

EASTERN ILLINIOS UNIVERSITY  
COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES  
DEPARTMENT OF KINSIOLOGY AND SPORTS STUDIES

KSS 3000 – Fitness Concepts for Teachers

INSTRUCTOR: Mrs. Sonya Schuette

OFFICE: 2241 Lantz      PHONE: 217-581-7584      EMAIL: [slschuette2@eiu.edu](mailto:slschuette2@eiu.edu)

OFFICE HOURS: M 11-12, T 10-11, R 9-11

**COURSE DESCRIPTION:** To educate teachers on the importance of integrating fitness concepts into the curriculum and into their own lifestyle. This course provides a comprehensive overview of recommendations in the areas of health related physical fitness, interdisciplinary approaches to fitness and current fitness issues pertinent to the P-12 Setting.

**COURSE OUTLINE:** Topics covered will include benefits of an active lifestyle, guidelines for an active lifestyle, integrating fitness concepts in P-12 curriculum, and current issues.

**GRADING SCALE:**

- A. TEACHING ASSIGNMENT: 30 pts.
- B. FINAL EXAM: 50 pts.
- C. REFLECTION PAPER: 50 pts.

Total possible: 130 points

**TEXT:**

Physical Fitness and Wellness, Changing the Way You Look, Feel, and Perform, Third Edition. Jerrold S. Greenberg, George B. Dintiman, Barbee Myers Oakes, Human Kinetics, 2004. **DO NOT WRITE IN TEXTBOOK, YOU WILL BE FINED!**



## ATTENDANCE POLICY:

**Attendance: On the 2<sup>nd</sup> unexcused absence your letter grade will lower one full grade and continue to lower with each continued unexcused absence.**

**Cell phones may be used for emergencies only; points will be deducted if used otherwise.**

**Laptop computers should be used for note taking only; if the usage of computers is abused they will not be allowed during class time.**

## COURSE OUTLINE:

Introductions, course syllabi and outline

### **Benefits of an active lifestyle:**

Physical

Economic

Health and Wellness

Physical Fitness Trends (history of physical fitness/exercise)

### **Guidelines for an active lifestyle**

Cardiorespiratory Fitness

Yoga & Pilates~ What does it actually do for us?

Muscular Endurance Fitness

Muscular Strength Fitness

Muscular Flexibility Fitness

Body Composition

Weight management through physical activity

Body Image and how society is related

Nutrition for physical activity

Assessing Your Present Level of Fitness

Designing a Program of Lifetime Fitness

Stress Management and Physical Fitness for All ages

Behavioral Change and Motivational Techniques to stay physically active

### **Integrating fitness concepts in P-12 Curriculum**

Elementary level

Middle level

Secondary level

### **Current Issues**

Sedentary Lifestyle

Use of new technology for fitness development/assessment

Chemical Use and Fitness

**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).**

**Course Outline is Subject to Change.**