

PELLISSIPPI STATE COMMUNITY COLLEGE
MASTER SYLLABUS

**LIFETIME FITNESS
PHED 1010**

Class Hours: 0.0

Credit Hours: 1.0

Lab Hours: 2.0

Date Revised: Spring 2011

Catalog Course Description:

Theory, knowledge and practical experience in principles of wellness relating to the healthful aspects of lifetime fitness.

Entry Level Standards:

None

Prerequisites:

None

Textbook(s) and Other Course Materials:

Concepts of Fitness and Wellness, A comprehensive Lifestyle Approach, 9th edition,
Corbin,Welk,Corbin,Welk, ISBN 978-0-07-352381-1

I. Week/Unit/Topic Basis:

Week	Topic
1	Locker Assignments/Syllabus Review Introduction / Self Management
2	Preparing for Physical Activity /How Much Physical Activity Is Enough? Self Planning /Health Benefits of Physical Activity / Lifestyle Physical Activity
3	Body Composition Pretest / Body Composition
4	Nutrition / Managing Diet and Activity for Health Body Fatness
5	Review for Midterm/ Midterm
6	Flexibility /Safe physical activity / Flexibility Workout
7	Cardiovascular /Active Aerobics/ Cardiovascular Assessment
8	Cardiovascular Workout
9	Cardiovascular Workout
10	Cardiovascular Workout
11	Strength Lecture / Strength Workout

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| 12 | Strength Lecture / Strength Workout |
| 13 | Strength Lecture pp / Strength Workout |
| 14 | Stress Management Lecture/ Relaxation Exercise |
| 15 | Final Exam Period |

II. Course Goals*:

This introductory course is designed to provide students with the skills and knowledge necessary to continue to participate in Physical Fitness activities as a life long commitment to maintaining physical fitness. As a result of the successful completion of this course the student will be able to:

- A. Demonstrate knowledge of and engage in warm-up and cool-down activities. I,3; I,4; I,5
- B. Demonstrate knowledge of etiquette and safety while training for Physical Fitness. I,3; I,4; I,5
- C. Demonstrate knowledge of physical fitness and wellness terminology. I,3; I,4; I,5
- D. Formulate physical fitness program. I,3; I,4; I,5 I,6
- E. Evaluate and correct errors in walking, stretching, and weight lifting form and execution. I,3; I,4; I,5; I,6
- F. Demonstrate knowledge of physical fitness equipment and facilities. I,3; I,4; I,5; I,6
- G. Demonstrate knowledge of and employ healthy eating habits for nutrition. I,3; I,4; I,5; I,6;III; 2III;3 III;6 III;7
- H. Maintain accurate logs and/or journals. I,3; I,4; I,5
- I. Demonstrate knowledge of body composition, cardiovascular, strength, and flexibility tests and measurements pertaining to fitness goals. I,3; I,4; I,5
- J. Demonstrate knowledge of and engage in flexibility activities. I,3; I,4; I,5; VI,2; VI,3; VI,4
- K. Demonstrate knowledge of and engage in muscular strength and/or muscular endurance. I,3; I,4; I,5; I,6
- L. Demonstrate knowledge of and engage in cardiovascular endurance activities. I,3; I,4; I,5
- M. Demonstrate knowledge of and engage in activities that factor into improving and/or maintaining a healthy body composition. I,3; I,4; I,5
- N. Demonstrate an understanding of the components, importance, and benefits of physical fitness. I,3; I,4; I,5
- O. Demonstrate knowledge and execute proper goal setting in Physical Fitness. I,3; I,4; I,5; I,6

*Roman numerals after course objectives reference goals of the university parallel program.

III. Expected Student Learning Outcomes*:

The student will be able to:

1. Understand medical considerations before embarking on a physical fitness program. B
2. Understand wellness as a multi-dimensional concept. C
3. Understand the significance of maintaining healthy fitness levels. N
4. Define and demonstrate an understanding of hypokinetic conditions. N
5. Demonstrate knowledge of the health related components of physical fitness. C, I, J, K, L, M, N
6. Understand how to use self-management skills to adhere to healthy lifestyle behaviors. D
7. Demonstrate knowledge of heat-related problems. B
8. Demonstrate knowledge of and engage in effective warm-up activities. A, B, C, D, J
9. Demonstrate knowledge of and engage in effective cool-down activities. A, B, C, D, J
10. Wear proper clothing and footwear for safe, comfortable cardiovascular, flexibility, and muscular strength workouts. B
11. Describe the metabolic benefits of physical fitness. I, L, N
12. Describe the psychological benefits of physical fitness. I, L, N
13. Describe the four primary risk factors associated with coronary heart disease. L, N
14. Calculate target heart rate. L
15. Locate and monitor exercising and resting heart rates. I
16. Define flexibility; understand why it is a health related component of physical fitness. L
17. Demonstrate knowledge of and engage in a variety of different stretching methods. B, E, J
18. Describe how to stretch safely. B, E, F, J
19. Describe the benefits of muscle fitness. K, N
20. Demonstrate knowledge of and engage in a progressive resistance exercise program. A, B, E, F, K, N
21. Describe the adverse effects of anabolic steroid use. B
22. Describe how to prevent injury while engaging in a progressive resistance exercise program. A, B, E, F, K
23. Describe questionable exercises and safe alternatives. B
24. Describe the acronym FITT for building cardiovascular fitness. L
25. Describe the Overload Principle. D, K, L
26. Describe the Principle of Progression. D, K, L
27. Describe the Principle of Specificity. D, K, L

