

Sample Syllabus

Phoenix College Health Enhancement Department

PED 115 • PED 116 • PED 117 • PED 101FL • PED 101WT

Lifetime Fitness • Weight Training • Group Fitness Course Syllabus

*The mission of the Health Enhancement Department is to provide programs that promote and inspire life-long learning, education and career goals, and self-development through support of **personal responsibility** and integration of mind, body and spirit.*

Lifetime Fitness		Weight Training		Group Fitness	
Course	Type/Dates	Course	Type/Dates	Course	Type/Dates
PED 115 Lifetime Fitness	Graded- 2 credit 16 week course	PED 117 Weight Training	Graded- 2 credit 16 week course	PED 116 Group Exercise	Graded- 2 credit 16 week course
PED 115 Lifetime Fitness	P/Z - 2 credit (Pass/Fail) 16 week course	PED 117 Weight Training	P/Z - 2 credit (Pass/Fail) 16 week course		
PED 101FL Lifetime Fitness	Graded -1 credit 8 week course	PED 101WT Weight Training	Graded -1 credit 8 week course		

Course Objectives: By the end of the course, the student will be able to:

1. Demonstrate proper body mechanics and various exercise formats.
2. Apply various health and wellness principles to improve personal health status.
3. Identify the components of fitness and design an effective personal exercise program using exercise basics.

Grading Facts

- **The Department will automatically withdraw a student after the 45th day of non attendance.**
- **NO "Incomplete"** grades will be given for these courses – medical issues may be considered.
- Classes may transfer as electives to other Universities. Please check with the institution that you plan to transfer to regarding your classes.
- Students wishing to appeal their grade must follow the Phoenix College Student Grievance – Academic Process (see Student Handbook).

Grade Requirements:

GRADE	2 CREDIT CLASSES	1 CREDIT CLASSES
A or P	90 points or more	45 points or more
B or P	80-89 points	40-44 points
C or P	70-79 points	35-39 points
D or Z	60-69 points	30-34 points
F or Z	59 points or less	29 points or less

Point Values: *Max of 3 hours of exercise per day per student!*

COMPONENTS	2 CREDIT CLASSES	1 CREDIT CLASSES
Mandatory Assignment	• 2 points for completion.	• 2 points for completion
Fitness Center	• 2 points per hour of exercise in the Fitness Center.	• 2 points per hour of exercise in the Fitness Center.
Group Classes	• 3 points per Group Class.	• 3 points per Group Class.
Mandatory Fitness Assessment(s) <i>(Must be completed)</i>	• Pre and Post	• Only Pre assessment is req'd.
<i>Extra Credit Opportunities (not required)</i>		
Personal Training	• 2 points by due date. <i>One time only</i>	• 2 points by due date. <i>One time only</i>
Wellness Activity <i>(Limited Opportunities)</i>	• Activities, dates and points will vary. Information will be posted on board <i>Max of 8pts can be earned</i>	• Activities, dates and points will vary. Information will be posted on board <i>Max of 4pts can be earned</i>

Point Components Description:

- **Fitness Center Exercise:** You earn 2 points for each hour of exercise. All students are required to present their **Phoenix College ID card** to gain access to the Fitness Center.
- **Group Exercise:** You earn 3 points for each class you fully participate in. All students are required to present their **Phoenix College ID card** to gain access and credit. *You are also required to sign the Attendance Roster for EVERY class you attend.*
- **Mandatory Assignment:** Assignment is due by the end of your class. 2 points will be given for assignment completed a week before the last day of your class. If you **fail to complete this assignment**, you will receive a **Failing grade** in the course. Only complete the assignment that coincides with your course(s). e.i. Lifetime Fitness=115 or 101FL, Weight Training=117 or 101WT, and/or Group Fitness=116. Print the answer sheet and turn it into a Fitness Center instructor. You must be present to receive points.
 - www.pc.maricopa.edu/healthenhancement/wellness/index.html
- **Pre/Post Assessment:** Complete a pre assessment prior to exercise. See instructor for assistance.
- **BOTH Pre and Post Assessment must be completed by DUE DATE in order to pass a 2 credit class. Only ONE Assessment must be completed by DUE DATE in order to pass a 1 credit class.**
- **Personal Training:** Earn 2 points by the deadline. (One time only)
- **Wellness Activity:** Limited wellness opportunities will be offered and may not coincide with your schedule. Keep an eye on the board for specific details.

Grade Status

Grading Status can be checked anytime with an instructor in the Fitness Center.

Special Needs

Please discuss your Special Needs during orientation or whenever your situation changes. The Disability Resource Center (DRC) office coordinates services which ensure students with disabilities equal access to college programs. The DRC is located in the Learning Center (LC), their number is 602-285-7477.