

# University of Texas at Dallas Syllabus

PHIN 1122-001 Physical Fitness and Conditioning

T/TH 1:00pm -2:15pm

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## Course Description

This course emphasizes the development of cardio-respiratory endurance, muscular strength and endurance, and flexibility. The students will participate in group and individual activities to achieve the goals that they set for themselves utilizing all equipment available. Intensity levels can be modified to accommodate all levels of fitness.

## Course Objectives

1. The student will learn the current recommended guidelines for physical fitness and be able to design a personalized workout.
2. The student should be able to figure minimum and maximum target heart rates, approximate caloric needs and expenditures, and have a general knowledge of nutrition as it applies to physical fitness.
3. The student will learn what constitutes aerobic and anaerobic activity, and the different types of resistance training programs and their objectives.
4. The student will learn how to maintain fitness through participation in various activities.
5. The student should satisfactorily complete the fitness assessments and written examinations.

## General Course Outline

Weeks 1-4	Fitness assessments, orientation to the weight room, introduction to resistance training concepts, begin workout programs, introduction to fitness concepts.
Weeks 5-9	Continuation of individual workout programs, nutrition and weight management, Mid-Term Exam
Weeks 10-13	Continuation of individual workout programs
Weeks 14-15	Repeat fitness assessments, review for test, Final Exam

## Evaluation

Attendance/Participation/ Written Assignments	50 points
Mid-Term Exam	20 points
Final Exam	<u>30 points</u>
Total	100 points

## Letter Grades

97 - 100 = A	77 - 79 = C+
93 - 96 = A	73 - 76 = C
90 - 92 = A-	70 - 72 = C-
87 - 89 = B+	67 - 69 = D+
83 - 86 = B	63 - 66 = D
80 - 82 = B-	60 - 62 = D-

## Attendance and Participation Policies

You will be allowed three (3) absences before your attendance grade is affected. For each absence thereafter, five (5) points will be deducted for each absence. **YOU WILL NOT BE ALLOWED TO MAKE UP ABSENCES, SO USE YOUR THREE ABSENCES CAREFULLY.**

If you decide not to attend class or determine that you cannot attend class, **you** are responsible for material covered in class that day. Your classmates should be your number one resource to determine what you missed. I will be happy to meet with you to answer any questions you have, however I will not repeat the lecture missed or provide copies of class notes.

If you arrive late to class, you will be counted tardy. You will be allowed two tardies before your grade is affected. For every two tardies, you will be given one absence and five (5) points will be deducted from your final grade. If you arrive twenty minutes (or more) late, you will be counted absent.

If you attend class, you are expected to participate. Full credit (5 points) for each class will only be given to those who attend and participate the entire class period. Lack of effort, enthusiasm, or desire to improve will result in a deduction of points from your total grade.

Written assignments are due at the beginning of class on the date due. Assignments received after this time will be considered late and points will be deducted. Assignments that are submitted via email must be submitted prior to this time.

**No make-ups will be given for missed exams.**

### **Classroom Policies and Etiquette**

You are expected to dress in appropriate workout attire in order to participate in the workout. Appropriate attire would include nonrestrictive workout clothing and proper footwear (warm-up pants, shorts, t-shirts, and tennis shoes). No street clothes, denim, boots, or sandals will be allowed. If proper attire is not worn, you will not be allowed to participate and you will be marked absent from the class. Comet card is required for entrance to the facility.

**NO CELL PHONES IN USE DURING THE CLASS PERIOD.** If you use your cell phone in any way during the class (texting, phoning, answering, etc.) five (5) points may be deducted from your grade.

### **Text**

No text required.

### **Exercise Precautions**

You will be guided through an orientation to the weight room equipment and how to properly execute the exercises involved as well as how to set up an begin an individual workout program. However, there is an individual responsibility for following exercise precautions. If you have refrained from regular physical activity for a long time, have recently had surgery, are forty or more years of age, are obese, or have specific limitations, you are advised to consult with your physician before starting this program. Progress gradually and sensibly in your workouts. If you are unsure about a particular discomfort or pain, please consult your physician. If you experience chest pains, palpitations, excessive shortness of breath, or persistent light-headedness, stop exercising and consult with your physician before you continue with your exercise program.