28. Describe the Principle of Reversibility. D, K, L
29. Describe the Principle of Diminishing Returns. D, K, L
30. Use the physical activity pyramid in developing a physical fitness plan. D
31. Demonstrate knowledge of self-planning skills for lifetime physical activity. D
32. Demonstrate knowledge of physical activity, fitness and disease prevention and treatment. N
33. Demonstrate knowledge of lifestyle physical activity. L, M
34. Describe somatotyping. C, M
35. Engage in bioelectrical impedance analysis. M
36. Engage in skinfold body-fat analysis. M
37. Describe the RICE acronym to remember first aid treatment. B
38. Describe BMR as a factor in maintaining a healthy body composition. C, M
39. Describe the function and importance of protein in a well-balanced, nutritional diet. G, M
40. Describe the function and importance of fat in a well-balanced, nutritional diet. G, M
41. Describe the function and importance of carbohydrates in a well-balanced, nutritional diet. G, M
42. Describe the function and importance of water in a well-balanced, nutritional diet. G, M
43. Describe the function and importance of vitamins in a well-balanced, nutritional diet. G, M
44. Employ the food guide pyramid in developing a health-eating plan. D, G, I, M
45. Engage in flexibility and stretching exercises. A, B, F, K, L, M
46. Maintain accurate fitness profiles. H
47. Maintain an accurate nutritional log. H
48. Maintain an accurate fitness log. H
49. Demonstrate knowledge of and engage in stress management, relaxation, and time management techniques. C, D, N
50. Engage in a cardiovascular fitness program. A, B, D, E, F, H, I, J, L
51. Participate in cardiovascular fitness assessments to establish baseline fitness levels and improvement. L

*Letters after performance expectations reference the course objectives listed above.

IV. Evaluation:

- A. Testing Procedures: 40% of grade

Written midterm	objective non-cumulative	20 points
Written Final	objective non-cumulative	20 points

B. Laboratory Expectations:

N/A

C. Field Work:

N/A

D. Other Evaluation Methods: 60% of grade

Fitness Journal	20 points
Participation	20 points
Fitness goals:	10 points
Attendance	10 points

After three absences, 4 points will be subtracted from the student's attendance grade. Students with eight or more absences will not pass this course. Students who fail to participate in assigned activities will be counted as absent

Extra Credit Options

- Articles on a course related subject - 1 point each (maximum of 5 points)
- 5 -7 page paper on course related subject - 5 points

E. Grading Scale:

A	93 -100 points
B+	92 - 88 points
B	87 - 83 points
C+	82 - 78 points
C	77 - 73 points
D+	72 - 68 points
D	67 - 62 points
F	61 below points

V. Policies:

A. Attendance Policy:

Pellissippi State expects students to attend all scheduled instructional activities. As a minimum, students in all courses (excluding distance learning courses) must be present for at least 75 percent of their scheduled class and laboratory meetings in order to receive credit for the course. Individual departments/programs/disciplines, with the approval of the vice president of Academic Affairs, may have requirements that are more stringent. In very specific circumstances, an appeal of the policy may be addressed to the head of the department in which the course was taken. If further action is warranted, the appeal may be addressed to the vice president of Academic Affairs.

B. Academic Dishonesty:

Academic misconduct committed either directly or indirectly by an individual or group is subject to disciplinary action. Prohibited activities include but are not limited to the following practices:

- Cheating, including but not limited to unauthorized assistance from material, people, or devices when taking a test, quiz, or examination; writing papers or reports; solving problems;

or completing academic assignments.

- Plagiarism, including but not limited to paraphrasing, summarizing, or directly quoting published or unpublished work of another person, including online or computerized services, without proper documentation of the original source.
- Purchasing or otherwise obtaining prewritten essays, research papers, or materials prepared by another person or agency that sells term papers or other academic materials to be presented as one's own work.
- Taking an exam for another student.
- Providing others with information and/or answers regarding exams, quizzes, homework or other classroom assignments unless explicitly authorized by the instructor.
- Any of the above occurring within the Web or distance learning environment.

C. Accommodations for disabilities::

Students who need accommodations because of a disability, have emergency medical information to share, or need special arrangements in case the building must be evacuated should inform the instructor immediately, privately after class or in her or his office. Students must present a current accommodation plan from a staff member in Services for Students with Disabilities (SSWD) in order to receive accommodations in this course. Services for Students with Disabilities may be contacted by going to Goins 127, 132, 134, 135, 131 or by phone: 539-7153 or TTY 694-6429. More information is available at <http://www.pstcc.edu/sswd/>.

D. Other Policies:

Make-up policy:

After one week, students will not be allowed to make-up written examinations. With documentation, students will be allowed to make up absences. Make-up sessions should be supervised and consist of activities engaged in during the sessions that the student missed.

Injury Policy:

Students injured during class must inform the instructor immediately. An accident/incident report must be filed. This applies to all injuries no matter how minor.

Tardy Policy:

Students, who are more than fifteen minutes late to class, will be considered absent.