



Foundations of Personal Fitness (PEFOUND) Syllabus

Course Name

PEFOUND

Foundations of Personal Fitness

Course Information

PEFOUND is a one-semester course.

Welcome to Foundations of Personal Fitness. I hope everyone who completes this course will achieve two main goals. The first one is to help you develop positive attitudes toward physical fitness, and the second one is to help you understand the scientific principles that govern physical fitness and wellness. Physical education is not just dribbling a basketball down the court or running around the block; it encompasses much more. Physical education reflects the quality of a person's life, the attainment of well-being, and the resources necessary to develop and participate in a healthy lifestyle throughout a lifetime.

Now, a little bit about how the course works. You will complete ten lessons in numerical order. Each lesson will cover specific chapters within your text. The lessons will require written assignments, and many will also include physical fitness assessments, wellness assessments, and activities. Each lesson contains thorough instructions. Make sure you take your time and go through the lesson from beginning to end. Skipping around or going directly to the assignments will cause some confusion. Directions in each lesson will tell you exactly what you need to submit for grading.

You will need to maintain a Q&A, or Question and Answer notebook to answer specific questions in reference to each lesson topic. Throughout the course, many lessons will require you to use your Q&A notebook to respond to the statements and questions. You need not follow a specific format with your Q&A notebook. This is your notebook, so whatever is most comfortable for you will be acceptable. This can be either a spiral or composition notebook, or an electronic or Word document.

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Course Delivery Method

Online

Contacting Your Instructor

You may contact your instructor through the Blackboard messaging system. Technical support is available 24/7 at www.k12.ttu.edu.

Course Objectives

After completing this course, you should be able to:

1. understand total fitness and include appropriate fitness practices in your lifestyle;
2. apply principles and guidelines for appropriate fitness and exercise;
3. understand stress and apply stress reduction practices;
4. evaluate fitness products and services; and
5. practice appropriate safety measures for fitness activities.

PEFOUND addresses the required Texas Essential Knowledge and Skills (TEKS). These can be found at the [Texas Education Agency](http://www.tea.state.tx.us) website.

Textbook and Materials

Textbook(s)

The required textbook for this course is:

- Corbin, Charles B., and Lindsey, Ruth (2014). *Fitness for Life* (updated 6th ed.). Champaign, IL: Human Kinetics. ISBN 978-1-4504-0022-0 (hardback) or ISBN 978-1-4504-9753-4 (paperback).

Be sure to take full advantage of the student resources. For every chapter there are additional Student Web Resources at [Human Kinetics: Fitness for Life K-12 Supporting Resources](#) (click “Sixth Edition,” then “student web resource”). In some lessons you will be referred to certain activities from this web resource. However, I want to encourage you to refer to this resource information on all lessons to have a better understanding of the content in each chapter.

Technical Requirements

- Internet access – preferably high speed (for accessing Blackboard)
- Email
- Word processing software such as Microsoft Word
- Adobe Reader (download from Adobe.com)

- Audio and video capabilities (for watching/listening to course content)
- PDF app (free options available)

Technical Skill Requirements

Be comfortable with the following:

- using a word processor
- Internet search engines and browsers
- creating PDFs (see **Requirements for Creating PDFs** in the Syllabus section of your course)

Course Organization

This course consists of 10 lessons and a final examination. Each lesson contains the following:

- Introduction and Instructions
- Learning Objectives and Curriculum Standards
- Learning Activities
- Assignments

Each lesson includes several activities that present content knowledge. Each lesson also includes multiple graded assignments to ensure that you learn the content that has been presented in the activities. Some of the assignments are automatically-graded quizzes, and some are written assignments or activities that your instructor will grade. Be sure you read all instructions carefully and ask your instructor for help if something is not clear.

The main goal of Foundations of Personal Fitness is to encourage you to increase your knowledge in the area of total fitness. The course will challenge you to develop your fitness levels, including physical, mental, social, and emotional fitness. The course includes a multitude of topics relating to fitness and wellness. You will learn how to incorporate safely and effectively the five components of fitness into your exercise program. Basic concepts in diet, nutrition, stress, and consumer health will provide information to help you make healthy choices. This information, coupled with participation in wellness activities, will help you learn the importance of maintaining good fitness throughout your life.

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Course Outline

Please note that some assignments will be hidden from you when you start the course. As you move through the lessons and complete assignments, more will unlock for you.

Lesson	Topic	Approximate Time for Completion
Lesson 1	Fitness, Health, and Wellness for All; Adopting a Healthy Lifestyle and Self-Management Skills	One week
Lesson 2	How Much Is Enough; Skill Learning and Injury Prevention	Two weeks
Lesson 3	Goal Setting and Program Planning; Getting Started in Physical Activity	Two weeks
Lesson 4	Moderate Physical Activity; Vigorous Physical Activity	One week
Lesson 5	Cardiorespiratory Endurance; Flexibility	One week
Lesson 6	Muscle Fitness Basics; Muscle Fitness Applications	Two weeks
Lesson 7	Body Composition; Physical Activity Program Planning	Two weeks
Lesson 8	Making Good Consumer Choices; Choosing Nutritious Foods	Two weeks
Lesson 9	Stress Management; Making Choices and Planning for Health and Wellness	One week
Lesson 10	Strategies for Active Living; The Science of Active Living; Lifelong Activity	Two weeks
Final Exam		

Assignment Schedule

Each of the following must be completed to complete the course. Items with an asterisk (*) indicate that these are summative assessments for the course.

