentage scale:

90% of total possible points = A	765-850 points
80% of total possible points = B	680-764 points
70% of total possible points = C	595-679 points
60% of total possible points = D	510-594 points
Less than 60% of total possible points = F	0 – 509 points

4 absences (non-participation) will result in a dropped letter grade

5 or more absences (non-participation) will result in a “F”

All McGraw Hill Connect and LearnSmart assignments must be done electronically. All other Labs and assignments can be uploaded on blackboard or handed in before class. It is your choice. However, your Fitness Plan is the only assignment that must be printed and turned in during class on the due date.

Labs/Assignments (130 points):

- Throughout the semester each student will complete labs/assignments designed to measure your current fitness level and assess your knowledge of health and wellness. Portions of each lab/ assignment will be completed during class and each lab will contain critical thinking questions that will be completed outside of the class meeting time. **Physical activity labs must be completed during class.**
- Some lab assignments must be typed. Students should follow the “Writing in HE & PE Guidelines” handout when preparing labs.
- Many of the labs/ activities will be accessed through the textbook website. Students will be responsible for completing these labs, printing them out and submitting them by the due date. **Students must turn in the complete lab assignment.**
- Access all assignment through Blackboard first.
- All labs/assignments are due by their assigned due dates. **No assignments will be accepted one day after the due date.** See the “late policy” for more information.

Nutritional Analysis (50 points)

Due on **Tuesday, December 4th**. Your health topic paper is on nutrition. You will be using **NutritionCalc Plus on Connect** to help you with this assignment. The objective of this assignment is for the student to learn about the new food guide pyramid and learn how to apply

the information. The student will learn their own estimated energy needs and compare how their current diet is meeting those needs.

Students will receive a grade based on the content and grammar of the paper. Students who plagiarize will receive an “F” on this assignment.

You are encouraged to use the Montgomery College Writing Center (HS150 301-257-1802) and your professor for additional help. Be sure to begin this project EARLY and make an appointment with the writing center or your professor far in advance of the due date.

EXAMS (300 points)

There will be three non-cumulative exams in HLTH125. The exams will consist of multiple choice, true/false, short answer, and essay questions. Exams will cover all of the material that is presented and assigned from the text. **No makeup exams will be given.** In case of an emergency, you must contact the professor within 24 hours of the exam and may be asked to provide proof of the emergency in order to take the exam.

The Fitness Program (50 points)

The Fitness Program is a comprehensive fitness program based on the fitness assessments, pedometer logs, and Instructor’s Labs. Only a Hardcopy Fitness Program will be accepted. **Due date may vary from what is listed in the schedule.**

PEDOMETER PROGRAM (110 points)

Beginning on **Monday, September 10th** students will record their weekly physical activity via pedometer. Pedometer logs will be due in class each Tuesday. Logs must be turned in to the instructor no later than 11:05 pm each Tuesday. Pedometer logs must be turned in during class. They will not be accepted before class or after 11:05 pm. At the end of the semester students will write a summary of their pedometer experience. More information will be provided in class.

LearnSmart (110)

LearnSmart is a web-based assignment and assessment solution required for this course. Connect is designed to assist you with your coursework based on your needs. ***LearnSmart assignments are due by their assigned due dates listed on the schedule. LearnSmart Assignments must be completed ontime. There is no late policy for this assignment.***

Connect Homework/in-class assignment (100)

Homework is designed to better engages you in the course content, so you are better prepared, are more active in discussion, and achieve better results. Homework/inclass assignments are due by their assigned due dates listed on the schedule.

PARTICIPATION

Students are expected to participate in class this includes; class attendance, dress and class behavior. Attendance will be recorded each class period, students are expected to arrive on time and prepared for the class’s scheduled activities. Students, who miss class, arrive late or leave early and cannot complete scheduled class assignments will lose points on these assignments.

*** Throughout the semester the class will be meeting in the gym or (outside) to exercise and complete assessments of physical fitness, students must be dressed in appropriate workout attire to participate in these class activities. Students who are not dressed in appropriate workout attire will not be permitted to participate in class and will not be allowed to make up the assigned assignments. Appropriate workout attire includes proper athletic footwear and comfortable clothing. Jeans and hiking boots are not appropriate attire. **Workout days will be announced in class the week prior. If you miss class, you are still responsible for being prepared to exercise.**

D. Audit Policy

If you are auditing the class, you are exempt from tests. You are required to complete the assignments, as it will enhance your learning experience. Students auditing the course are still subject to being dropped for excessive absences. If you are auditing the course, please make an appointment with your instructor to review your specific course requirements.

