McLennan COMMUNITY COLLEGE

WACO, TEXAS

COURSE SYLLABUS

AND

INSTRUCTOR PLAN

FIGURE AND WEIGHT CONTROL

PHED 1106.XX

INSTRUCTOR NAME

ROBERT AMMON

NOTE: This is a 6-week course.

COVID 19 Notice:

McLennan Community College is committed to providing you with every resource you need to reach your academic goals including your safety. We will continue to monitor the evolving situation with COVID 19 and adjust our safety guidelines to make sure we offer a safe environment for you and our faculty. Please make sure to consult your faculty and the MCC website on any changes to these guidelines.

FIGURE AND WEIGHT CONTROL

PHED 1106.XX

Course Description:

Emphasizes improving the physique through a variety of exercise programs and proper eating habits. Introduces various aerobic activities and diet concepts. Emphasis also placed on flexibility, toning, and cardiovascular development of the body. Semester Hours 1 (3 activity)

Prerequisites and/or Corequisites:

NONE

Course Notes and Instructor Recommendations:

Assignments Must Be Submitted in a Word Document or a Rich Text Format document **only**!

Instructor Information:

Bob Ammon

Office: HPE 111

PH, 254-299-8803

Email: rammon@mclennan.edu

Office hours: by appointment

Required Text & Materials:

Title: NONE
Author:
Edition:
Publisher:
ISBN:

MCC Bookstore Website: http://www.mclennan.edu/bookstore/

Course Outline or Schedule:

I. INTRODUCTION

PHED 1106 is a course designed to introduce basic knowledge concerning figure control and weight control. Multiple aspects of controlling weight and figure will be discussed and practical application will follow. Students will learn strategies for reaching their desired weight and fitness levels. Introduction to aerobic and strength training will be emphasized. Proper nutrition and supplementation will be discussed.

II. RATIONALE

Since figure and weight control is an important part of a human being's mental and physical well being, the course will include the study of nutrition, fitness, and various plans to improve in each area.

III. SUPPORTIVE ACTIVITIES AND MATERIALS

- Mitchell, Ted; Church, Tim; Zucker, Martin. ***Move Yourself***, John Wiley and Sons, Inc 2008 (required text--buy the hardback copy of the book)
- Cooper, Kenneth H., and Cooper, Tyler C. *Start Strong, Finish Strong*, Penguin Group 2007 (not required)

IV. PREREQUISITES

- None

V. OBJECTIVES

- The student should be able to discuss the various aspects of fitness and how to achieve them.
- The student should be able to plan a strength training workout.
- The student should be able to plan an extended aerobic workout.
- The student should be able to plan a stretching routine.
- The student should be able to plan a proper diet.

VI. Assignment 1 (Look online for assignment details) LOOK AT IMPORTANT DATES AND ASSIGNMENTS FOR CLASS DETAILS.

Test 1 Assignment 2

Test 2 Continue Assignment 2

Test 3 Continue Assignment 2

Test 4 Continue Assignment 2

Assignment 3

Assignment 4

Assignment 5

VII. GRADING

- All tests and assignments are of equal value. Late work may not receive full credit.

Course Grading Information:

Give details about how students' grades will be calculated in your courses. Include all areas from which the course grade is derived and how much impact each area has on the students'

final grades. Describe grading methods such as the use of a point system or weighted/percentage grades.

In courses with performance or skill assessments, explain the primary components that contribute to the student's earning a particular grade or attach actual grading sheet or scoring rubric. Include penalties for violations of academic integrity and define those (i.e., give your definition of "cheating," "plagiarism," etc.)

Late Work, Attendance, and Make Up Work Policies:

Include late work policies, make-up policies, and other policies specific to the instructor. Be specific about consequences for late work or missing class.

Student Behavioral Expectations or Conduct Policy:

Describe the behaviors students are expected to demonstrate in class, lab, clinical, including dress policy and reference to the General Conduct Policy in the Highlander Guide. For example, "Students are expected to maintain classroom decorum that includes respect for other students and the instructor, prompt and regular attendance, and an attitude that seeks to take full advantage of the education opportunity."

Click Here for the MCC Attendance/Absences Policy
(https://www.mclennan.edu/highlander-guide/policies.html)
Click on the link above for the college policies on attendance and absences. Your instructor may have additional guidelines specific to this course.

