
Course Number: **Section:** 101 **Term:**
Credits: 3.000

Room	Meeting Days	Meeting Time
	MW	02:00 PM - 03:15 PM

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Faculty Information:

Prerequisites:

Other Prerequisite(s): NONE

Textbook(s):

Course Description:

This course provides an overview of the concepts of physical fitness, conditioning principles and appropriate exercise and health practices with application to lifelong fitness and wellness. Course includes lecture and physical fitness testing.

Course Objectives/Competencies:

General Education Outcomes:

- Critical Thinking/Problem Solving Competency

Course Outcomes:

Myths, Fallacies and Sources of Misinformation

Analyze common myths, fallacies and sources of misinformation in the areas of health, fitness and weight reduction.

Physical Fitness, Nutrition and Stress Management

Analyze the scientific evidence that exists supporting the value of physical fitness, sound nutritional practices, stress management and wellness.

Types of Training

Describe different types of training that contribute to the development of the components of health related fitness.

Fitness Testing

Identify and describe different types of fitness testing for the five components of health related fitness.

Course Outline:

Introduction to physical fitness and wellness
Benefits of physical activity
Physical activity readiness
Training principles
Cardiovascular fitness
Flexibility
Muscle fitness
Body composition
Nutrition
Stress management
Informed consumer

Course Requirements:

Students are expected to participate in all scheduled course activities, complete assigned readings prior to scheduled course activities, and complete and submit all assigned work by the deadline. For in-person sections, attendance is expected at each class meeting.

Attendance Requirements: You are expected to attend every class for which you are registered. Being late for class is not acceptable and will affect your grade. Tardiness over 5 minutes and/or early dismissal by 10 minutes is considered a missed class. Attendance is important to the ultimate accomplishment of the primary objective of the class and therefore will be required. All absences will affect the evaluation process in the following manner for Fall and Spring term:

4 absences for a class that meets 2 times a week = drop 1 letter grade

6 absences = drop 2 letter grades

8 absences = drop 3 letter grades

10 absences = "F" for the class

2 absences for a class that meets 1 time a week = drop 1 letter grade

3 absences = drop 2 letter grades

4 absences = drop 3 letter grades

5 absences = "F" for the class

Note: Make-ups are not available.

Class Policies:

Policies for this specific course are listed below. Please see the section on _____ for additional information on institution-wide policies. Students are expected to participate in all scheduled course activities. For in-person sections, attendance will be taken at the beginning

of each class period. It is the responsibility of students who come in late to notify the instructor of their attendance for that class period.

Exercise, Wellness & Sport Science Department Disclaimer: Warning/Disclaimer

There are risks of injury associated with any activity involving physical exercise. These injuries can be musculoskeletal and/or cardiovascular. I understand that I am responsible for monitoring my own condition and I shall cease participation should any unusual symptoms occur. My participating in this program represents my understanding and acceptance of risk.

Exercise, Wellness & Sport Science Department Disclaimer: Student Conduct

Students must maintain appropriate behavior in the classroom/lab at all times. Horseplay and/or irresponsible behavior will not be tolerated. Please refer to the _____ Student Handbook, Code of Student Conduct Violations: Level I, II & III Offenses. To insure the safety of all students enrolled in a given course, the faculty member reserves the right to remove any student from the classroom/lab environment and refer the student to _____ Affairs.

Children, as well as others not officially enrolled, are not permitted in classrooms when classes are in session. Please do not request permission to bring children, friends or other family members to school and leave them unattended (such as in hallways, locker rooms, etc.) Violation of policy will result in requesting the student to leave class and may not receive attendance credit. (Instructor discretion)

The course schedule is subject to change; however students will be given prior notification if this occurs. It is the responsibility of the student to stay current on all course schedule updates.

