

Eastern Illinois University
College of Education and Professional Studies
Kinesiology and Sports Studies Department
Fall 2009

KSS 2850 – Fitness for Life

ASSOC. PROF.: Mrs. Stacey Ruholl, M.S., A.B.D.

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OFFICE HOURS: Monday, Wednesday 10:30 a.m. - 11:30 a.m.
Tuesday, Thursday 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.

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. (NASPE 1.1, 1.3, 1.4, 1.5)
3. Principles and activities for developing and maintaining flexibility and muscular strength and endurance. (NASPE 1.3, 1.4, 1.5)
4. Principles and activities for developing and maintaining levels of body composition that promote good health. (NASPE 1.3, 1.4, 1.5)
5. Nutrient guidelines and their functions in the body, including during exercise.
6. The types, symptoms and sources of stress and how to apply various stress management techniques.
7. Various risk factors for cardiovascular disease, the major forms of cardiovascular disease, and healthy approaches for preventing cardiovascular disease.

COURSE

CONTENT: Topics covered will include Cardiorespiratory Fitness, Muscular Strength and Endurance, Flexibility, Body Composition, Nutrition, Weight Management, Stress, Chronic Diseases and other topics of interest as time allows. These topics will be covered through lecture, group activities, laboratory experiences, and personalized writings.

REQUIRED

MATERIALS: Get Fit, Stay Well; Custom Edition by Hopson, Donatelle, & Littrel; 2009; Benjamin Cummings Publishing.

Get Fit, Stay Well, Lab Manual & Behavior Change Log Book and Wellness Journal; 2009; 2006; Custom Edition by Dodd; Hopson, Donatelle, & Littrel; Benjamin Cummings Publishing.

(This workbook must be purchased at the Union Bookstore ~ \$31.95 + tax).

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

Exams	50%
Written Assignments/ Projects/ Quizzes	30%
Attendance/ Participation	20%

EXAMS: There will be four exams for this course. The exams are worth 50% of your final grade. The format for the exams will vary and may include short answer, long answer, fill-in-the-blank, multiple choice, etc. The tentative schedule for exams is listed in the course schedule. This is subject to change. Once an exam date is finalized, it will be announced in class and posted on WebCT and it will not be changed. You may not make up a missed exam and a grade of zero will be assigned.

ATTENDANCE/ PARTICIPATION:

Attendance and participation is expected.

- Attendance policy is consistent with the University attendance policy concerning excused absences.
- Each unexcused absence from class will result in a loss points from your attendance/ participation grade. An absence will be considered excused ONLY if you contact the instructor before or immediately following the absence (do not wait until the next class) AND you provide acceptable written documentation for the absence (doctor's note, patient receipt from health service, etc). Failure to contact the instructor and provide acceptable documentation will result in an unexcused absence.
- You are expected to arrive on time to class. Late arrivals to class or early departures from class will result in a deduction of points from your attendance/ participation grade.
- You are expected to participate in class discussions and activities. Failure to do so will result in a deduction of points from your attendance/ participation grade.

PROJECTS/ ASSIGNMENTS: There are two major projects for this class and there may be several minor assignments. The minor assignments will be given to you throughout the course of the semester. The two major projects include a portfolio and a presentation/article review.

- **Projects/ assignments turned in late will not be accepted and will result in a grade of zero.**
- Written assignments except those done in-class must be typed in 12 point Times New Roman font, and double-spaced with 1" margins.

Portfolio: This project is a compilation of labs that you complete throughout this course. It is worth 200 points. The portfolio must be a 3-ring binder that has tabbed dividers for each chapter – do not use sticky notes as dividers as they typically fall off. The items should be organized in order by lab number. Most labs will be done in class and some will be assigned. All labs are expected to be completed when assigned and to be completed thoroughly. Include all pages of the labs in your portfolio. Please make sure your name and the date are on each lab. **The portfolio will be due on the day of each exam.** I will review the contents and return it at the beginning of the next class (except the final exam). The labs due at each exam time will be graded and cannot be made up after the due date. The Behavior Change Workbook and the Nutrition and Weight Management activities from the back of your workbook will be assigned during the course. Include these assignments in your portfolio as scheduled on the syllabus. If the labs are not arranged neatly within the portfolio as described above they will not be graded and will result in a zero for that submission.