McLennan COMMUNITY COLLEGE

ACADEMIC RESOURCES/POLICIES

Student Support/Resources:
MCC provides a variety of services to support student success in the classroom and in your academic pursuits to include counseling, tutors, technology help desk, advising, financial aid, etc. A listing of these and the many other services available to our students is available at http://www.mclennan.edu/campus-resource-guide/

College personnel recognize that food, housing, and transportation are essential for student success. If you are having trouble securing these resources or want to explore strategies for balancing life and school, we encourage you to contact a Success Coach by calling (254) 299-8226 or emailing SuccessCoach@mclennan.edu. Students may visit the Completion Center Monday-Friday from 8 a.m.-5 p.m. to schedule a meeting with a Success Coach and receive additional resources and support to help reach academic and personal goals. Paulanne's Pantry (MCC's food pantry) provides free food by appointment to students, faculty and staff based on household size. Text (254) 870-7573 to schedule a pantry appointment. The Completion Center and pantry are located on the Second Floor of the Student Services Center (SSC).

MCC Foundation Emergency Grant Fund:
Unanticipated expenses, such as car repairs, medical bills, housing, or job loss can affect us all. Should an unexpected expense arise, the MCC Foundation has an emergency grant fund that may be able to assist you. Please go to https://www.mclennan.edu/foundation/scholarships-and-resources/emergencygrant.html to find out more about the emergency grant. The application can be found at https://www.mclennan.edu/foundation/docs/Emergency_Grant_Application.pdf.

Minimum Technical Skills:
Students should have basic computer skills, knowledge of word processing software, and a basic understanding of how to use search engines and common web browsers.

Backup Plan for Technology:
In the event MCC's technology systems are down, you will be notified via your MCC student email address. Please note that all assignments and activities will be due on the date specified in the Instructor Plan, unless otherwise noted by the instructor.

Minimum System Rquirements to Utilize MCC's D2L|Brightspace:
Go to https://www.mclennan.edu/center-for-teaching-and-learning/Faculty%20and%20Staff%20Commons/requirements.html for information on the minimum system requirements needed to reliably access your courses in MCC's D2L|Brightspace learning management system.

Email Policy:
McLennan Community College would like to remind you of the policy (http://www.mclennan.edu/employees/policy-manual/docs/E-XXXI-B.pdf) regarding college email. All students, faculty, and staff are encouraged to use their McLennan email addresses when conducting college business.

A student's McLennan email address is the preferred email address that college employees should use for official college information or business. Students are expected to read and, if needed, respond in a timely manner to college emails.

Instructional Uses of Email:
Faculty members can determine classroom use of email or electronic communications. Faculty should expect and encourage students to check the college email on a regular basis. Faculty should inform students in the course syllabus if another communication method is to be used and of any special or unusual expectations for electronic communications.

If a faculty member prefers not to communicate by email with their students, it should be reflected in the course syllabus and information should be provided for the preferred form of communication.

Email on Mobile Devices:
The College recommends that you set up your mobile device to receive McLennan emails. If you need assistance with set-up, you may email Helpdesk@mclennan.edu for help.

Forwarding Emails:
You may forward emails that come to your McLennan address to alternate email addresses; however, the College will not be held responsible for emails forwarded to an alternate address that may be lost or placed in junk or spam filters.

MCC Academic Integrity Statement:
Go to www.mclennan.edu/academic-integrity for information about academic integrity, dishonesty, and cheating.

Accommodations/ADA Statement:
Any student who is a qualified individual with a disability may request reasonable accommodations to assist with providing equal access to educational opportunities. Students should contact the Accommodations Coordinator as soon as possible to provide documentation and make necessary arrangements. Once that process is completed, appropriate verification will be provided to the student and instructor. Please note that instructors are not required to provide classroom accommodations to students until appropriate verification has been provided by the Accommodations Coordinator. For additional information, please visit www.mclennan.edu/disability.

Students with questions or who require assistance with disabilities involving physical, classroom, or testing accommodations should contact:

disabilities@mclennan.edu
254-299-8122
Room 319, Student Services Center

Title IX:

We care about your safety, and value an environment where students and instructors can successfully teach and learn together. If you or someone you know experiences unwelcomed behavior, we are here to help. Individuals who would like to report an incident of sexual misconduct are encouraged to immediately contact the Title IX Coordinator at titleix@mclennan.edu or by calling Dr. Drew Canham (Chief of Staff for Diversity, Equity & Inclusion/Title IX) at (254) 299-8645. Individuals also may contact the MCC Police Department at 299-8911 or the MCC Student Counseling Center at MCC at (254) 299-8210. The MCC Student Counseling Center is a confidential resource for students. Any student or employee may report sexual harassment anonymously by visiting http://www.lighthouse-services.com/mclennan/.

Go to McLennan's Title IX webpage at www.mclennan.edu/titleix/. It contains more information about definitions, reporting, confidentiality, resources, and what to do if you or someone you know is a victim of sexual misconduct, gender-based violence or the crimes of rape, acquaintance rape, sexual assault, sexual harassment, stalking, dating violence, or domestic violence.

Disclaimer:

The resources and policies listed above are merely for informational purposes and are subject to change without notice or obligation. The College reserves the right to change policies and other requirements in compliance with State and Federal laws. The provisions of this document do not constitute a contract.