VII. Classroom Policies

A. Attendance or Non-Participation

Students are expected to attend class and to be on time. Graded assignments might be completed at the beginning of each class. Thus, excessive absences, Non-participation, leaving early, or lateness will affect final grades. In addition, if a student has excessive absences, as defined in the Student Handbook, the instructor reserves the right to drop them from the course. However, if the student decides that they no longer want to participate in the course withdrawal by the appropriate “drop” date is ultimately the responsibility of the student.

4 absences (non-participation) will result in a dropped letter grade

5 or more absences (non-participation) will result in a “F”

B. Audit Policy

If you are auditing the class, you are exempt from tests. You are required to complete the assignments, as it will enhance your learning experience. Students auditing the course are still subject to being dropped for excessive absences. If you are auditing the course, please make an appointment with your instructor to review your specific course requirements.

C. Late Policy

Work will NOT be accepted after the day it is due. Deadlines and due dates are not negotiable. This applies to in-class activities, labs, and long-term assignments.

Assignments will be considered LATE if they are not uploaded on blackboard or in the instructor’s hands by the time the class period start (11:05 pm) on the day they are due. Therefore, if you are ill or have a conflict with class, you should e-mail your assignment or drop it off BEFORE class begins. If you are working on an assignment in class that was already due, you will not receive credit for the assignment, and may be asked to leave the class.

If a student forgets an assignment, leaves it in the car, has a printer problem, or any other excuse, he or she MAY turn in the assignment (by blackboard upload, e-mail, or in-person). **There will be a 25% reduction in the overall grade for each day the**

assignment is late for up to three days after the due date. Remember Learnsmart must be done by the due date. (In extreme situations, such as hospitalization, the instructor reserves the right to grant extensions). *Therefore, stay aware of the syllabus and class announcements for due dates, and do not be late to class.*

NOTE: If you are e-mailing an assignment, make sure you are e-mailing it from a MC account. *After you e-mail your assignment, do NOT assume that it was received unless you get an e-mail confirmation from your instructor.* Your instructor will E-mail you with a message that states, “I got your assignment. Please bring a hard copy to the next class” if indeed your work is received on time. ***If you do not get that message before the assignment is DUE, call your instructor immediately to discuss possible technological problems that might have prevented reception of your work.*** If you return several days later and say, “Did you get my assignment? I e-mailed it to you the day it was due,” there will be NOTHING that can be done. The assignment will be considered late. Technology is of great assistance in the academic learning process, but it also fosters dishonesty in some who misuse it. This policy is an attempt to uphold integrity at MC. Therefore, you cannot assume your assignments have been received unless you get a voice or e-mail confirmation.

Suggestion: When sending an email to your professor, save a copy of the email to your “sent” mailbox.

D. Important Student Information Link: <http://cms.montgomerycollege.edu/mcsyllabus/>

In addition to course requirements and objectives that are in this syllabus, Montgomery College has information on its web site (see link below) to assist you in having a successful experience both inside and outside of the classroom. It is important that you read and understand this information. The link below provides information and other resources to areas that pertain to Student Success such as: Student Behavior (Student Code of Conduct); Student e-mail, College Tobacco Free Policy; Course Withdrawal and Refund Information; Resources for Military Service Members, Veterans and Dependents; how to access information on delayed openings and closings; how to register for Montgomery College’s Alert System and how closings and delays can impact your classes.

And Finally, any student who may need accommodations due to a disability, please contact the Disability Support Services office on your campus as soon as possible (R-CB122; G-SA172; or TP/SS-ST233). If you have an accommodation letter from DSS, please contact me to discuss arrangements for your accommodations. Any student who may need assistance in the event of an emergency evacuation must identify to the Disability Support Services Office; guidelines for emergency evacuations are at: <https://cms.montgomerycollege.edu/EDU/Plain2.aspx?id=4162>

E. Communication Student Email

Your email account will be an official means of communication between you and Montgomery College. It is also the official means of communication for the HLTH 125 – Personalized Health Fitness course. It is recommended that you check this account weekly for official communication

from the course. In addition, if you need to send an email to the professor, you must send it through this email address. Any communication sent from a personal email (i.e. yahoo, Hotmail or Cox account) will be automatically deleted from the instructor's inbox.

You can auto forward e-mail to an external account. Click on the "help" link in your email window for more information on account forwarding. Just make sure that you log back into the MC email system when replying to any emails.

