

EASTERN ILLINOIS UNIVERSITY
College of Education and Professional Studies
Department of Kinesiology and Sport Studies

KSS 2850 - Fitness for Life
Spring 2010

INSTRUCTOR: Mrs. Julia Gladu
OFFICE: 2210 Lantz Building
OFFICE HOURS: 12-1 MW 11-12 TR or by appointment
TELEPHONE: 581-7583 **Office**
E-MAIL: jmgladu@eiu.edu(*Do not use if you need my immediate attention*)

TEXT: Hopson (Fall 2009) *Get Fit, Stay Well* (Textbook Rental)
Get Fit, Stay Well Lab Manual (Union Bookstore. Cost \$31.95)

**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 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: Wellness, Behavior Modification, Cardiorespiratory disease, Cardiorespiratory Endurance, Muscular Flexibility, Muscular Strength and Endurance, Body Composition, Nutrition, Stress Management. These topics will be covered through lectures, group discussions, laboratory experience and personalized writings.

EVALUATION: Exams (4) 50%
Quizzes, Assignments 50%

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

**COURSE
POLICIES:**

A. Attendance Policy

1. Attendance in this class is extremely important. Your final letter grade will drop on the following class absences:
4 Unexcused Absences- drop 1 letter grade
5 Unexcused Absences- drop 2 letter grades
6 Unexcused Absences – drop 3 letter grades
7 Unexcused Absences – fail course

B. Assignment Policy

1. No late assignments accepted.
2. You will not be allowed to make up any work if your absence is **UNEXCUSED**. Exceptions include (Death in family, University function, or Personal Illness). **Students** are responsible for **Verifying Excused Absences** and must provide Instructor with a **Copy of the Written Document**. The written document does not automatically excuse the absence. Once the document is received, the instructor will determine if the absence is **EXCUSEABLE**. **All documents must be received before finals week, if not turned in by this time the absence becomes unexcused. NO EXCEPTIONS.**

C. Tardy Policy

1. Three or more tardies will result in the loss of 10 points per tardy. You are considered tardy once I have finished taking attendance. It is your responsibility to see me after class to make this correction. Do not assume that I have changed it in my grade book.

OUTLINE OF COURSE

| WEEK | TOPIC/ACTIVITY |
|--------------|---|
| 1 | Introduction to Wellness, Fitness and Lifestyle Management <ul style="list-style-type: none"> • Behaviors that contribute to wellness • Behavior change process • Maintenance |
| 2 | Basic Principles of Physical Fitness <ul style="list-style-type: none"> • Benefits of Physical Activity • Dimensions of wellness • Health-related components of fitness-cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition • Principles of physical training- specificity, progressive overload, reversibility, individual differences • Steps for designing an exercise program |
| 3,4 | Cardiovascular Health <ul style="list-style-type: none"> • Risk factors for CVD • Major forms of CVD • Preventing CVD • Role of exercise in cardiovascular health |
| 5,6 | Cardiorespiratory Endurance <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 |
| 7 | Flexibility and Low 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 |
| 8,9 | 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 |
| 10,11 | Body Composition and Weight Management <ul style="list-style-type: none"> • Benefits of a healthy body composition |

- Assessment of body composition
- Development of a program to change body composition
- Health implications of overweight and obesity
- Factors contributing to excess body fat

12,13 **Nutrition**

14

- Components of a healthy diet
- Nutritional guidelines
- Informed food choices
- Reading food labels
- Dietary supplements
- Assessment of diet
- Development of a healthy diet

15 **Stress**

- Stress and wellness-physical, emotional and behavioral responses to stress
- Common sources of stress
- Management of stress
- Stress management resources

*****All phones must be turned to silent mode prior to class and be in student's backpacks. Use of phone or any other electronics during class will not be tolerated**

*****It is expected that all students will follow the guidelines set forth in the EIU Student Conduct Code Handbook. Academic honesty is expected, cheating in any form will not be tolerated.**

*****If you have a documented disability and wish to discuss academic accommodations, please contact me as soon as possible or contact the Coordinator of the Office of Disability Services(581-6583).**

*****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 St. Hall, Room 1302.**