



GO FAR, CLOSE TO HOME.

## Department of Health Professions, Fitness & Wellness

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

### Course Syllabus

Lifetime Fitness		Weight Training		CV Fitness	
Course	Dates	Course	Dates	Course	Dates
PED 115	Graded- 2 credit	PED 117	Graded- 2 credit	PED 116	Graded- 2 credit
PED101FL	Graded 1 credit	PED101WT	Graded- 1 credit		

### Instructor Information

Dianne Geddis, [dianne.geddis@phoenixcollege.edu](mailto:dianne.geddis@phoenixcollege.edu), 602-285-7649  
 Elizabeth Logan, [liz.logan@phoenixcollege.edu](mailto:liz.logan@phoenixcollege.edu), 602-285-7611  
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#### Office Location and Hours:

Center of Excellence in Healthcare Education; Office hours by appointment

#### Communication Policy:

Please contact the instructors by email for most prompt response.

### Course Information

#### MCCCD Course Descriptions

##### **PED115 Lifetime Fitness, 2 cr.**

Increase personal fitness, strength, and vitality. Current principles of cardiovascular exercise, weight training, flexibility, and balance exercises applicable to lifetime fitness goals. Personalized fitness plans developed and implemented with support of highly trained fitness professionals. Techniques to make sessions more effective and enjoyable.

##### **PED116 Cardiovascular Fitness**

Blends an effective warm-up, challenging cardiovascular and strength/endurance training strategies and a relaxing cool-down. Tailored by certified fitness professionals to personal goals.

### **PED117 Weight Training for Wellness**

Strength training and muscular fitness activity to help develop a lifetime of regular exercise and muscular strength maintenance. Development of full body strength and stability of the body's core musculature, translating to increased power, balance, and functional movement ability including assessment of current strength and goal-specific program design to increase strength and muscular fitness.

### **PED101FL Lifetime Fitness 1 cr.**

Learn the basics of designing and implementing a personalized fitness program to meet your needs in the areas of Cardiovascular Fitness, Weight Control, Muscular Strength and Flexibility.

### **PED101WT**

Access to Olympic and Free Weights with a qualified instructor.

## **MCCCD Course Competencies**

### **PED115/Lifetime Fitness**

1. Describe basic concepts of exercise programming, including frequency, intensity, duration, mode of exercise, and progression. (I, II)
2. Measure intensity of exercise. (I, II)
3. Explain the components of health related physical fitness: cardiovascular, muscular strength and endurance, flexibility, and body composition. (I, II)
4. Explain and demonstrate the components of an individualized exercise program: warm-up, cardiovascular exercise, muscular strength and endurance, and cool down. (I, II)
5. Demonstrate a safe exercise program through selection of appropriate exercises, proper body alignment, correct adjustment of equipment, and proper technique. (I, II)
6. Practice neuromotor fitness, posture, and breathing. (II)
7. Demonstrate and adhere to a personal program for improvement or maintenance of optimal body composition, flexibility, muscular strength and endurance, and cardiovascular conditioning. (II)

### **PED116 Cardiovascular Fitness**

1. Explain basic cardiovascular fitness concepts and skills related to the improvement of health and wellness. (I, III)
2. Interpret personal cardiovascular fitness-related physiological assessment data as related to desired fitness outcomes. (II)
3. Measure intensity of cardiovascular exercise. (I, II, IV)
4. Set realistic short-term and long-term goals for selected cardiovascular fitness outcomes. (V)
5. Design a program for the development of cardiovascular fitness incorporating the variables of frequency, duration, intensity and progression. (I, IV)



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6. Demonstrate and adhere to a personal program for improvement or maintenance of optimal cardiovascular wellness. (V)

### **PED117 Weight Training for Wellness**

1. Describe basic concepts of exercise programming for strength and muscular fitness, including frequency, intensity, duration, mode of exercise, and progression. (I)
2. Describe and demonstrate assessment of muscular fitness. (I)
3. Evaluate the intensity of muscular strength exercise and apply knowledge of appropriate intensity to muscular strength exercises. (I, II)
4. Explain and demonstrate the components of health related physical fitness: cardiovascular, muscular strength and endurance, flexibility, and body composition. (I, II)
5. Explain and demonstrate selected components of an individualized exercise program: warm-up, muscular strength and endurance, and cool down. (I, II)
6. Demonstrate a safe exercise program through selection of appropriate exercises, proper body alignment, correct adjustment of equipment, and proper technique. (II)
7. Practice neuromotor fitness, posture, and breathing during muscular strength and endurance activities. (II)
8. Demonstrate and adhere to a personal program for improvement or maintenance of optimal body composition, flexibility, muscular strength and endurance, and cardiovascular conditioning. (II)