- Dress appropriately and comfortably for labs.
- Time management is important. BE ON TIME! It is disrespectful to your classmates and instructor to be late to class.
- Respect the rights of everyone in the class. Show consideration for students and instructors.
- Turn off all pagers, computers, cell phones, audio and video equipment and place them away for safekeeping.
- If you have or had medical problems, you should get permission from your doctor before participating.
- Be prepared for each class by keeping up with assignments and doing the appropriate reading. Listen attentively. Do not bring food to class.
- Complete assignments in a timely manner. Late work is not accepted.
- Ask for feedback from your instructor and peers to ensure successful completion of this course.
- It is recommended you keep a folder with all course work for future needs (internship portfolio, job interviews).
- If you are absent, it is your responsibility to obtain the information covered in class from another classmate.
- If you miss a written test you must call your instructor on the scheduled test day and explain your absence. Only medical emergencies and extreme circumstances will be accepted as valid excuses for missing test. Immediately upon your return, you must make arrangements to make up the missed test, prior to the next scheduled class. Failure to comply with this policy will result in a zero grade for the missed test.
- If you have problems, please contact instructor.

Evaluation/Grades:

Exams and Assignments	Points/Percentage	Grading Scale
Laboratory Assignments	100	400 to 360= A
Written Exams (100 points each/2exams)	200	359.9 to 320= B
Oral Presentation	75	319.9 to 280= C
Oral Presentation	25	279.9 to 240 = D
		239.9 to 0 = F
		Must have C or better to continue

Course Schedule:

Course Schedule for ENS1118 - 101		
Week	Material to be covered	Assignments Due
1 August 18 & 20	Course Syllabus Introduction to Wellness, Fitness and Lifestyle Management	Read Chapter 1
2 August 25 & 27	Principles of Physical Fitness Oral Presentations	Read Chapter 2 Lab 2.1
3 Sept 1-HOLIDAY---- NO CLASS September 3	Cardiorespiratory Endurance	Read Chapter 3
4 September 8 & 10	Assessing Your Current Level of Cardiorespiratory Endurance	Lab 3.1
5 September 15 & 17	Cardiovascular Health	Read Chapter 11 Lab 11.1
6 September 22 & 24	Muscular Strength and Endurance	Read Chapter 4
7 September 29 & October 1	Assessing your Current Level of Strength and Muscular Endurance	Lab 4.1, 4.2
8 October 6 & 8	Midterm - Chapters 1-4 & 11 Flexibility and Low-Back Health	Read Chapter 5
9 October 13 & 15 October 15- WELLNESS DAY	Assessing Your Current Level of Flexibility	Flexibility Lab
10 October 20 & 22	Body Composition	Read Chapter 6
11 October 27 & 29	Assessing Body Mass Index and Body Composition	Lab 6.1

12 November 3 & 5	Putting Together a Complete Fitness Program	Read Chapter 7 Lab 7.1 and 7.2
13 November 10 November 12- NO CLASS	Nutrition	Read chapters 8, 9, and 10
14 November 17 & 19	Stress	Read Chapter 10 Lab 10.2
15 November 24 & 26	Oral Presentations	
16 December 1 & 3	Oral Presentations	
17 December 8th	Final Exam Chapters 5-10	Final Exam- December 8th

Additional Information:

Labs

Participation in the laboratories is essential to learning the concepts presented in class. Most labs are performed in class and submitted on due dates. If you are absent or not in appropriate attire, the labs may not be made up, so it is critical that you attend class and dress properly for lab.

Lab 2.1 Safety of Exercise Participation

Lab 3.1 Assessing Your Current Level of Cardiorespiratory Endurance

Lab 4.1 Assessing Your Current Level of Muscular Strength

Lab 4.2 Assessing Your Current Level of Muscular Endurance

Lab- Assessing Your Current Level of Flexibility

Lab 6.1 Assessing Body Mass Index and Body Composition

Lab 7.1 A Personal Fitness Program Plan and Contract

Lab 7.2 Getting to Know Your Facility

Lab 10.2 Stress Management Techniques

Lab 11.1 Cardiovascular Health

Oral Presentation- 75 points -The purpose of this assignment is for you to integrate course information into a presentation regarding a current health issue or a health/fitness myth.

Guidelines

Each student will participate in a group presentation (3 or 4 students per group) .

The group members should split the work.

The presentation should take about 20 minutes.

You may use power-point , handouts, videos, debates,etc.

Each group must meet with me prior to the presentation .

Each group member will be graded individually.

You will be graded on content, organization, subject knowledge, visuals, delivery, length,and appearance(professionalism).

You must use at least three credible sources. (scientific peer reviewed journals, reliable websites or books)

Teaching Syllabus #2 Redacted 3.17.15