### **Technical Support**

If you experience any problems with your UTD account you may send an email to: [assist@utdallas.edu](mailto:assist@utdallas.edu) or call the UTD Computer Helpdesk at 972-883-2911.

### **Field Trip Policies**

### **Off-campus Instruction and Course Activities**

Off-campus, out-of-state, and foreign instruction and activities are subject to state law and University policies and procedures regarding travel and risk-related activities. Information regarding these rules and regulations may be found at the website address [http://www.utdallas.edu/BusinessAffairs/Travel\\_Risk\\_Activities.htm](http://www.utdallas.edu/BusinessAffairs/Travel_Risk_Activities.htm). Additional information is available from the office of the school dean. Below is a description of any travel and/or risk-related activity associated with this course.

### **Student Conduct & Discipline**

The University of Texas System and The University of Texas at Dallas have rules and regulations for the orderly and efficient conduct of their business. It is the responsibility of each student and each student organization to be knowledgeable about the rules and regulations which govern student conduct and activities. General information on student conduct and discipline is contained in the UTD printed publication, *A to Z Guide*, which is provided to all registered students each academic year.

The University of Texas at Dallas administers student discipline within the procedures of recognized and established due process. Procedures are defined and described in the *Rules and Regulations, Series 50000, Board of Regents, The University of Texas System*, and in Title V, Rules on Student Services and Activities of the university's *Handbook of Operating Procedures*. Copies of these rules and regulations are available to students in the Office of the Dean of Students, where staff members are available to assist students in interpreting the rules and regulations (SU 1.602, 972/883-6391) and online at <http://www.utdallas.edu/judicialaffairs/UTDJudicialAffairs-HOPV.html>

A student at the university neither loses the rights nor escapes the responsibilities of citizenship. He or she is expected to obey federal, state, and local laws as well as the Regents' Rules, university regulations, and administrative rules. Students are subject to discipline for violating the standards of conduct whether such conduct takes place on or off campus, or whether civil or criminal penalties are also imposed for such conduct.

### **Academic Integrity**

The faculty expects from its students a high level of responsibility and academic honesty. Because the value of an academic degree depends upon the absolute integrity of the work done by the student for that degree, it is imperative that a student demonstrate a high standard of individual honor in his or her scholastic work.

Scholastic Dishonesty, any student who commits an act of scholastic dishonesty is subject to discipline. Scholastic dishonesty includes but is not limited to cheating, plagiarism, collusion, the submission for credit of any work or materials that are attributable in whole or in part to another person, taking an examination for another person, any act designed to give unfair advantage to a student or the attempt to commit such acts.

Plagiarism, especially from the web, from portions of papers for other classes, and from any other source is unacceptable and will be dealt with under the university's policy on plagiarism (see general catalog for details). This course will use the resources of turnitin.com, which searches the web for possible plagiarism and is over 90% effective.

### **Copyright Notice**

The copyright law of the United States (Title 17, United States Code) governs the making of photocopies or other reproductions of copyrighted materials, including music and software. Copying, displaying, reproducing, or distributing copyrighted works may infringe the copyright owner's rights and such infringement is subject to appropriate disciplinary action as well as

criminal penalties provided by federal law. Usage of such material is only appropriate when that usage constitutes "fair use" under the Copyright Act. As a UT Dallas student, you are required to follow the institution's copyright policy (Policy Memorandum 84-I.3-46). For more information about the fair use exemption, see

<http://www.utsystem.edu/ogc/intellectualproperty/copypol2.htm>

### **Email Use**

The University of Texas at Dallas recognizes the value and efficiency of communication between faculty/staff and students through electronic mail. At the same time, email raises some issues concerning security and the identity of each individual in an email exchange. The university encourages all official student email correspondence be sent only to a student's U.T. Dallas email address and that faculty and staff consider email from students official only if it originates from a UTD student account. This allows the university to maintain a high degree of confidence in the identity of all individual corresponding and the security of the transmitted information. UTD furnishes each student with a free email account that is to be used in all communication with university personnel. The Department of Information Resources at U.T. Dallas provides a method for students to have their U.T. Dallas mail forwarded to other accounts.