Lesson	Weeks	Assignments
1	1	Checkpoint 1 (Non-graded) Lesson One: Assignment

Lesson	Weeks	Assignments
2	2-3	Lesson Two: Assignment Lesson Two: T/F Physical Activity Clues Quiz – Part I Lesson Two: Physical Activity Clues Quiz – Part II
3	4-5	Lesson Three: Assignment Checkpoint 2 (Non-graded)
4	6	Lesson Four: Assignment
5	7	Lesson Five: Assignment
		*Midterm Exam
6	8-9	Lesson Six: Assignment
7	10-11	Lesson Seven: Assignment
8	12-13	Lesson Eight Assignment Lesson Eight: Healthy Diet Activity Lesson Eight: Making Healthy Choices Activity
9	14	Lesson Nine Assignment
10	15-16	Lesson Ten: Assignment Checkpoint 3 (Non-graded)
		Final Exam

Course Credit

The course grade will be calculated as follows:

- 50% coursework average;
- 50% summative assessment average, including the final exam;
- A passing course grade is 70 or higher.

Students must attempt all assignments in the course. The final exam will not be available until all assignments have been accepted and graded by the teacher.

Students who score below 70% on the final exam will be eligible for one re-exam opportunity.

Coursework

The graded assignments within each lesson are formative in nature. This means that they are designed to assist you in applying and demonstrating the lesson concepts, as well as identifying areas in which you need additional review. You may use all the lesson's learning activities to assist you as you complete the graded assignments.

Summative Assessments

Summative assessments are those that allow you to demonstrate mastery of the course objectives. For summative assessments, you will NOT be allowed to use the learning materials. These are opportunities for you to show what you have learned by that point in the course. Summative assessments may be proctored using the online proctoring system Proctorio. Information about Proctorio is provided in **Remote Proctoring** in the Syllabus section of your course. The summative assessments for this course are as follows:

- Summative Assessments **(20% of Course Grade)**
 - Midterm Exam
- Summative Final Exam **(30% of Course Grade)**

Course Completion

- Students may not complete the course in less than 30 days.
- All courses expire six months after the enrollment date.

Academic Integrity

It is the aim of the faculty of Texas Tech University to foster a spirit of complete honesty and high standard of integrity. The attempt of students to present as their own any work not honestly performed is regarded by the faculty and administration as a most serious offense and renders the offenders liable to serious consequences, possibly suspension.

“Scholastic dishonesty” includes, but is not limited to, cheating, plagiarism, collusion, falsifying academic records, misrepresenting facts, and any act designed to give unfair academic advantage to the student (such as, but not limited to, submission of essentially the same written assignment for two courses without the prior permission of the instructor) or the attempt to commit such an act.

Student Expectations

You will be expected to log into the Blackboard course regularly to be aware of possible announcements/reminders and to pace your progress in the course.

Students are expected to maintain an online environment conducive to learning, which includes “netiquette” (Internet etiquette). Please review the basic rules for [Online Discussion Netiquette](#). Ensure that your email messages, discussion board postings, and other electronic communications are thoughtful and respectful. Diverse opinions are welcome in this course, and you are expected to demonstrate an open mind and courtesy when responding to the thoughts and ideas of others.

The following are prohibited:

- making offensive remarks in email or the discussion board;

- using inappropriate language or discussing inappropriate topics online;
- spamming;
- hacking;
- using TTU or Blackboard email or discussion boards for commercial purposes;
- using all caps (considered shouting in online communications); and
- cyber-bullying or online harassment of any type.

Inappropriate behavior shall result in consequences ranging from a request to correct the problem, to removal from the course or even the university, depending on the severity of the behavior. Disciplinary actions will be taken according to the TTU K-12 Student Handbook.

Communication

- You can expect a reply from your instructor within 2 business days.
- Use the Blackboard Course Messages tool for sending messages to your instructor.

Submitting Assignments

You will submit all assignments through the Blackboard Assignment Tool, rather than by mail or email.

Technical Difficulties

Getting Help

For student assistance with Blackboard, visit [TTU K-12 Support](#).

Computer Problems

A working computer is necessary for online coursework. Computer problems will not be accepted as a valid reason for failure to complete course activities within the allotted time frame. Identify a second computer, before the course begins, that you can use if you experience computer problems.

Server Problems

When the Blackboard server needs to be taken down for maintenance, the Blackboard administrator will post an announcement in your course informing you of the time and date. If the server experiences unforeseen problems, your course instructor will notify you.

Lost or Corrupted Files

You must keep/save a copy of every project/assignment on an external disk or personal computer. In the event of any kind of technology failure (e.g., Blackboard server crash or virus infection, students' own computer problems, loss of files in cyberspace, etc.) or any disputes, the instructor may request or require you to resubmit the files. In some

instances, the instructor may need to open another attempt within Blackboard, so communication with your instructor is critical in these circumstances.