### **PED101FL Fitness for Life**

1. Perform the fundamental skills of the chosen activity with proper body mechanics and adherence to health and safety standards. (I)
2. Perform the activity as dictated by the rules and traditional standards limited only by personal capacities. (II)
3. Continue performing or learning the activity according to personal goals. (III)

### **PED101WT Weight Training for Wellness**

1. Perform the fundamental skills of the chosen activity with proper body mechanics and adherence to health and safety standards. (I)
2. Perform the activity as dictated by the rules and traditional standards limited only by personal capacities. (II)
3. Continue performing or learning the activity according to personal motivations and goals. (III)

**Textbooks & Materials: none**

#### **Attendance Requirements:**

- Attendance Requirements - [Administrative Regulation 2.3.2](#)

**All students must attend an ORIENTATION and exercise for 30 min. 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.



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- 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.
- **IMPORTANT**  
The Fit Track Attendance system will track your total hours accumulated over the semester. Students receive points each time the Student ID card is scanned- either at the Fitness Center front desk or while attending Group Fitness. It is your responsibility to make sure your ID card is scanned in and out every time you exercise. Address any concerns immediately with the instructor.
- All students enrolled in Fitness Center sections have access to Fitness Center during open hours and Group Fitness sessions throughout the semester.

**Withdrawals - [Administrative Regulation 2.3.6](#) and Appendix [S-7](#)**

You must become active within the first week of class by completing the forms in Canvas, attending an orientation and completing a minimum of 30 minutes of exercise by Friday at noon. If you are “inactive” or a no show during the first week of the class, you will be withdrawn during this “refund” period. Students seeking to withdraw from this course should first meet with a Financial Aid advisor to discover the impact of a withdrawal will have on current and future financial aid awards and if withdrawing will require awarded funds to be returned.

Grades Earned	2 CREDIT CLASSES	1 CREDIT CLASSES
A	48 points or more	24 points or more
B	44 – 47 points	22 – 23 points
C	40 - 43 points	20 – 21 points
D	36 – 39 points	18 – 19 points
F	35 points or less	17 points or less

HOW DO I EARN POINTS?	DESCRIPTION	DEADLINES/ DUE DATES	
		2 credit	1 credit



Please note that the Syllabus Quiz is mandatory for class participation but the points will NOT count towards your final grade.

<p><b>1. Attendance and Participation</b></p> <p><i>Max of 2 hours of exercise per day regardless of the number of sections you are enrolled in.</i></p> <p><i>Includes a combination of Fitness Center and Group Fitness classes.</i></p>	<p><u>Fitness Center</u> 1 hour = 1 point 2 hours = 2 points</p> <p><u>Group Fitness Classes</u> 1 class = 2 points 2 classes = 4 points</p>		<p>Confirm the <u>end date</u> of the section you are enrolled in</p>
<p><b>2. Online Assignment</b> (Extra Credit)</p> <p><i>2 points</i></p>	<p>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 <b>Instructor</b>. Once graded, keep for your records.</p>		<p>Confirm the <u>end date</u> of the section you are enrolled in</p>
<p><b>3. Wellness Activity</b> (Extra Credit) Points will vary</p>	<p>For more Info.... view the 'Extra Credit Options' section in CANVAS.</p>		<p>Click on the link of interest under the 'Extra Credit Options' in CANVAS for deadlines and other requirements.</p>

### 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 (closed toe and heel) athletic type 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 for 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 class 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: 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 be asked to leave.

## 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.



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**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 log out. 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 is considered cheating.** See 3d.

**9) Guest Pass (8 visits for \$20)**

- 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:**

- Elizabeth Logan, Dept. Chair    602-285-7611    [Liz.logan@phoenixcollege.edu](mailto:Liz.logan@phoenixcollege.edu)
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- Ceci Saenz, Fitness Tech/Instructor    602-285-7177    [ceci.saenz@phoenixcollege.edu](mailto:ceci.saenz@phoenixcollege.edu)
- Allen Jackson, Fitness Tech/Instructor    602-285-7225    [allen.jackson@phoenixcollege.edu](mailto:allen.jackson@phoenixcollege.edu)



- Rosie Alvarez, Women's Locker Rm 602-285-7595 rosie.alvarez@phoenixcollege.edu
- George Holusha, Mens Locker Rm 602-285-7572
- Fitness Center 602-285-7296

## College Policies

### Student Responsibilities

**Syllabus Information:** Students are responsible for understanding and adhering to the material presented in this syllabus.

