

Eastern Illinois University
Department of Kinesiology and Sports Studies
KSS 2850 – Fitness for Life
Fall 2009

Instructor: Colleen Kattenbraker, M.S.
cnkattenbraker@eiu.edu

Office: 1405 McAfee

Phone: 581-5390

Office Hours: Monday 10:00-11:00 a.m. & 1:00-2:00 p.m.
Wednesday 10:00-11:00 a.m.
Thursday 12:00-1:00 p.m.

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), 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.

Course

**Requirements
& Attendance:**

1. Attendances is expected at each class meeting. There will be in-class activities/assignments; therefore it is critical that you attend class and be on time. **Points earned in class cannot be made up due to unexcused absences.**
2. All assignments will be due on the DUE DATE. **Late work will not be accepted; the only exception is in the case of a verified excused absence.**

3. It is the responsibility of the student to inform me of absences for illness, family emergencies, and university sponsored events, etc. **Please notify me in advance for planned and foreseeable events.** Students are responsible for verifying excused absences and must provide a written document noting the absence. If you miss class, it is your responsibility to contact the instructor as soon as possible.

Required Materials:

Get Fit, Stay Well; Custom Edition by Hopson, Donatelle, & Littrel; 2009; Benjamin Cummings Publishing.
(Textbook Rental)

Get Fit, Stay Well, Lab Manual & Behavior Change Log Book and Wellness Journal; 2009; 2006; Custom Edition by Dodd; Hopson, Donatelle, & Littrell; Benjamin Cummings Publishing.
(This workbook must be purchased at the Union Bookstore ~ \$31.95 + tax).

Evaluation:

ATP Lab Assessment	20 points
Reflection Paper	10 points
Article Review	20 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%
 Written Assignments/ Projects/ Quizzes 50%

Final Exam: Wednesday, December 16, at 10:15 a.m.

Students are expected to conduct themselves in a professional manner at all times. Cell phones are not to be used during class time, except in the case of an emergency.

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

OUTLINE OF THE COURSE

WEEK	TOPIC/ACTIVITY
1	Chapter 1 - Making Personal Wellness Choices <ul style="list-style-type: none"> • Dimensions of wellness • Benefits of good wellness habits • Behavior change process Chapter 2 – Understanding Fitness Principles <ul style="list-style-type: none"> • Health- and skill-related components of fitness • Fitness principles • FITT formula
2	Chapter 2 – Understanding Fitness Principles <ul style="list-style-type: none"> • Safety and exercise • Steps for designing an exercise program Chapter 3 – Committing to Fitness <ul style="list-style-type: none"> • Planning a successful fitness program and overcoming obstacles to exercise

3,4	<p>Chapter 4 – Conditioning Your Cardiorespiratory System</p> <ul style="list-style-type: none"> • Physiology of the cardiorespiratory system • Benefits of cardiorespiratory endurance exercise • Assessment of cardiorespiratory fitness • Development of a cardiorespiratory fitness program
5	<p>Chapter 6 – Maintaining Flexibility and Back Health</p> <ul style="list-style-type: none"> • Determinants of flexibility • Types of flexibility exercises • Benefits of flexibility exercises • Assessment of flexibility • Development of a flexibility program • Prevention and management of low back health
6, 7	<p>Chapter 5 – Building Muscular Strength & Endurance</p> <ul style="list-style-type: none"> • Muscle physiology • Effects and benefits of resistance training • Assessment of muscular strength • Development of a muscular strength program • Types of resistance training exercises, techniques, and safety; supplements
8, 9	<p>Chapter 7 – Understanding Body Composition</p> <ul style="list-style-type: none"> • Benefits of a healthy body composition • Assessment of body composition • Development of a program to change body composition • Factors contributing to excess body fat <p>Chapter 9 – Managing Your Weight</p> <ul style="list-style-type: none"> • Body weight and wellness • Obesity • Eating disorders and dieting • Development of an individual weight-management plan
10, 11, 12	<p>Chapter 8 – Improving Your Nutrition</p> <ul style="list-style-type: none"> • Components of a healthy/balanced diet • Nutritional guidelines • Making informed food choices • Reading food labels • Dietary supplements • Assessment of diet • Development of a healthy diet • Special nutritional needs
13	<p>Chapter 10 – Stress</p> <ul style="list-style-type: none"> • Stress and wellness – physical, emotional, and behavioral responses to stress • Common sources of stress • Management of stress
14	<p>Chapter 11 – Reducing Your Risk of Cardiovascular Disease</p> <ul style="list-style-type: none"> • Risk factors for cardiovascular disease • Major forms of cardiovascular disease • Preventing cardiovascular disease • The role of exercise in cardiovascular health
15	<p>Chapter 12 – Reducing Your Risk of Diabetes and Other Chronic Diseases</p> <ul style="list-style-type: none"> • Types of chronic diseases and risk factors • Lessons on diabetes, chronic lung disease, osteoporosis, and arthritis

