CLARENDON COLLEGE
Division of Science & Health
Course Name: PHED 1110 Walking for Fitness

Credit Hours: 1

Semester: 2025 Spring

Classroom Location: Online

Instructor: Mark James
Office Location: Gym
Phone: 805-874-4833
Email: mark.james@clarendoncollege.edu
Office Hours: By Appointment

Course Description:
Participation and instruction in cardiovascular exercise for personal fitness.

Statement of Purpose:
This class partially satisfies the requirements for an Associate Degree at Clarendon College and is designed to transfer to a senior college. The course may be repeated for credit.

Required Instructional Materials:
No Textbook required for this course.

Other Relevant Materials:
Walking Journal (Word processing document that you will compile and turn in at different times throughout the semester)

Student Requirements:
Students are required to turn in walking journal and complete all Moodle exercises by the end of the current semester.

Course Objectives:
- Critical thinking skills – to include creative thinking, innovation, inquiry, and analysis, evaluation and synthesis of information.
- Communication skills – to include effective written, oral and visual communication.

Learning Outcomes:
Upon completion of this course you should be able to:
- Discuss your weekly fitness activity (Assesses COM through the Physical Fitness Journal).
- Improve your cardiovascular health (Assessed through the Physical Fitness Journal).
- Design your own plan for personal fitness (Assesses CT through the Physical Fitness Journal).

Student Expectations and Guidelines:
In addition to the previously stated expectations and guidelines, students are expected to adhere to the following:

- Students are expected to log in to class regularly. This class has high class participation.
- Students are expected to turn assignments in on a timely manner.
- Communication with the instructor is necessary if there are questions or concerns that arise during the semester.

Checking Your Grades:
You can see your current course grade on your Course Dashboard and at the bottom of your gradebook. Do not assume the course total is accurate until all assignments in the course have been graded. For instance, if you did not complete a graded activity, the course total/grade will not be accurate until I replace those uncompleted activities with zeros.

College Policies:

Online Attendance Policy:
Regular attendance is mandatory in all online courses. Specific activities will be identified each week or during each chapter that must be completed in order for students to be considered "in attendance." Failure to complete these assignments can result in forfeiture of Financial Aid and failure of the class.

My personal attendance policy:
For this course, I will submit an attendance report each Monday morning and on the census date. Students who are following the online attendance policy are marked "present."

Grading Policies:
Fitness Journal – 50%, Discussion Forum – 50%
If you have a dispute concerning your grade or policies in this class, it is your responsibility to FIRST contact the instructor, either by e-mail or in person, to discuss the matter. Should things remain unresolved after this initial contact, please follow the procedures described in the Clarendon College Catalogue. In the vast majority of cases, the matter can be resolved at the instructor/student level, and learning to communicate your concerns in a civilized manner is part of the college experience

The final semester grades will be figured as set in the current catalog:
90 to 100 = A 80 to 89 = B 70 to 79 = C 60 to 69 = D Below 59 = F

A student's final grade will be made available through your student portal.

Academic Integrity:

Clarendon College is committed to a philosophy of honesty and academic integrity. It is the responsibility of all members of the Clarendon College community to maintain academic integrity at Clarendon College by refusing to participate in or tolerate academic dishonesty. Any act of academic dishonesty will be regarded by the faculty and administration as a serious offense.

Academic dishonesty violations include, but are not limited to: (1) obtaining an examination, classroom activity, or laboratory exercise by stealing or collusion; (2) discovering the content of an examination, classroom activity, laboratory exercise, or homework assignment before it is given; (3) observing the work of another during an examination or providing answers to another during the course of an examination; (4) using an unauthorized source of information during an examination, classroom activity,

laboratory exercise, or homework assignment ; (5) entering an office, classroom, laboratory, or building to obtain unfair advantage; (6) taking an examination for another person; (7) completing a classroom activity, laboratory exercise, homework assignment, or research paper for another person; (8) altering grade records; (9) using any unauthorized form of an electronic communication device during an examination, classroom activity, or laboratory exercise; and/or, (10) plagiarism. (Plagiarism is defined as the using, stating, offering, or reporting as one's own, an idea, expression, or production of another person's work without proper credit. This includes, but is not limited to, turning in a paper purchased or acquired from any source, written by someone other than the student claiming credit, or stolen from another student.)