Presentation/Article Review: This project is a presentation/ article review on a subject within one of the chapters. It is worth 40 points. You are required to find a research article from a professional, peer-reviewed research journal. **It must have sections labeled "abstract", "method", "results", "conclusions/discussion".** You need to read the article and summarize the contents in a 5-10 minute presentation to the class. **DO NOT read** the article or your presentation to the class. At the end, discuss the implications for professionals in the field of exercise science and your opinion of the article. It is highly recommended that you provide some sort of visual aid (power point, transparency, handout, etc.). Additionally, you must turn in a 2-3 page typed review of the article the day you present. Use APA format. Attach a cover sheet with your name, the course and semester, and the APA citation of the article you are reviewing. The review must be typed in 12 point Times New Roman font, and double-spaced with 1" margins. Write the review in your own words. If you have to quote the author(s), use quotation marks and cite appropriately with APA format. The last paragraph should be a discussion of the implications for professionals in the field and your opinion of the article. **Include a CLEAN copy of the research article in its entirety with the article review. The review will not be graded without a copy of the article. Plagiarism will result in a failing grade and the Office of Student Standards will be notified.** Presentations are expected to be given when assigned. You may not make up a presentation due to being ill-prepared. It will only be re-scheduled if you have a note from your physician stating that you were unable to attend class/present due to medical reasons. See article review evaluation/ presentation evaluation and rubric on WebCT.

GENERAL INFORMATION:

- You are expected to be thoroughly prepared for each class. Thoroughly prepared is defined as:
 - Having all materials, including assignments, needed for class before entering the class.
 - Having sufficiently read the assigned readings before class to verbally discuss the content and participate in class.
 - Having formulated questions and presenting these questions in class when information from readings and assignments is unclear.
- Your work is due on the **DUE DATE**. Work will not be accepted after the due date unless you provide acceptable written documentation as to why it was not possible to turn in your work on time.
- You are expected to regularly check your EIU email account and the WebCT for this class (minimum of twice weekly).
- It is recommended that you bring a calculator to every class meeting. Cell phones will not be permitted to be used as calculators.
- **Use of electronic devices such as iPods, MP3 players, and cell phones, etc. are prohibited during class. This includes texting. All phones must be turned off or silenced prior to entering class. Should you choose to use them in class, you will be dismissed from that class. Should the pattern continue, you will be recommended to drop the class.**

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).

OUTLINE OF THE COURSE

WEEK	TOPIC/ACTIVITY
1	Making Personal Wellness Choices <ul style="list-style-type: none">• Dimensions of wellness• Benefits of Physical Activity• Behaviors that contribute to wellness• The behavior change process
2	Understanding Fitness Principles <ul style="list-style-type: none">• Health-related components of fitness – cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition• Principles of physical training – specificity, progressive overload, reversibility, individual differences
3	Committing to Fitness <ul style="list-style-type: none">• Steps for designing an exercise program
3,4	Conditioning Your Cardiorespiratory System <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
5,6	Building Muscular Strength and Endurance <ul style="list-style-type: none">• Muscle physiology• Effects and benefits of resistance training• Assessment of muscular strength• Development of a muscular strength program• Appropriate resistance training exercises and techniques• Supplements for Muscular Fitness
6	Maintaining Flexibility and Back Health <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
7	Understanding Body Composition <ul style="list-style-type: none">• Benefits of a healthy body composition• Assessment of body composition• Development of a program to change body composition
8, 9, 10	Improving Your Nutrition <ul style="list-style-type: none">• Components of a healthy diet• Nutritional guidelines• Informed food choices• Reading food labels• Dietary supplements• Assessment of diet• Development of a healthy diet

