PEAC 100-01: Introduction to Fitness  
College of Charleston

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Office: Silcox 152  
Office Hours: M 11:00-12:00; T/Th 10:00-11:30. Additional times available by appointment

Class Meeting Times: MWF 9:00-9:50 am; Silcox Gym Room 215 (PCTR)

Introduction
Welcome to PEAC 100, Introduction to Fitness! Please review all of the information in this syllabus carefully and retain this document throughout the duration of the semester. Your awareness and compliance with the guidelines listed for this course will enhance your learning and increase the likelihood of your success in this class.

Course Materials: Hoeger WK, Hoeger SA. Principles and Labs for Physical Fitness 10th ed. Cengage Learning, 2016. (Suggested but optional). Other relevant readings will be posted on OAKS throughout the course of the semester when applicable. It is your responsibility to check OAKS regularly for new postings and assignments.

Course Overview
The purpose of this course is to present the principles and methods for developing and maintaining physical fitness. There will be major emphasis placed on developing a personal exercise program incorporating all aspects of physical fitness. As a result of participating in PEAC 100, students will:
- Be able to distinguish between health-related fitness and performance-related fitness
- Create a personalized, weekly exercise plan to increase cardiovascular fitness, muscular fitness, and flexibility
- Choose at least four bodyweight exercises to enhance muscular fitness to include in weekly workout routine

Course Structure:
Lecture sessions will be held in Silcox Gym (PCTR 215) where we will discuss topics related to physical fitness. Throughout the semester, we will also have Activity days, which are ‘free’ periods designed to allow you to exercise during class in order to follow your exercise prescription and achieve your fitness goals. Unless otherwise indicated, Activity days will be held in Silcox gym (PCTR 215). Lab sessions may be held in varying locations, so it is important that you check your email and/or OAKS regularly so that you will receive updates should our meeting location change (i.e. due to weather, facility usage, etc.).

Class Assignments

Exercise Plan
In this class, you will be required to create a personalized exercise plan including exercises for improved cardiovascular fitness, muscular fitness, and flexibility. Cardiovascular exercise can involve exercise of the student’s choice, and may include walking, running, cycling, aerobic classes, etc. Muscular fitness plans must include at least 4 bodyweight exercises that can be incorporated into weekly workout
routine. However, students are also encouraged, though not required, to incorporate resistance exercise using weights and other equipment, as can be accessed through Campus Recreation Services. Exercise plans are to be updated weekly based on weekly performance, and will be handed in for progress and completeness checks every two weeks.

**Exercise Journal**

In addition to creating and updating an exercise plan, students will keep an exercise journal. Students should aim to keep digital journals (smartphone app, google docs, word/excel documents, etc.) for submission purposes, however journals may also be kept on paper and submitted in class if necessary. Students are encouraged to be as detailed as possible when logging each exercise session, and include information such as speed and grade/pace, total time, heart rate, resistance, repetitions, weight, etc. Any injuries or other problems should be noted in exercise journals and should be reported to me as soon as possible. Sample logs can be accessed in OAKS. Exercise journals will be handed in every two weeks with the exercise plan for completeness and progress checks.

**Nutrition Journal**

Towards the end of the semester, students will be required to maintain a nutrition journal for one week for class credit, though the journal may be started earlier in the semester if the student chooses. Journals may be kept on paper, smartphone apps, or digitally. There are a number of free apps that can be downloaded for tracking food intake that students are encouraged to consider.

**Policies**

**Attendance:** Each student is required to be in class. Students are expected to be prompt to each class meeting. In the event of an absence, it is wholly the student’s responsibility to obtain material covered during the missed class session. Each student is allowed 2 absences (excused or unexcused). Further absences will result in a 5% reduction off of the total course score per absence. If an absence occurs on a scheduled exam or lab day, the student has one week to make up the exam or lab before it is scored as a ‘0’. It is the responsibility of the student to notify the teacher for make-ups. If activity days are not exclusively held within Silcox gym, students are required to sign in with me by 9:05 am to ensure attendance prior to starting an exercise session. It is expected that you use this time wisely and engage in an exercise session of your choice.

**Electronic Devices:** Cell phones are not to be used during class sessions, unless otherwise notified. Laptop computers or tablets may be used for note taking purposes ONLY on lecture days; not for wireless communication or social media (iMessage, email, Facebook, Instagram, Twitter, etc.). If laptops are misused or cell phones used, you will be asked to leave the classroom and will be marked absent for that class.

