

KINESIOLOGY 233 – Fall 2007
HONORS FITNESS FOR LIVING
College of Education
Department of Health and Kinesiology

Instructor Information:

Bill Hyman
Professor of Health and Kinesiology
294-1212
bhyman@shsu.edu

Office hours:	HKC	Wed.	2:00 – 4:00
	SAM Center	M,W, F	7:30 – 10:30
		Tues.	2:00 – 5:00

Textbook:

No textbook is required for this course. Student reading will be provide in class or posted on blackboard.

Course Description:

Fitness for Living presents the information and skills needed to adopt a lifestyle of health and wellness. Emphasis is placed on the components of physical fitness and the benefits of a healthy lifestyle, which includes exercise and activity, proper nutrition, disease prevention behaviors, and safe choices. The course will be enhanced through the study of advanced topics in the field of health and kinesiology.

Course objectives:

At the completion of Fitness for Living, the student will:

1. Demonstrate an understanding of physical conditioning in each of the five dimensions of health related physical fitness:
 - a. Aerobic capacity (cardiovascular fitness)
 - b. Body composition
 - c. Flexibility
 - d. Muscular strength
 - e. Muscular endurance
2. Describe the prudent steps to following a healthy dietary pattern and choose an eating plan that provides adequate nutrition and balances calories with physical activity for the maintenance of a healthy body weight.
3. Explain the risk factors and protective factors for the chronic diseases which make up the leading causes of morbidity and mortality in the United States, including the lifestyle choices which are considered critical to disease prevention.

4. Identify their major sources of stress as they apply to the psychological and physiological aspects of the stress model, and develop relaxation skills and a coping strategy to positively manage stressors.
5. Practice skills and behaviors critical to personal safety.

Course content:

See attached course calendar.

Course evaluation:

Exams (2 @ 100 points each)	200
Reaction papers and labs	100
Student presentations	100
Total	400 points

Grading scale:

360 – 400 points	90 – 100 percent	A
320 – 359 points	80 – 89 percent	B
280 – 319 points	70 – 79 percent	C
240 – 279 points	60 – 69 percent	D
Less than 240 points	less than 60 percent	F

Attendance:

Regular attendance is mandatory. If you should miss any class, it is your responsibility to make up any work that was missed and prepare for the next class period. According to University policy, more than three absences will affect your grade in the following manner:

4 absences	reduction of one letter grade
5 absences	reduction of two letter grades
6 absences	reduction of three letter grades
7 absences	failure of the course

Student absences on religious holy days policy:

Section 51.911(b) of the Texas Education Code requires that an institution of higher education excuse a student from attending classes or other required activities, including examinations, for the observance of a religious holy day, including travel for that purpose. A student whose absence is excused under this subsection may not be penalized for that absence and shall be allowed to take an examination or complete an assignment from which the student is excused within a reasonable time after the absence.

University policy 861001 provides the procedures to be followed by the student and instructor.

A student desiring to absent himself/herself from a scheduled class in order to observe (a) religious holy day(s) shall present to each instructor involved a written statement concerning the religious holy day(s). This request must be made in the first fifteen days of the semester or the first seven days of a summer session in which the absence(s) will occur. The instructor will complete a form notifying the student of a reasonable timeframe in which the missed assignments and/or examinations are to be completed.

Students with disabilities policy:

“Students with a disability which affects their academic performance are expected to arrange for a conference with the instructor in order that appropriate strategies can be considered to ensure that participation and achievement opportunities are not impaired.” The physically impaired may contact the Director of the Counseling Center, 294-1720.