Students are responsible for reporting known acts of academic dishonesty to a faculty member, the program coordinator, the associate dean, and/or dean. Any student with knowledge of a violation who fails to report it shall him/herself be in violation and shall be considered to have committed an act of academic dishonesty. Additionally, any student who reports him/herself in violation of this code before it is likely that another might consider this possibility will be understood as repentant and acting in good faith. Though the confession will not excuse the student for the violation, the confession will be considered and the violation should not result in suspension from school except in the most extreme cases. While academic integrity and honesty are the responsibility of the individual student, each individual faculty member, teaching assistant, and/or laboratory instructor is responsible for classroom management and for maintaining ethical behavior within the classroom and/or laboratory. Faculty who discover or suspect a violation should discuss the matter with the suspected violator(s) and attempt to resolve the case at that point. In cases of convincing evidence, the faculty member should take appropriate action. The faculty member and student should complete a Counseling Sheet regarding the violation. (The Counseling Sheet should contain at a minimum the date and time of the violation, the course, the instructor's name, the student's name, an explanation of the infraction or facts of the case, and the resolution to the incident.) This form should be signed by the student, faculty member, program coordinator, and the Dean of Students. The Dean of Students will maintain a file on all violations. If a faculty member prefers to report the case directly to the Dean of Students, it remains his/her prerogative to do so. Additionally, if the faculty member and the accused student cannot reach a resolution or if the faculty member believes that suspension from school is the only fair sanction, the case should immediately be reported by the faculty member, in writing, to the Dean of Students. If the Dean of Students observes any trends in student behavior which involve more than one violation or act of academic dishonesty, the Dean is responsible for notifying all faculty members involved, for contacting the student(s) involved, and after consultation with the faculty member(s) involved for taking the appropriate action. The Dean of Students is responsible for the timely notification (normally within two weeks) to all parties of an action taken. Students wishing to appeal a disciplinary decision involving academic integrity or acts of academic dishonesty may do so through the Student Appeals and Grievance Procedure.

Withdrawing from (Dropping) the Course:

If you decide that you are unable to complete this course or that it will be impossible to complete the course with a passing grade, you may drop the course and receive a "W" on your transcript instead. (The last day to drop a course is available on the Academic Calendar, located at the Student link on the Clarendon College website.) Withdrawal from a course is a formal procedure that you must initiate. If

you do not go through the formal withdrawal procedure, you will receive whatever grade you have earned.

Whether to drop a class or not requires a lot of thought. According to Texas state law a student is only allowed to drop the same class twice before he/she will be charged triple the tuition amount for taking the class a third time or more. Furthermore, beginning with the fall 2007 semester, students in Texas may only drop a total of 6 courses throughout their entire undergraduate career. After the 6th dropped class, he/she will no longer be able to withdraw from any classes.

Accommodations Statement:

Clarendon College provides reasonable accommodations for persons with temporary or permanent disabilities. Should you require special accommodations, notify the Dean of Student Services. We will work with you to make whatever accommodations we need to make.

This online course uses Moodle as its online course management program. All instruction, tutorials, exams, and assignments are provided at the course website. All assignments will be submitted there. Due dates for all assignments are listed on the "Course Schedule" at the end of the syllabus. Most communication between you and your instructor and fellow classmates will be handled in Moodle through the "messages" feature and discussion forums. You will be able to log into the course website once you have officially registered for the course and once you have been added to the course website. The course website will become available to you by the first day of the semester. If you register late, you will generally have access to the course within 24 hours after you register. In order to be successful in completing this 1-credit hour course, you should plan to spend between 2-3 hours per week on the course.

The information explaining how to log into your course website can be obtained by going to Clarendon College's home page, and clicking the Online Classes button. If you have any difficulty logging in, email our help desk at: administrator@clarendoncollege.edu

Course Schedule:

Below is a list of all assignments that you MUST complete in order to receive full credit for this class: Activities with due dates will be used to determine your weekly attendance in the course.

- Hello and Welcome
- Introduce Yourself to the Class
- Rockport Walk Text Cardiovascular Fitness Results 1
- What is Cardiovascular Fitness?
- How is the Course Going?
    - Due By: May 12th by 9:00am (cst)
- Walk/Jog Physical Activity Journal Entry 1st Submission
- Types of Cardiovascular Activity
- Walk/Jog Physical Activity Journal Entry 2nd Submission
- How is the Course Going 2?
    - Due By: May 12th by 9:00am (cst)
- Tell me About the 30 Minute Workout Part 1

- Rockport Walk Test Cardiovascular Fitness Results 2
- Which is Better…Weight or Cardio?
- Tell me About Your 30 Minute Workout Part 2
- Rockport Walk Test Cardiovascular Fitness Results 3
- Walk/Jog Physical Activity Journal Entry 3rd Submission
    - Due By: May 12th by 9:00am (cst)
- Benefits of Cardio
- Tell me About the 30 Minute workout Part 3
- Rockport Walk Test Cardiovascular Fitness Results 4
- Walk/Jog Physical Activity Journal Entry 4th Submission
    - Due By: May 12th by 9:00am (cst)