**Attire:** Students are expected to dress appropriately for lab and activity classes in clothes that will allow them to effectively perform exercise. It is best practice to wear comfortable workout clothing (i.e. t-shirts, athletic shorts, sweatpants, sweatshirt, running/athletic shoes, etc.) to class every day. Improper attire for activity days will result in an absence for that day.

**Disability Accommodation:** Any student eligible for and needing accommodations because of a disability is requested to speak with the professor during the first two weeks of class or as soon as the student has been approved for services so that reasonable accommodations can be
arranged.

**Grading:** Evaluation will be based on the total points accumulated from the exams, quizzes, Assignments, and attendance. Late assignments will receive a 5-point deduction each day (24hr-period) the assignment is late. Grades will be assigned based on the following point totals:

1. Class Participation  100 points
2. Attire  50 points
3. Quizzes (4)  100 points
4. Exams (2)  200 points
5. Exercise Plans  200 points
6. Exercise and Nutrition Log  200 points
7. Final Exam  150 points

**Point total**  1000 points

**Academic Honesty:** Students are expected to abide to the College of Charleston Honor Code and Code of Student Conduct. This means you are expected to exercise academic honesty and integrity. Violations such as cheating and plagiarism will result in disciplinary action with severe consequences.
# Tentative Course Schedule

The instructor retains the right to change the schedule and/or assignments as necessary

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<tr>
<th>Week</th>
<th>Topic</th>
<th>Assignment(s)</th>
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| 1     | Course overview, Introduction (Fundamentals of Physical Fitness) | Pre-participation screening tool (PAR-Q), fitness self-assessment and goal setting due on OAKS 8/28 by 11:59pm  
Read Chapter 1 |
| 2     | Baseline Lab Activities                    | Fitness Assessment Lab due @ 11:59pm on 9/8 on OAKS  
Start aerobic exercise log – sample on OAKS  
Read Chapter 6 |
| 3     | Chapter 1: Cardiorespiratory Fitness       |                                                                              |
| 4     | Creating an individualized exercise prescription | First 4 weeks of CRF training plan due **Friday 9/15** by 11:59 pm on OAKS (points for completion)  
Updated exercise log due 9/15 at 11:59 pm on OAKS  
Read Chapter 7 |
| 5     | Chapter 7: Muscular Fitness               |                                                                              |
| 6     | Making a Resistance Exercise Prescription  | Strength training plan in OAKS by 9/29 at 11:59pm (Points for completion)  
Updated exercise log and exercise plan due in OAKS at 11:59 pm  
Review for test |
| 7     | Review for test                            | Test 1                                                                      | Read Chapter 8 |
| Week 8       | **Chapter 8: Flexibility** | Updated exercise log and exercise plan due at 11:59 pm on OAKS  
Read Chapter 4 |
|-------------|----------------------------|---------------------------------------------------------------|
| Week 9      | Fall Break                 | Lab Summary due in OAKs by 10/27 at 11:59 pm  
Updated exercise log and exercise plan due at 11:59 pm on OAKS  
Read Chapter 3 |
| Week 10     | Body Composition Lab       | Keep a food log for a week. Log due 11/15 at 11:59 pm at the latest  
Review for test |
| Week 11     | **Chapter 3: Nutrition for Fitness Test 2** | Review due 10/31 at 11:59 pm on OAKS  
Updated exercise log and exercise plan due at 11:59 pm on OAKS |
| Week 12     | Performance and functional fitness Exercise and Mental Health | Lab assignment due 12/1 at 11:59 pm on OAKS |
| Week 13     | Follow-up Fitness Testing  | Expand exercise log and exercise plan due at 11:59 pm on OAKS |
| Week 14     | Review fitness test results, pre/post comparison Thanksgiving break | Expand exercise log and exercise plan due at 11:59 pm on OAKS |
| Week 15     | Review for final exam      | Expand exercise log and exercise plan due at 11:59 pm on OAKS |
| Week 16 (12/4 ONLY) | Hand in completed exercise journal and final exercise plan (optional – projected exercise plan beyond the semester) | Expand exercise log and exercise plan due at 11:59 pm on OAKS |

Final Exam: Wednesday December 13th 8 am – 11 am