**College Policies:** Students are responsible for understanding and adhering to the policies in the [Student Catalog and Handbook](http://www.phoenixcollege.edu/academics/course-catalog) (<http://www.phoenixcollege.edu/academics/course-catalog>).

### Special Accommodation Services

It is college policy to provide reasonable accommodations to students with disabilities. Students with disabilities who believe they may need accommodations in this class are encouraged to contact the Disability Resources & Services (DRS) office, Hannelly Center (HC) Building, 602-285-7477.

[Disability Resources & Services](http://www.phoenixcollege.edu/student-resources/disability) (<http://www.phoenixcollege.edu/student-resources/disability>)

### Notice of Changes to Syllabus

Students will be notified by the instructor of any changes in course requirements or policies.

## Course Policies

### Student Conduct - [Administrative Regulation 2.5.2](#)

Student Conduct - Administrative Regulation 2.5.2

The purpose of the Student Conduct Code is to help ensure a healthy, comfortable and educationally productive environment for students, employees and visitors. The College has both the authority and responsibility to maintain a campus community where the educational programs can flourish for all students and where individual rights, personal and collective safety, and College operations are appropriately protected. It is a choice to attend Phoenix College and by doing so, students assume the obligations (including standards for behavior) imposed by the College.

A disruptive student is any student that interrupts the learning atmosphere. Disruptive behavior on the Phoenix College campus or in Canvas will not be tolerated and will be dealt with in accordance with college policy and administrative regulations (AR 2.5.2). Disruptive behavior includes harassment of other students or instructor and inappropriate or unsafe activities with respect to other students, instructors, equipment or supplies. Prohibited conduct also includes inappropriate usage of electronic and mobile devices.



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-- Students in violation of the Conduct Code may be asked to leave the classroom. If the student refuses to leave, the instructor may notify campus security.

-- Students in violation of the Conduct Code may be required to meet with the appropriate Dean, before approved to return to the class.

### **Academic Misconduct - [Administrative Regulation 2.3.11](#)**

Academic Misconduct - Administrative Regulation 2.3.11

Academic misconduct includes, but is not limited to, cheating and plagiarism. See the Phoenix College Student Handbook for additional details. It is expected that every student will produce his/her original, independent work. Any student cheating on or plagiarizing any assignment will receive an "F" on that assignment and may be reported for disciplinary action. Any assignment assigned a failing grade as a result of academic integrity violation MAY NOT be made up at any time. A second offense will result in failure of the course. All incidents may be reported to the appropriate administrator. For your protection, please avoid even the appearance of academic dishonesty. Other penalties for academic dishonesty might include:

- Lowering of assignment or course grade
- Failure or no credit for plagiarized assignment with no possibility for make up
- Course failure (i.e. an F in the course and written notification or an in-person meeting with the Dean of Arts and Sciences)
- Written notice to student that s/he has violated the academic code
- Additional academic assignments as determined by the instructor
- Academic probation
- College suspension
- Permanent college expulsion from any MCCCDC college

Instructional Grievance Process - [Administrative Regulation 2.3.5](#) and [Appendix S-6](#)

## **Phoenix College Resources & Information**

### **CARE Early Alert Program Statement**

The CARE (Early Alert) program provides an opportunity to increase student success through coordination and communication among instructors, students who are having difficulty in class, and college support services. Since the CARE program provides essential notices by email, please check your email account frequently. If you receive a notice from the CARE program, please follow the instructions in the notice as quickly as possible.

### **Student and Academic Services**

Phoenix College wants you to be successful in meeting your educational goals. The campus provides a variety of services from reduced cost bus passes to counseling services, food assistance, tutoring and more. [This resource referral guide can help you find out about the services at the college.](#)



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## General Education Assessment Statement

The faculty and staff at Phoenix College believe your college education should not only include learning content, but also the development of important lifelong skills. We call these general education outcomes. The five (5) general education outcomes we have identified that should be developed throughout your college career are:

1. Writing - develop effective writing skills to communicate.
2. Numeracy - learn to use numerical concepts and data effectively.
3. Critical Thinking - learn to apply critical thinking skills to solve problems, make informed decisions, and interpret events.
4. Oral Presentation - plan and deliver an oral presentation to a target audience.
5. Information Literacy - learn to locate, evaluate, and use information effectively, ethically, and legally.

**In this course, we will be focusing on: Critical Thinking**

## Learning College Statement

The Learning College concept engages students as full partners in the learning process. Students are responsible for their learning and are guided by faculty and staff through four learning college principles:

- Evaluation
- Communication
- Collaboration
- Responsibility

