



PHED 1338 – Concepts of Fitness -Independent Study

Course Syllabus: Fall 2026 IS

“Northeast Texas Community College exists to provide personal, dynamic learning experiences empowering students to succeed.”

Instructor: Justin Hargrove MS, LAT, ATC

Office: IA 117

Phone: 903-434-8285

Email: jhargrove@ntcc.edu

Weekday	Office Hours
Monday	9:00am-11:00am
Tuesday	7:30am-8:00am
Wednesday	9:00am-11:00am
Thursday	7:30am-8:00am
Friday	By appointment/Online

This syllabus serves as the documentation for all course policies and requirements, assignments, and instructor/student responsibilities.

Course Description:

The course is designed to familiarize students with knowledge, understanding and values of health-related fitness and its influence on the quality of life emphasizing the development and implementation of fitness programs.

Prerequisite(s): None

Student Learning Outcomes:

1. Students will learn how to achieve a healthy lifestyle through good health, wellness, and fitness.
2. Students will learn how physical activity and physical fitness can reduce the risk of illness and contribute to optimal health and wellness.
3. Students will learn how nutrition and activity levels affect your health.
4. Students will plan and teach a fitness activity component to learn lifetime fitness skills.

Evaluation/Grading Policy:

The final grade will be determined as follows:

For your final grade:

Exams: Exams: Five (5) exams will be worth 500 points of the total grade. Exam questions will be multiple choice and short answers and will be limited to material covered in textbook & class exercises. (The majority of questions will be taken from class exercises.)

Class Participation: Students are expected to attend class and participate appropriately in class exercises.

In addition to regular attendance, spirited and appropriate discussion and thoughtful questions will help to raise the student's grade. At the end of the semester before finals students will teach a 25-minute lesson on a physical fitness

concept of the students' choosing. The topics will be chosen in advance so as to not repeat the same lesson another student taught. You will receive up to 100 points for your presentation and up to 100 points for class participation when the other students teach and participate in discussion boards. If you do not attend all student led presentations or do not participate you will have points deducted from your participation grade. The assignment will potentially change to a Unit/Lesson plan written assignment based off the college/state decisions on whether to continue the semester in live classes or online. I will let you know prior to the time to complete the assignment which format we will use to obtain your grade.

The breakdown of the course requirements is as follows:

Course Readings: To help facilitate class discussion, it is absolutely necessary that class readings be read – and read on time. Weekly readings as specified in syllabus are necessary to answer the reviews and do well on the test as all the information is not just in the lecture.

Semester grades will be earned as follows

Points	Letter Grade
540-600	A
480-539	B
420-479	C
360-419	D
359 & Below	F

Please be aware that **NO EXTRA CREDIT WILL BE GIVEN** at the end of the semester. The average shown in Bb will determine the final course grade, and no additional work is possible.

Required Instructional Materials:

Concepts of Fitness and Wellness, 2026 release

Publisher: McGraw Hill LLC **ISBN Number: 1266654666**

Optional Instructional Materials:

None

Minimum Technology Requirements:

Computer or Tablet with daily high speed internet access required.

Required Computer Literacy Skills:

Basic computer usage skills email skills.

Course Structure and Overview:

Regular attendance will be noted by your logging in to Blackboard to complete the readings, view PowerPoints and complete the assigned test. With this being independent study, the course will be altered for your teaching lesson to be a written assignment. You are allowed to work at your own pace, but note the due dates are not suggestions, but hard dates. If you choose to work ahead you may due so.

Communications:

All communications should be through NTCC Email or Microsoft Teams. My preferred method is through official school email.

Institutional/Course Policy:

All courses require the timely completion of assignments, and test and will be set up with due dates. You can work ahead, but not backwards. Adherence to the course schedule is essential for academic success. Students are expected to manage their personal schedules effectively to meet all reading and assignment deadlines. Late work will not be accepted under any circumstances; therefore, careful planning is required. All assignments must be submitted electronically through Blackboard Learn.

