

Fitness for Life (UNST 218)
Fall Semester 2009
Course Syllabus

Instructor:

LTC Jones

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Office: Campbell Hall Room 102/103

Office Hours: By Appointment

Required Text (Book Store): Jerrold S. Greenberg, George B. Dintiman, and Barbee Myers Oakes. Physical Fitness and Wellness: Changing the Way You Look, Feel, and Perform, Third Edition.

Course Time: MWF **Location:** Campbell Hall, Room 99

Course Description:

- In this course you will develop an understanding of the basic concepts of physical fitness, exercise and nutrition, in addition to the benefits of maintaining a regular fitness program. We will engage in physical activity during class time and you will be required to exercise outside of class. At the start of the semester, will have class on Mondays and spend Wed/Fri. conducting physical activity. I will provide our schedule after an initial assessment is completed.

Course Objectives:

- Upon completion of this course students will be able to more effectively develop a personal activity/fitness program that will be beneficial throughout your life.
- define and differentiate between physical fitness, health, and wellness;
- describe the benefits of being physically fit;
- measure and analyze your cardiorespiratory endurance, muscular strength and endurance, flexibility, nutrient intake, and body composition;
- identify the key components of a complete fitness program;
- design formal warm-up and cool-down sessions for your exercise program,
- explain guidelines for safely beginning and progressing in an aerobic fitness program;
- design a personalized strength-development program using weights that applies sound training principles and meets your fitness objectives;
- identify the factors that directly or indirectly affect muscular strength and endurance;
- evaluate and determine your ideal weight and percentage of body fat;
- discuss the functions of the six categories of nutrients in the diet;
- identify your fitness goals; and identify the principles to follow in order to reach a high level of fitness.

Course Requirements:

Class Attendance: Class attendance is essential to your academic success. It is essential that you come to **class on time and prepared**. Attendance is taken at the beginning of each class by a sign in roster. It is your responsibility to inform me if you will be tardy or absent. An absence, excused or unexcused does not relieve the student of any course requirement. It is at my discretion whether you will be allowed to make-up missed work or assignments. 5 or more unexcused absences from class will result in course failure.

Class Protocol: Our classroom is a place of mutual respect and civility. The proper type of class environment demands that those who are speaking need not worry about competing with other conversations, cell phones, etc. Because of this, I ask that you refrain from carrying on secondary discussions during class, and I ask that you turn off and put away cell phones and other electronic devices once class starts.

Class Participation: Classes will consist of both lectures and physical activity. PLEASE DRESS APPROPRIATELY FOR THE CLASS; EXERCISE ATTIRE. You are expected to come to class having completed the readings from the text. You are also highly encouraged to bring up questions and issues which you find particularly interesting or confusing. The student's class participation grade will depend on his/her preparation for and involvement in the discussions and physical activities.

Exams: One mid-term physical fitness exam and one physical fitness final exam will be given. Exams will pertain to material from lectures and training conducted during class. Make-up exams will be given only to those who are forced to miss the scheduled exams because of an emergency. Students will be required to provide written proof of such emergencies. Students must notify the instructor of the emergency **before** the exam. Those who miss the scheduled exams without notifying me ahead of time and/or who fail to provide verifiable proof of the emergency will receive a zero for their exam grade. Those who miss the final exam and fail to provide verifiable proof of an emergency will fail the course.

Quizzes: Will be optional/at the discretion of the instructor.

Academic Integrity: All students must ensure that all work turned in for this class is their OWN work. That includes quizzes, tests, worksheets and papers. Those students who borrow the words or ideas from others without properly documenting that fact are guilty of plagiarism. Students who turn in others' work as their own are guilty of plagiarism or cheat on tests, exams, quizzes will not receive credit for this course.

Grading Criteria:

100-90=A
89-80=B
79-70=C
69-60=D
59 and below=F

CHAPTERS AND SUBJECTS FROM THE BOOK THAT WE WILL DISCUSSED DURING CLASS—TAKE NOTES.

	Chapter 1: Physical Fitness, Health, and Wellness	Discovery Activity 1.1: Health Strengths and Weaknesses Assessment Discovery Activity 1.2: Spiritual Health Assessment
	Chapter 2: Assessing Your Present Level of Fitness	Analyze Yourself: Assessing Fitness Testing Behavior Discovery Activity 2.1: Your Physical Fitness Profile
	Chapter 3: Principles of Exercise	Analyze Yourself: Assessing Your Exercise Workout Behavior Discovery Activity 3.1: Choosing and Committing to an Exercise Program
	Chapter 4: Behavioral Change and Motivational Techniques	Analyze Yourself: Assessing Your Locus of Control Discovery Activity 4.1: Employing Strategies for Beginning or Maintaining Your Exercise Program Discovery Activity 4.2: Social Support Assessment
	Chapter 5: Cardiorespiratory Fitness	Analyze Yourself: Assessing Barriers to Complying With Your

		<p>Aerobic Fitness Conditioning Program</p> <p>Discovery Activity 5.1: Assessing Your Level of Aerobic Fitness by the 1-Mile Walking Test</p> <p>Discovery Activity 5.2: Assessing Your Level of Aerobic Fitness by the 12-Minute Test</p>
	Chapter 7: Weight Training and Body Shaping	<p>Analyze Yourself: Do You Need to Start a Strength Training Program?</p> <p>Discovery Activity 7.1: Finding Your 6-RM for Each Exercise: Your First Weight Training Workout</p> <p>Discovery Activity 7.2: Obtaining a Flat Healthy Abdomen</p>
	Chapter 8: Body-Fat Loss and Weight Control	<p>Analyze Yourself: Assessing Your Body Weight and Fat-Loss Behavior</p> <p>Discovery Activity 8.1: Determining Your Percentage of Body Fat</p> <p>Discovery Activity 8.2: Determining Your Caloric Needs</p>
	Chapter 10: Nutrition	<p>Analyze Yourself: Assessing Your Dietary Behavior</p> <p>Discovery Activity 10.1: Estimating Caloric Expenditure</p> <p>Discover Activity 10.2: Estimating Your Daily Fiber Intake</p>

	<p>Chapter 13: Prevention and Care of Exercise Injuries</p>	<p>Analyze Yourself: Assessing Your Injury Prevention Behavior</p> <p>Discovery Activity 13.1: Evaluating Your Potential for Foot and Leg Injuries</p> <p>Discovery Activity 13.2: Evaluating Your Home Medicine Cabinet</p>
	<p>Chapter 15: Designing a Program of Lifetime Fitness</p>	<p>Analyze Yourself: Assessing Which Physical Activity Matches Your Personality</p> <p>Discovery Activity 15.1: Discover Why You Want to Be Physically Fit</p> <p>Discovery Activity 15.2: Discovering a New Mind-Set About Exercise</p> <p>Discovery Activity 15.3: Discovering a Fitness Program Unique to You</p>