Eastern Illinois University
College of Education and Professional Studies
Kinesiology and Sports Studies Department

KSS 2850 – Fitness for Life

INSTRUCTOR: Traci Worby, M.S.

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OFFICE HOURS: Mon & Wed 12:00 p.m. - 1:00 p.m.
Tues & Thurs 10:00 a.m. - 11:00 a.m.
Other times by appointment.

COURSE DESCRIPTION: An individual 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).
ATP Lab: Lantz 1011; Phone: 581-7109

COURSE OBJECTIVES: To facilitate the student's 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, and other topics of interest as time allows. These topics will be covered through lecture, group discussions, laboratory experiences, and personalized writings.

COURSE EXPECTATIONS: All assignments have due dates, nothing will be accepted after its due date, **no exceptions.** There will likely be additional, unannounced in-class activities/assignments; therefore, it is critical that you attend regularly. **Points earned for in-class assignments cannot be made up due to unexcused absences**. If you are absent and an outside assignment is given, it is your responsibility to contact the instructor to find out what the assignment is. If you are absent on the day of an exam, you must schedule an alternate time with the instructor to make up the exam within the following week.

Electronic devices are NOT allowed to be in use during the class period unless permission has been granted by the instructor. Please be courteous to others in the class by placing your cell phone in silent/vibrate mode when entering the classroom.

ATTENDANCE: You should plan to attend every class, be on time, and stay the entire class period. Attendance is EXPECTED and will be taken at each class meeting. If you are absent, you will be unable to make up points that were earned in class. If you have informed the instructor prior to missing class, you may be able to make up the points earned in class depending on the nature of the activity/assignment. It is the responsibility of the student to inform the instructor of absences for illness, family emergencies, and university-sponsored events, etc. Students are responsible for verifying excused absences by providing written documentation regarding the absence. If you miss class, it is your responsibility to notify the instructor no later than the next class period.

REQUIRED MATERIALS: FitWell; Custom Edition by Liguori & Carroll-Cobb; 2012; McGraw-Hill Publishing.

Desire to Learn will also be used throughout the course.

EVALUATION:
A = 90 – 100% of total points
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = <60%

Exams = 50%
Written Assignments/ Projects/Quizzes /Attendance = 50%

PLEASE NOTE: ALL students in the Kinesiology and Sports Studies Department (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.

Disability Statement:

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

Student Success Center (SSC):

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, or go to 9th Street Hall, Room 1302.