

Eastern Illinois University
COLLEGE OF EDUCATION AND PROFESSIONAL STUDIES
Kinesiology and Sports Studies Department
KSS 3000 – Fitness Concepts for Teachers

INSTRUCTOR: Mrs. Sonya Schuette

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OFFICE HOURS: MW 1-2pm, T/TH 8-9am

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.

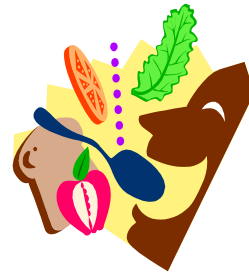
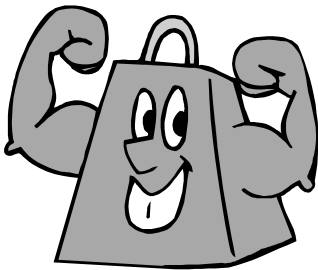
GRADING SCALE:

- A. TEACHING ASSIGNMENT: 30 pts.
- B. ATP Lab Assignment: 50 pts.
- C. FINAL EXAM: 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 2nd 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 Fitness Trends (history of physical fitness/exercise)

Chapter 1

Economic Benefits of An Active Lifestyle

Guidelines for an active lifestyle

Chapter 2

Chapter 3

Chapter 4

Chapter 5

Chapter 6

Chapter 7

Chapter 8

Chapter 9

Chapter 10

The Real Truth about Eating Fast Food

Chapter 11

Chapter 12

Chapter 13

Chapter 14

Chapter 15

Integrating fitness concepts in P-12 Curriculum

Elementary/Middle/Secondary Levels

Current Issues

Use of new technology for fitness development/assessment

Course Outline is Subject to Change.

Final Exam: Wed., May 5th @ 2:45pm

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).

Student Success Center

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 Street Hall, Room 1302.