



A = 89+  
B = 78 - 88  
C = 67 - 77  
D = 56 - 66  
F - below 56

**Term paper:**

*WRITE A THREE-PAGE PAPER USING THE BOOK AS A REFERENCE DESCRIBING THE PRINCIPLES OF YOUR PROGRAM(S)* - (e.g. “interval training burns more calories than steady state training”).

**Video reviews:**

Go to the website: [www.ntcc.edu/live](http://www.ntcc.edu/live)

Click on "our videos". Choose 40 videos and do a three sentence description of each video.

**Log Sheet:**

*KEEP TRACK OF YOUR WORKOUTS ON A LOG SHEET OR EXCEL SPREAD SHEET WITH THE DATE AND DURATION OF YOUR WORKOUT(S).*

**Tests/Exams:**

Final Exam video review assignment due the last week of classes.

Log sheet due the last week of classes.

Three page paper due the last week of classes.

**Assignments:**

**VIDEO REVIEWS:**

Go to the website: <http://www.ntcc.edu/live>

Click on “Our Videos”.

Choose 20 videos and write a three-sentence description of each video.

Turn in all video reviews during the last week of classes.

**LOG SHEET:**

Keep track of your workouts (date and time of each workout) on a calendar or Excel Spread Sheet.

Email or turn in your log sheet during the last week of classes.

**THREE PAGE PAPER:**

Your three-page, double spaced paper describes the principles of your chosen fitness program using the textbook as a reference.

**Grades will be returned to the student as follows:**

- Video review and three-page paper: immediately.
- Log sheet assignment: immediately.

**Required Instructional Materials:**

Quick Total Body Workouts

**Required Textbook(s):**

Quick Total Body Workouts

**Publisher:** Alpha/Penguin

**ISBN Number:** ISBN-13: 978-1615641581

**Optional Instructional Materials:**

[www.ntcc.edu/ponline](http://www.ntcc.edu/ponline)

**Minimum Technology Requirements:**

Desktop or laptop computer.

**Required Computer Literacy Skills:**

- High speed internet access
- Microsoft Word
- Email skills

**Course Structure and Overview:**

Since physical development is a major objective of this course, attendance and participation will be a large part of the final grade. This is a face-to-face course which means we meet 32 times in a semester. You are allowed three unexcused absences... more than three and you automatically drop an entire letter grade for each additional absence. Attendance is necessary in this class. You must make every effort to be present and on time to every class. An absence will be excused if you can document illness, major catastrophe, and a death in your family, or if you were participating in a NTCC activity. You must inform the instructor BEFORE the scheduled class period if you believe an absence should be excused. If the student works out at a time other than the scheduled class period, he/she must document each workout on the log sheet and the workout will be recorded on the cameras in the FIT.

**Communications:**

Emails will be returned within 24 hours. Please use your NTCC email account for all electronic correspondence. Discussion during class time is encouraged. Please call, email or come by between classes if you have any questions or comments.

**Institutional/Course Policy:**

After the initial instruction of basic information, there will be a short lecture concerning the program progression. Students choose an individualized fitness program and continue logging their progress throughout the semester. After a basic understanding of the concepts of fitness have been taught, each student will keep track of their workouts and complete final performance evaluations including their video reviews and term paper. You may use electronic devices with headphones or earbuds while working out. Written work that is not turned in before the last week of classes will not be accepted. If you must withdraw from the class, please do so before the withdrawal date below.

**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 accommodations 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 accommodations as required to afford equal educational opportunity. It is the student's responsibility to request accommodations. 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 Timeline (\*note\* instructor reserves the right to make adjustments to this timeline at any point in the term):**

**BASIC MODULE:**

**WEEK 1-2**

Lecture, demonstration, student participation, discussion, workouts including all aspects of fitness.

**WEEK 3-4**

Students mimic movement of instructor. Students "show, tell, do" specific moves. Students introduced to sports psychology

**WEEK 5-6**

Students learn, demonstrate and explain training principles demonstrated by the instructor in weeks 1-4.

**INTERMEDIATE MODULE:**

**WEEK 7-8**

Lecture, demonstration, student participation and student discussion of the benefits of physical activity and specific class training principles.

**WEEK 9-10**

Partner drills and workouts including all aspects of fitness. Students train with each other in pursuit of a lifetime of working out.

**WEEK 11**

Students mimic intermediate movements. Students practice "coaching" their peers on correct technique.

**WEEK 12**

Students demonstrate all aspects of fitness and proper training principles. Students practice sports psychology techniques in reference to their specific workouts.

**ADVANCED MODULE:**

**WEEK 13**

Lecture, demonstration, student participation, discussion, workouts including all aspects of fitness specific to their individualized performance.

**WEEK 14**

Individualizing a lifetime approach to training and performance. Students learn how to teach specific moves to enhance their performance.

**WEEK 15**

Students create their own movement based on their talent and ability, and develop an appreciation of

physical activity.

#### WEEK 16

Students individualize sports psychology/physiology for their own specific performance enhancement needs and develop a program for a lifetime of training.

#### FINALS WEEK

During finals week, all students are required to turn in 40 video reviews from the NTCC Live Like An Athlete you tube channel making up forty percent of their grade. Thirty percent of students grades is based on completion of the workout logsheet calendar documenting each workout. And thirty percent of the grade is based on completion of the three-page term paper. All paperwork is due on May 8.

#### **Important Dates Calendar:**

1. First Class Day (16-week, 1st 8-week, 1st 5-week sessions) Tuesday, January 21
2. Late Registration Ends Friday, January 24
3. First Class Day (2nd 5-week session) Monday, February 24
4. Deadline for Spring Graduation Application
5. Friday, March 6
6. Spring Break Monday-Friday, March 16-20
7. First Class Day (2nd 8-week session) Monday, March 23
8. First Class Day (3rd 5-week session) Monday, April 6
9. Final Day to Withdraw with Grade of "W" (16-week) Thursday, April 9
10. Last Class Day (16-week) Thursday, May 7
11. Final Examinations Friday, May 8 - Thursday, May 14
12. Spring Graduation 9:00 a.m. & 11:00 a.m., Saturday, May 16

#### **APPENDIX A**

Log Sheet Calendar Rubric

Habit Forming

Exercise at least 2 times per week

Failing

You did not exercise at all this week - failing...F

Poor

You exercised 1 time this week for fewer than 30 minutes - poor...D

Satisfactory

You exercised 1 time this week for 30 minutes - satisfactory...C

Good

You exercised twice this week for at least 15-minutes per session - good...B

Excellent

You exercised 2 or more times this week for at least 30-minutes per session. - excellent!...A

## APPENDIX B

### VIDEO REVIEWS

Go to the website: <http://www.ntcc.edu/live>

Click on “Our Videos”.

There are over 400 videos to choose from.

Choose 20 videos and write a three-sentence description of each video.

A bullet point format is acceptable.

Turn in all video reviews by May 8.

## APPENDIX C

Term paper:

**WRITE A THREE-PAGE PAPER USING THE BOOK AS A REFERENCE DESCRIBING THE PRINCIPLES OF YOUR PROGRAM.**

For example, if you choose “walking” as your fitness program, discuss the benefits of different training styles - (e.g. interval training burns more calories than steady state walking . pg 34, “Quick Total Body Workouts”.

Your paper should indicate mature understanding of the topic, and reflect originality, college-level thought, and effort of the writer...40 percent of your grade.

It should use effective examples from the book and mature reasoning to support the overall analysis...30 percent of your grade.

The directions for the paper given by the instructor should be followed appropriately...30 percent of your grade.

Turn in your three page paper on or before May 8.

