

Eastern Illinois University
College of Education and Professional Studies
Kinesiology and Sports Studies Department
Spring 2010

KSS 2850– Fitness for Life
9:00 -10:15 am Tuesday/Thursday

INSTRUCTOR: Mr. Chris Ryan, MS

OFFICE: 1417 Lantz

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OFFICE HOURS: TBA

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, and other topics of interest as time allows. These topics will be covered through lecture, group discussions, 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 50%

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

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](tel:217-581-6696), or go to 9th Street Hall, Room 1302.