Phoenix College
Health Professions, Fitness & Wellness Department
Lifetime Fitness • Weight Training • Cardiovascular Fitness
Course Syllabus

The mission of the Health Professions, Fitness & Wellness 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, and Group Fitness work together. You have access to all three amenities at no additional charge.

- All students must attend an Orientation session and begin exercise for a minimum of 30 minutes within the first week of class. You must attend an ORIENTATION and exercise for 30min by 1pm of the first Friday of your class or you will be withdrawn – Exception to this policy must be discussed with your instructor in advance.
- A Medical Release may be required prior to exercising related to a medical condition.
- All Students must present their Phoenix College I.D. prior to exercising.
- Regardless of the number of Fitness sections you are enrolled in, a maximum of two hours a day will be counted toward earning points for grading.

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.

*Fitness Center Hours:

- Mon-Thurs: 5:30am -8:00pm
- Friday: 5:30am – 1:00PM, 4pm - 7:00pm
- Saturday: 7:00am – 12:00pm
- Sunday: Closed

*Group Classes and Times:
See Group Fitness Schedule (posted in Department, Canvas and flyers available) for days, times and description of classes. *Group Classes and Fitness Center hours are subject to change.

IMPORTANT
The computer will track your total hours accumulated over the semester. It is your responsibility to make sure your ID card is being scanned in and out every time you exercise. Any concerns need to be addressed immediately to the instructor!
### Grading Facts

- **NO “Incomplete”** grades will be given for these courses – medical issues may be considered.
- All graded sections transfer as electives to other Universities.
- Students wishing to appeal their grade must follow the Phoenix College Student Grievance – Academic Process (see Student Handbook).

### Graded classes

<table>
<thead>
<tr>
<th>2 CREDIT CLASSES</th>
<th>1 CREDIT CLASSES</th>
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<tbody>
<tr>
<td>A</td>
<td>48 points or more</td>
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<tr>
<td>B</td>
<td>44 – 47 points</td>
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<tr>
<td>C</td>
<td>40 – 43 points</td>
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<tr>
<td>D</td>
<td>36 – 39 points</td>
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<tr>
<td>F</td>
<td>35 points or less</td>
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### HOW DO I EARN POINTS?  

<table>
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<tr>
<th>DESCRIPTION</th>
<th>DEADLINES/ DUE DATES</th>
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<td>2 credit</td>
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<td><strong>1. Attendance and Participation</strong>&lt;br&gt;Max of 2 hours of exercise per day regardless of the number of sections you are enrolled in.&lt;br&gt;Includes a combination of Fitness Center and Group Fitness classes.</td>
<td>Fitness Center&lt;br&gt;1 hour = 1 point&lt;br&gt;2 hours = 2 points&lt;br&gt;Group Fitness Classes&lt;br&gt;1 class = 2 point&lt;br&gt;2 classes = 4 points</td>
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<td><strong>2. Online Assignment</strong>&lt;br&gt;(Extra Credit)</td>
<td>Log into CANVAS, view the Home link. Scroll down to ‘Extra Credit Options’. Click on ‘On-Line Assignment’. Read the PowerPoint slides and complete the Quiz. Print the answer sheet and submit it to a Fitness Center Instructor. Once graded, keep for your records.</td>
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<td><strong>3. Wellness Activity</strong>&lt;br&gt;(Extra Credit) Points will vary</td>
<td>For more Info…. view the ‘Extra Credit Options’ section in CANVAS.</td>
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Please note that the Syllabus Quiz is mandatory for class participation but the points will NOT count towards your final grade.
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 Hannelly Center. 602-285-7477.

Policies and Procedures
The purpose of these policies is to provide consistent guidelines for all students enrolled in Lifetime Fitness, Weight Training or Group Fitness Classes. Our goal is to create a safe and enjoyable exercise environment for our diverse population. We have students of all ages, races, ability, fitness levels and commitment in our Fitness and Group Fitness area. As such, please be considerate of others. We want everyone to enjoy a healthy and fun environment. The instructor on duty will be the final judge of what is appropriate exercise attire and conduct in their class. Yes, we have rules but they are made with YOU in mind.

1) Exercise Clothing (Please start your workout with clean clothing)
   a) Upper body:
      i) Acceptable: Short or long-sleeved T-shirts and sweatshirts.
      ii) Not acceptable: tank tops, muscle shirts, mid-drift shirts, cut-off T-shirts, sweating suits.

   b) Lower body:
      i) Acceptable: Athletic shorts and pants, sweats, track suits, and warm-ups.
      ii) Not acceptable: metal zippers or buttons (cargo shorts, slacks, jeans), dresses, skirts, jeggings (or any stretch pant that may look like casual wear) and belts.

