

**KIN 215 Fitness for Living**  
**Tentative Course Schedule and Exam Dates**  
**FALL 2007**  
**MATTHEW WAGNER**

	1 <sup>st</sup> half: Course Introduction/ (2 <sup>nd</sup> half online): Sign up for Webcom
	Chapter 1- Fitness and Wellness/ Chapter 2- Cardiovascular Endurance  <b>***Personal Health Profile/Behavior Change and Ch 1-4 Quizzes***Due _____</b>
	Chapter 3- Body Composition /Chapter 4-Flexibility
	<b>In class EXAM #1 (Chapters 1-4)/ Bring a Scantron</b> (2 <sup>nd</sup> half Online)
	Chapter 5-Muscular Strength and Endurance / (2 <sup>nd</sup> Half online)  <b>**Personal Health Profile/Behavior Change and Ch 1-4 Quizzes**Due _____</b>
	Chapter 6-Nutrition / Chapter 7-Weight Control  <b>**Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____</b>
	1 <sup>st</sup> Half: Chapter 8-Cardiovascular Disease/ (2 <sup>nd</sup> half Online) Review for Exam 2
	<b>In class EXAM #2 (Chapters 5, 6, 7, and 8)</b>  <b>Bring a Scantron</b> (2 <sup>nd</sup> half online)
	Spring Break (No Class)
	Chapter 9- Cancer Diabetes and Osteoporosis  <b>**Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____</b>
	<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>  <b>**Chapter 5-8 Quizzes, Strength Training, Nutrition, CVD** Due _____</b>
	Ch 10 -Stress and Stress Management / <b>2<sup>nd</sup> half Online</b> (No class)
	Chapter 12 – Your personal Program/ <b>Alcohol Guest Lecture: TBA /Health Center: Ch 11- HIV/ STI's</b>
	Guest Lecture – Sexual Assault/Date Rape/Domestic Violence
	<b>In class Final Exam</b> (Chapters and additional material on alcohol, STDs, and sexual assault) <p style="text-align: center;"><b>LAST CLASS DAY</b></p> <b>**Chapters 9 and 10 Quizzes/Cancer, Diabetes, Stress assessments-Due _____</b>
	<b>No Class—Final Exam Study Day</b>