

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

KSS 2850.06 – Fitness for Life
M/W 12:00-1:15 p.m.

INSTRUCTOR: Traci Worby

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OFFICE HOURS: Tues/Thurs 10:00 a.m.—11:00 a.m. & 2:00 p.m.—3:00 p.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.

ATTENDANCE: Attendance will not be taken. 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.

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).

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).

WebCT will also be used throughout the course.

EVALUATION:

A = 90 – 100% of total points	
B = 80 – 89%	
C = 70 – 79%	Exams = 50%
D = 60 – 69%	
F = <60%	Written Assignments/ Projects/ Quizzes /Attendance = 50%

OUTLINE OF THE COURSE

WEEK	TOPIC/ACTIVITY
1	<p>Chapter 1 - Making Personal Wellness Choices</p> <ul style="list-style-type: none">• Dimensions of wellness• Benefits of good wellness habits• Behavior change process <p>Chapter 2 – Understanding Fitness Principles</p> <ul style="list-style-type: none">• Health- and skill-related components of fitness• Fitness principles• FITT formula
2	<p>Chapter 2 – Understanding Fitness Principles</p> <ul style="list-style-type: none">• Safety and exercise• Steps for designing an exercise program <p>Chapter 3 – Committing to Fitness</p> <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, 6	<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
7	<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
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 Chapter 8 – Improving Your Nutrition
- 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 Chapter 10 – Managing Stress
- Stress and wellness – physical, emotional, and behavioral responses to stress
 - Common sources of stress
 - Management of stress
- 14 Chapter 11 – 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
- 15 Chapter 12 – Reducing Your Risk of Diabetes and Other Chronic Diseases
- Types of chronic diseases and risk factors
 - Lessons on diabetes, chronic lung disease, osteoporosis, and arthritis

FINAL EXAM: Wednesday, December 16th @ 12:30 p.m.-2:30 p.m.