

KIN 215-17 Fitness for Living
Tentative Course Schedule and Exam Dates
FALL 2007

1 st half: Course Introduction/ (2 nd half online): Sign up for Webcom
Chapter 1- Fitness and Wellness/ Chapter 2- Cardiovascular Endurance ***Personal Health Profile/Behavior Change and Ch 1-4 Quizzes***Due _____
Chapter 3- Body Composition /Chapter 4-Flexibility
In class EXAM #1 (Chapters 1-4)/ Bring a Scantron (2 nd half Online)
Chapter 5-Muscular Strength and Endurance / (2 nd Half online) **Personal Health Profile/Behavior Change and Ch 1-4 Quizzes**Due _____
Chapter 6-Nutrition / Chapter 7-Weight Control **Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____
1 st Half: Chapter 8-Cardiovascular Disease/ (2 nd half Online) Review for Exam 2
In class EXAM #2 (Chapters 5, 6, 7, and 8) Bring a Scantron (2 nd half online)
Spring Break (No Class)
Chapter 9- Cancer Diabetes and Osteoporosis **Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____
<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 _____
Ch 10 -Stress and Stress Management / 2nd half Online (No class)
Chapter 12 – Your personal Program/ Alcohol Guest Lecture: TBA /Health Center: Ch 11- HIV/ STI's
Guest Lecture – Sexual Assault/Date Rape/Domestic Violence
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