VIII. Additional Information

In addition, it is expected that the student will:

- ◆ be responsible for obtaining any information and class notes from another classmate if he/she missed class, or attend another section
- ◆ have completed the assigned readings for the class session
- ◆ be prepared to discuss the assigned readings and participate in the discussion
- ◆ be respectful of the instructor and other students
- ◆ arrive on-time
- ◆ be open to new ideas and concepts
- ◆ do your best in this class
- ◆ **STUDENTS ARE EXPECTED TO ABIDE BY THE BEHAVIORS DESCRIBED IN THE STUDENT CODE OF CONDUCT AT ALL TIMES.**

I. Tentative Class Schedule

Dates	Chapters/Topics	Assignments/Labs
T. 8/28	Syllabus & Class Introduction Register for McGraw Hill-Connect	
R. 8/30	Introduction & Chapter 1 – Introduction To Wellness	intro (Smartbook Orientation)
T. 9/4	Chapter 1 – Introduction to Wellness	LearnSmart Chapters 1 due by 11:00
R. 9/6	Chapter 2 – Principles of Physical Fitness	Fitness Tracker Check Lab 1.2 Due Chapter 1 Homework
T. 9/11	Chapter 2 – Principles of Physical Fitness Chapt 3- Cardiorespiratory Fitness	Start logging steps Monday 10th LearnSmart Chapters 2 due by 11:00
R. 9/13	Chapter 3-Cardiorespiratory Fitness	Chapter 2 homework
T. 9/18	Chapter 4-Muscular Strength and Endurance	<i>Pedometer start week/week 1 log assignment due</i> LearnSmart chapters 3 due by 11:00
R. 9/20		1.5 mile/walk test– Dress to Exercise Chapter 3 homework
T. 9/25	Chapter 4-Muscular Strength and Endurance	<i>Week 2 logs due</i> 1.5 mile/walk test–assessment Due LearnSmart Chapters 4 due by 11:00
R.9/27		Muscle Strength Lab– Dress to Exercise Chapter 4 Homework
T. 10/2	Test #1 Online (Chapters 1-4) Chapter 5-Flexibility and Low Back Care	<i>Week 3logs due</i> Test Due 1 week from start @ 12 am
R. 10/4		Muscle Endurance lab – Dress to Exercise
T. 10/9	Chapter 5-Flexibility and Low Back Care	<i>Week 4 logs due</i> Muscle str and endurance–assessment Due LearnSmart Chapters 5 due by 11:00
R. 10/11		Flexibility Lab Body Comp Lab– Dress to Exercise Chapter 5 Homework
T. 10/16	Chapter 6-Body Composition	LearnSmart Chapters 6 due by 11:00 Flexibility–assessment Due
R. 10/18		Dynamic Flexibility workout – Dress to Exercise (Participation grade) Pedometer Program Summary Due Chapter 6 Homework
T. 10/23	Chapter 7 Putting Together a Complete Fitness Program	LearnSmart Chapters 7 due by 11:00 Body Comp lab assessment Due
R. 10/25		intro cardio equipment -- Dress to exercise Chapter 7 Homework
T. 10/30	Chapter 8 Nutrition	LearnSmart Chapters 8 due by 11:00

R. 11/1		Core workout – Dress to Exercise (Participation grade) Fitness Program Due Chapter 8 Homework
T. 11/6	Test #2 (Chapters 5-8) Chapter 9 Weight Management	LearnSmart Chapters 9 due by 11:00
R. 11/8		Alternative workout– Dress to Exercise (Participation grade) Chapter 9 Homework
T. 11/13	Chapter 10 Stress Management	LearnSmart Chapters 10 by 11:00
R. 11/15		<u>Workout on approved Fitness plan-</u> Dress to Exercise Chapter 10 Homework
T. 11/20	Chapter 11 Cardiovascular Health	LearnSmart Chapters 11 by 11:00
R. 11/22	Thanksgiving Holiday	Fitness plan or instructor led - Dress to Exercise
T. 11/27	<i>*If needed</i> Chapter 11 Cardiovascular Health Test #3 (Chapters 9-11)	Stress Lab 10.2 Due Chapter 11 Homework Test #3 Due 1 week to complete
R. 11/29	Workout	Fitness plan - Dress to Exercise
T. 12/4	Workout	Nutrition assignment (choosemyplate.gov) Due Fitness plan - Dress to Exercise
R. 12/6	Workout	Fitness plan or instructor led - Dress to Exercise
M. 12/11	Exam Week	Bonus Fitness plan - Dress to Exercise
T. 12/12	Exam Week	Bonus Fitness plan - Dress to Exercise

Assignment due dates may be modified due to weather or at the instructor's discretion.