

KIN 215-17 Fitness for Living
Tentative Course Schedule and Exam Dates
Spring 2008
Friday 10:00 - 11:50 am

January 18 th	1 st half: Course Introduction/ (2 nd half online): Sign up for Webcom
January 25 th	Chapter 1- Fitness and Wellness/ Chapter 2- Cardiovascular Endurance ***Personal Health Profile/Behavior Change and Ch 1-4 Quizzes***Due _____
February 1 st	Chapter 3- Body Composition /Chapter 4-Flexibility
February 8 th Meet in class for exam	In class EXAM #1 (Chapters 1-4)/ Bring a Scantron (2 nd half Online)
February 15 th	Chapter 5-Muscular Strength and Endurance / (2 nd Half online) **Personal Health Profile/Behavior Change and Ch 1-4 Quizzes**Due _____
February 22 nd	Chapter 6-Nutrition / Chapter 7-Weight Control **Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____
February 29 th	1 st Half: Chapter 8-Cardiovascular Disease/ (2 nd half Online) Review for Exam 2
March 7 th Meet in class for Exam	In class EXAM #2 (Chapters 5, 6, 7, and 8) Bring a Scantron (2 nd half online)
March 14 th -21 st	Spring Break (No Class)
March 28 th	Chapter 9- Cancer Diabetes and Osteoporosis **Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____
April 4 th Bring a towel, Sam-I.D. Will meet in Rec. Center	<i>In class assessment #1- VO2 max 1 mile walk/1.5 mile run/ In class assessment #2- Sit and Reach/ In-class assessment #3 – Push-ups and Abdominal Crunches</i> **Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____
April 11 th	Ch 10 -Stress and Stress Management / 2nd half Online (No class)
April 18 th	Chapter 12 – Your personal Program/ Alcohol Guest Lecture: TBA /Health Center: Ch 11- HIV/ STI's
April 25 th	Guest Lecture – Sexual Assault/Date Rape/Domestic Violence
May 2 nd	In class Final Exam (Chapters and additional material on alcohol, STDs, and sexual assault) <p style="text-align: center;">LAST CLASS DAY</p> **Chapters 9 and 10 Quizzes/Cancer, Diabetes, Stress assessments-Due _____
	No Class—Final Exam Study Day