- 11 **Managing Your Weight**
- Health implications of overweight and obesity
 - Factors contributing to excess body fat
 - Adoption of a healthy lifestyle for weight management
 - Body image
 - Eating disorders
 - Development of an individual weight-management plan
- 12 **Stress**
- Stress and wellness – physical, emotional, and behavioral responses to stress
 - Common sources of stress
 - Management of stress
 - Stress management resources
- 13 **Reducing Your Risk of Cardiovascular Disease**
- Risk factors for cardiovascular disease
 - Major forms of cardiovascular disease
 - Preventing cardiovascular disease
 - The role of exercise in cardiovascular health
- 14, 15 **Reducing Your Risk of Diabetes and Other Chronic Diseases**
- Risk factors for various chronic diseases
 - Pathophysiology of Diabetes
 - Development of chronic lung disease, osteoporosis, and arthritis

TENTATIVE COURSE SCHEDULE:

WEEK	DATE	CHAPTER	TOPIC/ACTIVITY	LABS/ ASSIGNMENTS
1	M, 08/24		Welcome, Intros, Syllabus	
	W, 08/26	1	Making Personal Wellness Choices GROUPS: "Get to Know Your Classmates";	1.1, 1.2, 1.3 Behavior Change Workbook
2	M, 08/31	2	Understanding Fitness Principles GROUPS	2.1, 2.3
	W, 09/02	3	Committing to Fitness * PRES #1, #2	3.1, 3.2, 3.3
3	M, 09/07		LABOR DAY – NO CLASS	
	W, 09/09	4	Conditioning Your Cardiorespiratory System * PRES #3	4.1, 4.2, 4.3
4	M, 09/14	4	Conditioning Your Cardiorespiratory System	* ATP lab assessments due
	W, 09/16	1-4	EXAM #1	Turn in portfolio & Behavior Change, pp. 1-11
5	M, 09/21	5	Building Muscular Strength and Endurance * PRES #4, #5	5.1, 5.2, 5.3, 5.4
	W, 09/23	5	Building Muscular Strength and Endurance * PRES #6, #7	
6	M, 09/28	6	Maintaining Flexibility and Back Health	6.1, 6.3
	W, 09/30	7	Understanding Body Composition * PRES #8, #9	7.1, 7.2, 7.3,
7	M, 10/05	7	Understanding Body Composition BC assess.	
	W, 10/07	5-7	EXAM #2	Turn in portfolio & Behavior Change, pp. 12-25
8	M, 10/12	8	Improving Your Nutrition * PRES #10	8.1, 8.2, 8.3,
	W, 10/14	8	Improving Your Nutrition * PRES #11, #12	
9	M, 10/19	8	Improving Your Nutrition * PRES #13, #14	
	W, 10/21	8	Improving Your Nutrition GROUP: Food Labels; * PRES #15, #16	
10	M, 10/26	8	Improving Your Nutrition * PRES #17, #18	Case Studies
	W, 10/28	9	Managing Your Weight	9.1, 9.2, 9.3,
11	M, 11/02	9	Managing Your Weight GROUPS: Fad Diets; * PRES #19, #20	

	W, 11/04	10	Stress GROUPS: Media; * PRES #21, #22	10.1, 10.2, 10.3
12	M, 11/09	10	Stress	
	W, 11/11	8-10	EXAM #3	Turn in portfolio & Nutrition/ Wt. Mgmt, pp. 27-38
13	M, 11/16	11	Reducing Your Risk of Cardiovascular Disease * PRES #23	11.1
	W, 11/18	11	Reducing Your Risk of Cardiovascular Disease	
14	M, 11/23	THANKSGIVING BREAK!		
	W, 11/25			
15	M, 11/30	12	Reducing Your Risk of Diabetes and Chronic Diseases	12.1,
	W, 12/02	12	Reducing Your Risk of Diabetes and Chronic Diseases * PRES #24, #25	
16	M, 12/07	12	Reducing Your Risk of Diabetes and Chronic Diseases	
	W, 12/09	11-12	Review for Final Exam (Exam #4)	

FINAL EXAM – Tuesday, December 15 8:00 a.m. – 10:00 a.m.
***Final Portfolio Due including Nutrition/ Wt. Mgmt, pp. 27-38**