Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 2850 – Fitness for Life
Spring 2014

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Office Hours: MW 9-10am or TR 12-1pm
Other times are available by appointment.

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.

Evaluation:	ATP Lab Assessment/Reflection	25 points
	Presentation	30 points
	Homework, Quizzes, Labs, etc.	Points will vary.
	Exams (4 Exams)	Points will vary.

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

**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. (2014). *Questions and Answers. A Guide to Fitness and Wellness.* 2nd Edition. New York, NY: McGraw-Hill.

D2L may be required for some course assignments.

General Information:
Although I will do my best to provide you with valuable knowledge and experiences, little can be gained unless you are making a concerted and noticeable effort to be a self-motivated, responsible, and active learner.

1.Attendance
To prepare students for a career in teaching physical education, students are required to attend all scheduled classes/teachings. This expectation aligns with the EIU teacher education dispositions. If an absence/tardiness does occur, the student is responsible for the material covered during the absence/tardiness. The student should notify the instructor in advance of an anticipated absence/tardiness. For each absence or each tardy in this course, a letter grade deduction will occur. Extenuating circumstances will be assessed on an individual basis. THINK LIKE A Professional!!!!

It is the student's responsibility to contact the instructor before or immediately following an absence in order to catch up on missed class time/homework (please do not wait until the next class). Student-athletes must contact the instructor before missing class due to competition/traveling.

2. Assignments
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.

3. Class Preparation

PARTICIPATE WITH EFFORT. Be prepared and put forth a solid and consistent effort in class. Do what you have to do to be ready.

TAKE INITIATIVE FOR YOURSELF. A great deal of your learning will be the result of your own initiative. You are responsible for creating value for yourself in this course. This means doing reading and work outside of class.

HELP OTHERS. The ultimate success and reward for each of you depends on your ability to help and support your classmates, and where differences of opinion and healthy debate are respected.

- Bring all materials, including assignments and textbook, to each class.
- Read any assigned readings before class; check Panthermail/D2L regularly for reminders/notifications.
- Conduct yourself in a professional manner.

4. Electronic Devices:

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. Thank you for your cooperation.

Final Exam: Wed., May 7 2:45-4:45 p.m.

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, 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/~disablty) at 217-581-6583).