### **Withdrawal from Class**

The administration of this institution has set deadlines for withdrawal of any college-level courses. These dates and times are published in that semester's course catalog. Administration procedures must be followed. It is the student's responsibility to handle withdrawal requirements from any class. In other words, I cannot drop or withdraw any student. You must do the proper paperwork to ensure that you will not receive a final grade of "F" in a course if you choose not to attend the class once you are enrolled.

### **Student Grievance Procedures**

Procedures for student grievances are found in Title V, Rules on Student Services and Activities, of the university's *Handbook of Operating Procedures*.

In attempting to resolve any student grievance regarding grades, evaluations, or other fulfillments of academic responsibility, it is the obligation of the student first to make a serious effort to resolve the matter with the instructor, supervisor, administrator, or committee with whom the grievance originates (hereafter called "the respondent"). Individual faculty members retain primary responsibility for assigning grades and evaluations. If the matter cannot be resolved at that level, the grievance must be submitted in writing to the respondent with a copy of the respondent's School Dean. If the matter is not resolved by the written response provided by the respondent, the student may submit a written appeal to the School Dean. If the grievance is not resolved by the School Dean's decision, the student may make a written appeal to the Dean of Graduate or Undergraduate Education, and the dean will appoint and convene an Academic Appeals Panel. The decision of the Academic Appeals Panel is final. The results of the academic appeals process will be distributed to all involved parties.

Copies of these rules and regulations are available to students in the Office of the Dean of Students, where staff members are available to assist students in interpreting the rules and regulations.

### **Incomplete Grade Policy**

As per university policy, incomplete grades will be granted only for work unavoidably missed at the semester's end and only if 70% of the course work has been completed. An incomplete grade must be resolved within eight (8) weeks from the first day of the subsequent long semester. If the required work to complete the course and to remove the incomplete grade is

not submitted by the specified deadline, the incomplete grade is changed automatically to a grade of F.

### **Disability Services**

The goal of Disability Services is to provide students with disabilities equal educational opportunities. Disability Services provides students with a documented letter to present to the faculty members to verify that the student has a disability and needs accommodations. This letter should be presented to the instructor in each course at the beginning of the semester and accommodations needed should be discussed at that time. It is the student's responsibility to notify his or her professors of the need for accommodation. If accommodations are granted for testing accommodations, the student should remind the instructor five days before the exam of any testing accommodations that will be needed. Disability Services is located in Room 1.610 in the Student Union. Office hours are Monday – Thursday, 8:30 a.m. to 6:30 p.m., and Friday 8:30 a.m. to 5:00 p.m. You may reach Disability Services at (972) 883-2098.

Guidelines for documentation are located on the Disability Services website at <http://www.utdallas.edu/disability/documentation/index.html>

### **Religious Holy Days**

The University of Texas at Dallas will excuse a student from class or other required activities for the travel to and observance of a religious holy day for a religion whose places of worship are exempt from property tax under Section 11.20, Tax Code, Texas Code Annotated.

The student is encouraged to notify the instructor or activity sponsor as soon as possible regarding the absence, preferably in advance of the assignment. The student, so excused, will be allowed to take the exam or complete the assignment within a reasonable time after the absence: a period equal to the length of the absence, up to a maximum of one week. A student who notifies the instructor and completes any missed exam or assignment may not be penalized for the absence. A student who fails to complete the exam or assignment within the prescribed period may receive a failing grade for that exam or assignment.

If a student or an instructor disagrees about the nature of the absence [i.e., for the purpose of observing a religious holy day] or if there is similar disagreement about whether the student has been given a reasonable time to complete any missed assignments or examinations, either the student or the instructor may request a ruling from the chief executive officer of the institution, or his or her designee. The chief executive officer or designee must take into account the legislative intent of TEC 51.911(b), and the student and instructor will abide by the decision of the chief executive officer or designee.

***These descriptions and timelines are subject to change at the discretion of the Professor.***