



**Course:**       **Physical Education**  
                  **PHE XX10 – (.33 Credits)**  
                  2012-2013 Fall Trimester

**Instructor:**  
Office Hours:   Oakland Campus – by appointment  
Contact Info:  
                    (510) 567-6174

**Cohorts:**       **Cohort Advisor**

### **COURSE DESCRIPTION**

**PHE XX10 Physical Education and Wellness** (0.25 credits)

Student will gain basic knowledge of physical fitness/wellness, nutrition, weight control, methods of conditioning, stress management, and leisure time sports pertaining to lifetime fitness. Course format is part reading from the text and part activity (Required reading from the text and ten hours of fitness exercise).

(Requirements – 2 credits for the AA and 3 credits for the BA) (Fall, Winter, Spring)

### **LEARNING OUTCOMES**

Students will develop patterns of working out 3 times a week with a minimum of 20 minutes of workout. Students will reflect on key information regarding physical, spiritual, and emotional wellness from the reading.

Student will demonstrate a personal positive foundational outlook and attitude in their approach to maintaining a healthy lifestyle.

### **MAJOR DATES**

August 20	First Day of Class
August 31	Add/Drop Deadline w/out Academic Penalty
Sept. 3	Labor Day (No Classes & Offices Closed)
Sept. 5 -26	Season of Fasting
Sept. 24 – 28	Reflection Paper and PE Exam due
Sept. 27 -28	Spiritual Emphasis / Campus Days
Oct. 29 – Nov. 2	Finals Week & End of Fall Trimester
Oct. 31	Harvest Festival Outreach (Oakland Campus)
Nov. 5	Last Day of Online/Cohort Classes

### **COURSE REQUIREMENTS**

1. Work out continuously for 20 minutes, 3 times each week (total of 1 hour per week). Activity may consist of aerobics, intramural sports, walking, etc. SUM attendance policies apply (see Student Handbook).

2. Students will self-record their physical activity digitally on Moodle and will include an accountability or verification contact (phone number and email, required).

3. Students will read the text PE textbook *Health & Wellness* according to which trimester in which they are enrolled and write a one page reflections paper that is of 12-font Times New Romans text, double-spaced, with one-inch margins. Due by Sept. 28, 2012 by 5:00 PM PST. The paper is to reflect the following:

...adequately articulating the principles of lifetime fitness and the integration of fitness activities into a healthy and active lifestyle.

...adequately expressing a personal positive foundational outlook and attitude based on the principles of lifetime fitness and the integration of fitness activities into a healthy and active lifestyle.

...understands the need for high standards and excellence in their presentation.

...is displaying growing maturity in the way their reflections are presented.

...grammar of the paper adequate.

4. Physical Education exam given on the sixth week of the trimester (on SUMoodle).

#### **TEXT BOOK & READING SCHEDULE:**

Harper, Robert, general edition. *Health and Wellness: Honoring God in Body, Mind, and Spirit*. Marion, Indiana: Triangle Publishing, 2008.

<u>Class</u>	<u>Required Reading that corresponds with the PE exam</u>
Physical Fitness 1 -----	Introduction & Chapter 1
Physical Fitness 2 -----	Chapter 2
Physical Fitness 3 -----	Chapter 3
Physical Fitness 4 -----	Chapter 4 & 5
Physical Fitness 5 -----	Chapter 6
Physical Fitness 6 -----	Chapter 7
Physical Fitness 7 -----	Chapter 8 & 9
Physical Fitness 8 -----	Chapter 10 & 11
Physical Fitness 9 -----	Chapter 12 & 13

#### **TESTS**

Sept. 24 – 28, 2012                      Physical Education Exams.

#### **ACCOUNTABILITY PROCEDURES**

Students must login and register for PHEX1X0 (or designated Cohort class, usually noted by a decimal & extension on PHE1110) on [www.sumoodle.com](http://www.sumoodle.com). Students must complete their weekly physical activity and log in by the following Wednesday, 5:00pm (PDT) to record their assignments. Students failing to complete more than 25% of their assignments will fail the class. Students failing PE are responsible to make arrangements with the instructor to retake 10 hours of and must pay for the credit re-take through the Business Office of SUM.

In the event a student is not able to login due to technical difficulties, an email should be sent to the Cohort Adviser or the Instructor with the appropriate assignment information. Students who have done the physical exercise but fail to login will receive zero credit for that assignment.

The philosophy of SUM is to create a balanced physical activities regimen, which will help to create balanced ministers who maintain good physical health. As such, students are not allowed to work out for one consecutive hour to cover the three separate 20 minute workouts. Students wishing to work out more than 20 minutes or more than three days per week are encouraged to do so in a sustainable, healthy lifestyle and manner.

### **GRADING SCALE**

Physical Activity	70%
Reflection Paper	5%
Exam	25%

Physical Education is graded on the standard SUM grading scale:

<b>SCHOOL OF URBAN MISSIONS – APPROVED GRADING SCALE</b>			
<b>JULY 2010</b>			
A+	Outstanding	98-100	4.0 Grade points per trimester hour
A	Superior	92-97	4.0 Grade points per trimester hour
A-	Excellent	90-91	3.7 Grade points per trimester hour
B+	Very Good	88-89	3.3 Grade points per trimester hour
B	Good	82-87	3.0 Grade points per trimester hour
B-	Fairly Good	80-81	2.7 Grade points per trimester hour
C+	Above Average	78-79	2.3 Grade points per trimester hour
C	Average	72-77	2.0 Grade points per trimester hour
C-	Average	70-71	1.7 Grade points per trimester hour
D+	Below Average	68-69	1.3 Grade point per trimester hour
D	Poor	62-67	1.0 Grade point per trimester hour
D-	Poor	60-61	
F	Failure	00-59	

P	Pass - Not computed into GPA
AU	Audit - No credit given
I	Incomplete
NC	No Credit Repeat class
DR	Dropped course
VWP	Voluntary Withdraw, Passing
VWF	Voluntary Withdraw, Failing

### **PERSONAL DISCUSSION WITH THE INSTRUCTOR**

This is a self-guided accountability course. If students fail to log in to the SUMoodle web page or if their schedule varies from week to week, special permission must be granted by the Instructor or Cohort Adviser. All other attendance and student policies apply (see Student Handbook, [www.sum.edu](http://www.sum.edu) > Current Students > Student Life > (downloadable link).

Students who violate these rules and/or copyright infringement laws will be responsible for all civil fines and legal ramifications.