



TEXARKANA COLLEGE

Master Syllabus: PHED 2301

Course Number:

Semester & Year:

Instructor Information

Name: Brandon Washington

Office: Not on campus

Telephone: Please contact me by email. We can visit by phone if necessary.

E-mail: brandon.washington@texarkanacollege.edu

Office Hours: Email only. Contact me at

brandon.washington@texarkanacollege.edu

Instructor Response: I will reply back to the student within 24 hours of an email message or Forum post, Monday through Thursday. The exception is for messages or posts left after 5:00pm on a Friday. These messages or posts will be replied no later than the following Monday, 5:00PM.

Textbook Information

Wellness: Concepts & Applications by David J. Anspaugh, Michael H. Hamrick, and Frank D. Rosato, 8th ed.

- **ISBN-10:** 0078022509
- **ISBN-13:** 978-0078022500

Student Learning Outcomes for the Course

This course is designed to teach students ways to maintain good health throughout their lives. It will focus on health, exercise, nutrition, and coping with stress. The learner will:

- Explore the factors affecting physical well-being and understand how they relate to personal practices and behaviors.
- Increase general health knowledge and awareness on a variety of health-related topics.
- Determine their own health risk factors through a dietary and physical activity assessment.
- Evaluate and assess lifestyle habits and create a plan to sustain or develop a healthy lifestyle and reduce risk of preventable diseases and illnesses.

Student Assessment

Student evaluation is conducted primarily through the use of exams. The chapter tests from 0 to 100.

Test	Content	Range	Total
Chapter 1	Wellness and Fitness for Life	0 – 100	
Chapter 2	Preventing Cardiovascular Disease	0 – 100	
Chapter 3	Increasing Cardiorespiratory Endurance	0 – 100	
Chapter 4	Building Muscular Strength and Endurance	0 – 100	
Dietary Project	Written Assignment emailed to professor	0 – 100	
Chapter 6	Forming a Plan for Good Nutrition	0 – 100	
Chapter 7	Understanding Body Composition	0 – 100	
Chapter 8	Achieving a Healthy Weight & Body Composition	0 – 100	
Chapter 9	Coping and Managing Stress	0 – 100	
Final Exam	Cumulative Chapters (1-4 and 6-9)	0 – 100	
Online Article	(2) Articles Summaries emailed to professor	0 – 100	
			1100

ALL chapter tests will be taken in the TC Testing Center. You will need the following:

1. Your CURRENT STUDENT PICTURE ID or valid Driver's License.
2. The name of your instructor.
3. The name and section of the course.
4. The name of the test or exam you wish to take.

You will be allowed 50 minutes to complete each exam.

Grading Scale

Course grade will be determined by applying the average of the student assessments to the scale of:

59.01 - 69	D	69.01 - 79	C	79.01 - 89	B	89.01 +	A
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Class Schedule

Week	Material Covered
Week 1	Orientation - Test 1-4
Week 2	Test 1-4
Week 3	Test 1-4
Week 4	Test 1-4
Week 5	Test 1-4
Week 6	Test 1-4
Week 7	Test 1-4
Week 8	Test 1-4
Week 9	Test 6-9
Week 10	Test 6-9
Week 11	Test 6-9

Week 12	Test 6-9
Week 13	Test 6-9
Week 14	Test 6-9
Week 15	Test 6-9
Week 16	Final

ONLINE/HYBRID COURSE ABSENCES

Absence in an **online course** is defined as the lack of an active post or submission within the course including discussion board posts, written assignments, and tests. This standard will be used to determine all absentee issues, including but not limited to, 12th Day Census Reports, last date of attendance, and involuntary withdrawal from a course due to absences. All online students must complete an Enrollment Verification activity within the first week of class (activity depends upon the professor); otherwise the professor **may** drop the student for not having attended. Students must complete at least one activity in their online class per week. Each week in which a student does not complete an activity will be counted as an absence.

If a student is taking a hybrid course, and it does not meet during the first week of class, the student must also complete an Enrollment Verification activity within the first week of class; otherwise the student **may** be dropped for not having attended.

MAXIMUM ALLOWABLE ABSENCES

After official registration, the following number of unexcused absences will be the maximum allowable before a student **may** be dropped from the class. Mandated program certification requirements detailed for certain programs regarding the maximum allowable unexcused absences takes precedence over the following information.

Make-up Policy

The makeup test will be taken in the TC Testing Center, please follow these instructions.

The Testing Center is located in the W. P. Akin, **Business & Computer Technology Center (BCT)**. The room number is **11**, and the location is on the north side of the building.

Testing Center Days	Hours
Monday – Thursday	8:00 am – 8:30 pm
Friday	8:00 am – 4:00 pm
Select Saturdays	9:00 am – 1:00 pm

You must start your test one hour before the close of the Testing Center.

You will need the following: Your TC ID card or valid Driver's License

Allow yourself sufficient time to take the test. There is a 50-minute time limit per test.

Academic Integrity Statement

Scholastic dishonesty, involving but not limited to cheating on a test, plagiarism, collusion, or falsification of records will make the student liable for disciplinary action after being investigated by the Dean of Students. Proven violations of this nature will result in the student being dropped from the class with an "F".

This policy applies campus wide, including TC Testing Center, as well as off-campus classroom or lab sites, including dual credit campuses. This information can be found in the Student Handbook at <https://texarkanacollege.edu>.

Disability Act Statement:

Texarkana College complies with all provisions of the Americans with Disabilities Act and makes reasonable accommodations upon request. Please contact Larry Andrews at 903.823.3283, or go by the Recruitment, Advisement, and Retention Department located in the Administration building for personal assistance.

If you have an accommodation letter from their office indicating that you have a disability which requires academic accommodations, please present it to me so we can discuss the accommodations that you might need for this class. *It is best to request these changes at the beginning if not before the start of class* so there is ample time to make the accommodations.

Financial Aid:

Attention! Dropping this class may affect your funding in a negative way! You could owe money to the college and/or federal government. Please check with the Financial Aid office before making a decision.

I, _____, have read and understand the expectations for Introduction to Holistic Health, PHED 2301.