

Roane State Community College
Division of Social Science
PHED 1400 001
Fitness for Living III
Summer 2016
SYLLABUS

INSTRUCTOR INFORMATION

Name: Monica Boles

Office: Harriman, Dunbar G-214

Office Hours: By appointment (Office hours are subject to change)

Phone: (865) 882-4680

Email: bolesml@roanestate.edu

Fitness Center Director: Shaun Simpson

Email: simpsonsh@roanestate.edu

Phone: (865) 354-3000 Ext. 4499

COURSE INFORMATION

Course Type: Face to Face

Fitness Center Hours of Operation:

- Monday - Thursday: 9 am to 6 pm (Except for June 27, 28, 29, 30 & July 25, 26, 27, and 28: 9 am to 2 pm)
- Friday: 9 am to 2 pm

Credit Hours: 1

Course Objectives: Students will utilize the Fitness Center at their convenience during operating hours to participate in a total fitness program, the aerobic super circuit, which encompasses cardio-respiratory endurance, muscular endurance, muscular strength, and flexibility.

Learning Outcomes: After completion of this course, students will understand the advantages of circuit training and the benefits of lifetime physical activity.

Prerequisites for the course: PHED 1390

Co-requisites for the course: None

Course Topics: Proper warm-up and cool-down activities, upper and lower body stretching, and resistance machine training.

Specific Course Requirements: Each workout must last a minimum of 40 minutes. A proper warm-up and stretching routine must precede each circuit training session and a proper cool-down and stretching routine must follow each session. Students must log-in to the computer system before each workout and log-out of the system after each workout. Each student will have a workout sheet located in a binder on the front desk of the Fitness Center. Students must sign this sheet after each workout and have a Fitness Center staff member sign to verify the workout.

Locker Room Facilities: Lockers are located in the bathrooms near the Fitness Center. You may use the lockers during the time you are using the Fitness Center. You must supply your own lock and you should remove the lock after you complete your workouts for the semester. RSCC is not responsible for any items that may be stolen from the locker rooms.

Fitness Center Codes of Conduct: Athletic shoes (no sandals), shirts, and shorts or warm-up pants are acceptable attire. Clothing with belts and/or zipper and hats are prohibited. Do not have

keys, pens, or pencils in your pockets while using the Fitness Center. No food, drink (accept water), or tobacco in the Fitness Center.

TEXTBOOKS AND SUPPLEMENTARY MATERIALS

Textbook: There is no required textbook for this course

Supplementary Materials: Small Hand Towel

GRADING AND EVALUATION

Grading procedure: Each completed workout (minimum 40 minutes) counts as 1 point toward your grade. Only 1 workout per day can be counted for grading purposes, but students may complete multiple workouts per day if they wish. Attending the Orientation and successful completion of the Initial Assessment will count as 3 points toward your grade. Once students complete 10 workouts, they will be eligible to sign up for a Post Assessment that will be worth 2 points.

Grading scale:

Points Earned	Letter Grade
17 or more points	A
13 - 16 points	B
8 - 12 points	C
3 - 7 points	D
2 or less points	F

Assignments and Evaluations: Students should complete at least 2 workouts per week in the Fitness Center. In order to earn an A in the course, students must complete 3 workouts some weeks.

PLAGIARISM AND ACADEMIC INTEGRITY

Academic Misconduct includes, but is not limited to, Plagiarism, Cheating, Fabrication, and Facilitation. Academic misconduct is prohibited. Upon identification of misconduct, an instructor has the authority to assign an “F” or a zero for the exercise, the examination, or the entire course. Students found guilty of academic misconduct that would typically result in the grade of “F” for the course will not be permitted to drop the class in which the academic misconduct occurred. The instructor will contact the appropriate Division Dean who will then contact Records and request that an administrative hold be placed on the course in question. The instructor will notify the student of the appropriate due process/appeal procedure. The administrative hold will remain in place until the academic misconduct matter is concluded.

STUDENTS WITH DISABILITIES

Qualified students with disabilities will be provided with reasonable and necessary academic accommodations if determined eligible by the appropriate disability services office staff. Prior to granting disability accommodations in the course, the instructor must receive written verification of a student’s eligibility for specific accommodations from the disability services office staff. It is the student’s responsibility to initiate contact with the disability services staff and to follow the established procedures for having the accommodation notice sent to the instructor.

PREVENTING SEXUAL DISCRIMINATION AND HARASSMENT

Title IX of the Education Amendments of 1972 prohibits sex discrimination against any participant in an educational program or activity that receives federal funds. Title IX covers discrimination in programs, admissions, activities, faculty-to-student sexual harassment, and student-to-student sexual harassment. RSCC's policy against sexual harassment extends not only to employees of the college, but to students as well. If unlawful sexual harassment or gender-based discrimination is encountered, please bring this to the attention of the class professor, or contact Mr. Odell Fearn, Title IX Coordinator, at (865) 354-3000 ext. 4212 or ext. 4679 or email at fearnao@roanestate.edu.

TECHNICAL SUPPORT AND ADDITIONAL STUDENT RESOURCES

CTAT

If you are having problems logging into your course on Momentum, timing out of your course, using your course web site tools please call CTAT at (865) 882-4556, M-F, 9-5 EST.

HELP DESK

For all other technical problems call Help Desk at (865) 354-3000 Ext 4357. On campus dial 4357 from any phone to be connected directly to the Help Desk.

SYLLABUS CHANGES

The instructor reserves the right to make changes to the syllabus as long as the students are notified.

IMPORTANT DATES

- Wednesday, June 8 - First Day for Workouts!
- Monday, July 4 - Fitness Center Closed for Independence Day
- Monday, July 11 - Last day to withdraw or switch from credit to audit
- Friday, July 29 - Last day for workouts

HONORS PROGRAM

This course may be taken for Honors credit. If you are interested in the Honors Program, or in receiving Honors Credit for this class, please talk to the instructor. See the following Honors Program webpage for more information: [Roane State Community College Honors Program \(Website\)](http://www.roanestate.edu/?5873-Honors-Program) (<http://www.roanestate.edu/?5873-Honors-Program>).

LIBRARY SERVICES

Roane State Libraries are here to help all Roane State students in every discipline. The librarians can help find the books, articles, videos, databases, and websites needed for academic success. They can also help the student in learning how to conduct effective research.

Roane State has libraries at the Harriman, Oak Ridge, and Scott campuses. Support staff can send books from these three locations to any other Roane State teaching location. The library also offers eBooks, eJournals, online videos, and other online resources to support students wherever they need to learn. Using the library can make life a lot easier:

Visit the Library website: [Roane State Library \(Website\)](http://library.roanestate.edu/home) (<http://library.roanestate.edu/home>)

Ask the library for help: [Library Contact \(Website\)](http://library.roanestate.edu/c.php?g=43734&p=277298)
(<http://library.roanestate.edu/c.php?g=43734&p=277298>)

Explore your library with research guides: [Research Guides \(Website\)](http://library.roanestate.edu/)
(<http://library.roanestate.edu/>)

Discover new books at your libraries: [Library New Book List \(Website\)](http://library.roanestate.edu/newbooks)
(<http://library.roanestate.edu/newbooks>)

LEARNING CENTER

Roane State's Learning Centers are a resource for extra help understanding assignments and course content. The Learning Centers offer tutoring in many subjects. For more information, visit the learning center website: [Learning Center \(Website\)](http://www.roanestate.edu/?6143-Learning-Center) (<http://www.roanestate.edu/?6143-Learning-Center>)