Alternate Operations During Campus Closure and/or Alternate Course Delivery Requirements:

In the event of an emergency or announced campus closure due to a natural disaster or pandemic, it may be necessary for Northeast Texas Community College to move to altered operations. During this time, Northeast Texas Community College may opt to continue delivery of instruction through methods that include, but are not limited to, online through the Blackboard Learning Management System, online conferencing, email messaging, and/or an alternate schedule. It is the responsibility of the student to monitor NTCC's website (<http://www.ntcc.edu/>) for instructions about continuing courses remotely, Blackboard for each class for course-specific communication, and NTCC email for important general information.

Additionally, there may be instances where a course may not be able to be continued in the same delivery format as it originates (face-to-face, fully online, live remote, or hybrid). Should this be the case, every effort will be made to continue instruction in an alternative delivery format. Students will be informed of any changes of this nature through email messaging and/or the Blackboard course site.

Statement Regarding the Use of Artificial Intelligence (AI) Technology:

Employees and students shall be permitted to explore artificial intelligence (AI) and implement its use in and out of the classroom in accordance with policy and administrative regulations. The use of AI shall only be as a support tool to enhance student outcomes or as necessary to engage in research and shall never take the place of faculty, staff, and student decision-making. Any use of AI must comply with law, policy, and administrative regulations relating to student and employee privacy and data security. A student shall only use AI tools with faculty permission and shall be expected to produce original work and properly credit sources, including AI tools used in creating the work.

Example:

APA (7th edition)

OpenAI. (2026). ChatGPT (March 25 version) [Large language model]. <https://chat.openai.com/>

MLA (9th edition)

OpenAI. ChatGPT. 25 Mar. 2026, <https://chat.openai.com/>.

Employees or students who use AI tools to deceptively harm, bully, or harass others shall be disciplined in accordance with policy. [See DH, DIA series, FFD series, FFE, FLB, and the FM series] AI Use by Employees and Students. Northeast Texas Community College 225500 TECHNOLOGY RESOURCES CRB ARTIFICIAL INTELLIGENCE (LOCAL) DATE ISSUED: 12/8/2025 1 of 1 UPDATE 50 CRB(LOCAL)-AJC Adopted: 12/16/2025

NTCC Academic Honesty/Ethics Statement:

NTCC upholds the highest standards of academic integrity. The college expects all students to engage in their academic pursuits in an honest manner that is beyond reproach using their intellect and resources designated as allowable by the course instructor. Students are responsible for addressing questions about allowable resources with the course instructor. Academic dishonesty such as cheating, plagiarism, and collusion is unacceptable and may result in disciplinary action. This course will follow the NTCC Academic Honesty and Academic Ethics policies stated in the Student Handbook. Refer to the student handbook for more information on these subjects.

ADA Statement:

It is the policy of NTCC to provide reasonable accommodation for qualified individuals who are students with disabilities. This College will adhere to all applicable federal, state, and local laws, regulations, and guidelines with

respect to providing reasonable accommodation as required to afford equal educational opportunity. It is the student's responsibility to request accommodation. An appointment can be made with the Academic Advisor/Coordinator of Special Populations located in Student Services and can be reached at 903-434-8264. For more information and to obtain a copy of the Request for Accommodations, please refer to the special populations page on the NTCC website.

Family Educational Rights and Privacy Act (FERPA):

The Family Educational Rights and Privacy Act (FERPA) is a federal law that protects the privacy of student education records. The law applies to all schools that receive funds under an applicable program of the U.S. Department of Education. FERPA gives parents certain rights with respect to their children's educational records. These rights transfer to the student when he or she attends a school beyond the high school level. Students to whom the rights have transferred are considered "eligible students." In essence, a parent has no legal right to obtain information concerning the child's college records without the written consent of the student. In compliance with FERPA, information classified as "directory information" may be released to the general public without the written consent of the student unless the student makes a request in writing. Directory information is defined as: the student's name, permanent address and/or local address, telephone listing, dates of attendance, most recent previous education institution attended, other information including major, field of study, degrees, awards received, and participation in officially recognized activities/sports.

Tentative Course Schedule:

Date

August 25

September 13

September 14

October 4

October 5

October 25

October 26

November 22

December 1st

December 3rd

Content/Chapters

Start Module 1 Chapters 1-4

Test #1

Module 2 Chapters 5-9

Test #2

Module 3 Chapters 10-12

Test # 3

Module 4 Chapters 13-17 & 23-24

Test #4

Project Due

Final Exam Due