2) Shoes
   a) Acceptable: Fully enclosed athletic shoes (cross trainers, tennis shoes, aerobic shoes, walking shoes, hiking shoes/boots or jogging/running shoes)

3) Conduct
   a) The Fitness Center and Group Classes is a classroom – treat it and others with respect.
   b) Use of mobile phones in the Fitness Center or Group Fitness classes is not permitted.
      No talking or texting at any time. Please log out and take conversation outside of class. Your visit will be terminated if you violate this rule. The Fitness Center telephone is not for student use.
   c) Proper conduct is expected at all times when you are in the Fitness Center and Group Fitness classes. Foul language, obscene gestures, verbal threats, or harassment of any kind will not be tolerated. An instructor will ask you to leave if they deem your behavior improper in their classroom and you will not be allowed to return to class until the Department Chair and Dean of Students has cleared you.
   d) Cheating is grounds for withdrawal from the course and disciplinary probation. Logging into class but not being present and/or exercising is considered cheating. If you are caught, you will not be allowed to return to class until the Department Chair and Dean of Students has cleared you.
   e) Only registered and actively participating students are allowed in the Fitness Center and Group Classes, including no visitors or children.

4) Tobacco/Drugs/Alcohol (see the Student Handbook for details)
   a) These substances are not allowed in the Fitness Center, Group classes, or Locker Rooms. Any student suspected of being under the influence of drugs or alcohol will not be permitted to exercise.

5) Food and Beverages
   a) Only beverages in spill-proof non-breakable containers are allowed to be carried in the Fitness Center and Group classes. Food is not permitted in the Fitness Center and Group classes.

6) Towels
   a) Workout and shower towels are provided to all students. After presenting your Phoenix College ID for check-in, you can pick-up a shower towel. Please place used towels in bin located in front of the check-out desk.

7) Lockers
a) Lockers are available to all enrolled students. We will provide the locker and lock, issue your combination, and launder your PC towels. Personal locks are not allowed. Please do not change clothes in the restroom facilities.
b) Phoenix College is not responsible for personal items stolen from locker rooms, Fitness Center or Group Classes area. Use lockers at your own risk.

8) PC ID Card (Required for admittance into the Fitness Center and Group Classes).
   No PC ID, No Admittance!
a) All students MUST present their Phoenix College ID card to gain access to the Fitness Center and Group Classes. ID cards are collected for check-in and returned when you checkout.
b) If you have logged into the Fitness Center or Group Class and choose to leave, you must logout. If you leave without logging out or notifying the staff, you will automatically lose points for that visit. Leaving the Fitness Center or Group Class while logged-in will be considered cheating. See 3d.

9) Guest Pass (8 visits for $25)
a) If you are interested in using the facility on a short term basis, guest passes are available. (Must be 18 years old)

10) Exercise
a) If you have checked-in to the Fitness Center or a Group class, the expectation is that you will exercise.
b) The instructor may “log-out” any student who is not exercising. See 3d above.
c) For your safety, a maximum of 2 exercise hours can be accumulated per day per student. This includes students enrolled in more than one Fitness Center or Group classes.
d) All points must be completed/earned by the last day for the class/section you are enrolled in. No exceptions will be made.

11) Equipment
a) It is important that you ask for directions or a demonstration before using new equipment in the Fitness Center and Group Fitness Classes. Instructors will monitor the exercise area for assistance and your safety.
b) When using the Free Weights, use collars on all weights. If you need a “spotter” ask an instructor for assistance.
c) Please be considerate of others and share equipment. It is not allowable to “reserve” multiple pieces of equipment at one time.
d) Please do not rest on machines between sets. Get up and allow others to “work in”.
e) Report any equipment that is malfunctioning or broken to the instructor.

Health Professions, Fitness & Wellness Department Personnel:
Fitness Center 602- 285-7296

- Elizabeth Logan, Department Chair 285-7611 Liz.logan@phoenixcollege.edu
- Dianne Geddis, Fitness Center Faculty 285-7649 Dianne.geddis@phoenixcollege.edu
- Marty Welter, Fitness Center Faculty 285-7147 Marty.welter@phoenixcollege.edu
- Marty Minton, Department Secretary 285-7295
- Ceci Saenz, Fitness Tech/Instructor 285-7177
- Allen Jackson, Fitness Tech/Instructor 285-7225
- Rosie Alvarez, Women’s Locker Rm 285-7595
- George Holusha, Mens Locker Rm 285-7572