

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 2850 – Fitness for Life
Fall 2012

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Office Hours: TBA

Course

Description: An individualized approach for the assessment, analysis, and understanding of a lifetime of wellness through fitness. The course includes a thorough physical fitness/ risk factor assessment in the Assessment, Testing, and Prescription Laboratory (ATP Lab), which is located in Lantz 1011, 581-7109.

Course

Objectives: To facilitate the students' understanding of:

1. Techniques and procedures for developing and assessing health related fitness. (NASPE 1.1, 1.3, 1.4, 1.5)
2. Principles and activities for developing and maintaining healthy levels of cardiorespiratory endurance, flexibility, and muscular strength and endurance. (NASPE 1.1, 1.3, 1.4, 1.5)
3. Principles and activities for developing and maintaining healthy levels of body composition that promote good health. (NASPE 1.3, 1.4, 1.5)
4. Nutrient guidelines and their functions in the body, including during exercise.
5. The types, symptoms and sources of stress and how to apply various stress management techniques.
6. Risk factors for cardiovascular disease, the major forms of cardiovascular disease, and healthy approaches for preventing cardiovascular disease.
7. Risk factors for diabetes and other chronic diseases.
8. Healthy lifestyle behaviors that promote wellness and improve fitness.

Course

Content: Topics covered will include cardiorespiratory fitness, muscular strength and endurance, flexibility, body composition, nutrition, weight management, stress, cardiovascular disease, diabetes, and other relevant and current issues in fitness/wellness. These topics will be covered through lecture, group discussions, laboratory experiences, and personalized writings.

<u>Evaluation:</u>	ATP Lab Assessment/Reflection	20 points
	Presentation	20 points
	Course Reflection	10 points

Homework, Quizzes, Labs, etc.	Points will vary.
Exams	Points will vary.

A = 90 – 100% of total points
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = ≤59%

Exams	50% of final grade
Written Assignments/Quizzes/Labs	50% of final grade

ALL students in the Kinesiology & Sports Studies Department, i.e., exercise science, sport management, athletic training, and teacher certification majors must receive a grade of “C” or better in this course or it must be retaken.

Textbook: Liguori, G., & Carroll-Cobb, S. (2012). *Fit Well Questions and Answers*. New York, NY: McGraw-Hill.
(Textbook Rental)

All work is due on the **DUE DATE**, and will be collected at the beginning of class. Work turned in after the due date will not be accepted.

Students will be allowed to make up work due to excused absences. If you are absent and it is unexcused, assignments missed cannot be made up, and will result in a zero.

Please extend courtesy to your instructor and fellow students by turning off your electronic devices and placing cell phones in silent/vibrate mode. Do not text in class.

Student Success Center:

Students who are having difficulty achieving their academic goals are encouraged to contact the Student Success Center (www.eiu.edu/~success) for assistance with time management, test taking, note taking, avoiding procrastination, setting goals, and other skills to support academic achievement. The Student Success Center provides individualized consultations. To make an appointment, call [217-581-6696](tel:217-581-6696), or go to 9th Street Hall, Room 1302.

Disability Services:

If you have a documented disability and wish to receive academic accommodations, please contact the Coordinator of the Office of Disability Services (www.eiu.edu/~disabty) at 217-581-6583).