

KINESIOLOGY 215
FITNESS FOR LIVING
Spring 2008

My Course Section Number:

Instructor Information:

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Textbook:

Hyman, Oden, Bacharach, and Sebesta. (2006) Fitness for Living, 3rd edition, Kendall Hunt Publishing Company - **Packaged with WebCom Access Code Card.**

The WebCom card is required for successful completion of KIN 215. Considerable course content is delivered through WebCom, and forty percent of the final grade is derived from assignments completed through WebCom. Make certain that your book comes with the WebCom Access Card.

Web enhancement:

This course is web-enhanced through the use of WebCom, an interactive student activity website providing learning activities, self-assessments, chapter reviews, and additional learning tools.

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.

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 schedule and exam dates for your appropriate section.

Course evaluation:

Exams (3 @ 100 points each)	300
On-line chapter quizzes (10 @ 10 points each)	100
On-line health assessments (10 @ 10 points each)	100
 Total	 500 points

Grading scale:

450 – 500 points	90 – 100 percent	A
400 – 449 points	80 – 89 percent	B
350 – 399 points	70 – 79 percent	C
300 – 349 points	60 – 69 percent	D
Less than 300 points	less than 60 percent	F

Chapter quiz due dates:

Each student must complete an on-line quiz for chapters 1-10. There are no quizzes for chapters 11 and 12. Each quiz is worth up to ten points and may be retaken one time. The higher of the two grades will be recorded in your grade book. The chapter quizzes make excellent review and preparation for the three major exams, so it is recommended that students take the quizzes along with the corresponding chapter being studied in class. **All quizzes open on Wednesday, January 16 and close on Friday, May 9 at 5:00 p.m. Any quiz not completed at that time will be recorded as a zero in the students on-line grade book.**

Quiz	Chapter and Topic	Open/Close Dates
1	1 – The Importance of Fitness and Wellness	Jan.16 – May 9
2	2 – Cardiorespiratory Endurance	Jan. 16– May 9
3	3 – Body Composition	Jan.16 – May 9
4	4 – Flexibility	Jan. 16 – May 9
5	5 – Muscular Strength and Endurance	Jan. 16 – May 9
6	6 – Nutrition	Jan. 16 – May 9
7	7 – Weight Control	Jan. 16 – May 9
8	8 – Cardiovascular Disease	Jan. 16 – May 9
9	9 – Cancer, Diabetes, and Osteoporosis	Jan. 16 – May 9
10	10 – Stress Management	Jan. 16 – May 9

Required On-line Health Assessments:

On-line health assessments provide each student with individual feedback concerning lifestyle risks and protective factors in several areas of wellness. On-line assessments, like chapter quizzes, should be taken along with the corresponding chapter being studied in class. **They also open on January 16 and close on May 9 at 5:00 p.m. Any assessment not completed by the deadline will be recorded as a zero.** Ten points will be recorded in your grade book upon completion of each assessment.

<u>Chapter</u>	<u>Assessment</u>	<u>Value</u>	<u>Open/Close Dates</u>
1	Personal Health Profile	10	1/16 – 5/9
1	Personal Behavior Change Plan	10	1/16 – 5/9
5	Strength Training Lesson	10	1/16 – 5/9
6	Nutrition: Myth or Fact	10	1/16 – 5/9
8	Risk Factors for Cardiovascular Disease	10	1/16 – 5/9
9	Cancer Risk Assessment *	10	1/16 – 5/9
9	Skin Cancer Risk Assessment	10	1/16 – 5/9
9	Diabetes Risk Assessment	10	1/16 – 5/9
10	Life Experiences Survey	10	1/16 – 5/9
10	Stress Vulnerability Questionnaire	10	1/16 – 5/9
Total Health Assessment Points		100	

* The Cancer Risk Assessment consists of six separate assessments worth two points each. Two extra points are earned for completion of all six. While some are gender specific, all students should complete all six assessments.

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.

Course Schedule and Exam Dates (Monday & Wednesday)		
January	16	Course Introduction
	23	Lecture 1- Fitness and Wellness (Chapter 1)
	28	Lecture 2- Cardiovascular Endurance (Chapter 2) / How to determine your aerobic capacity
	30	Personal Health Profile/Behavior Change Plan (on-line)
February	4	Lecture 3 – (on-line)
	6	Lecture 4 - Body Composition (Chapter 3) / How to determine your body composition
	11	Lecture 5 - Flexibility (Chapter 4) / How to determine your flexibility
	13	Lecture 6 – (on-line / study day)
	18	EXAM #1 (Chapters 1-4)
	20	Lecture 7 – Muscular Strength and Endurance (Chapter 5) / How to determine your muscular strength and endurance
	25	Proper Strength Training Mechanics (on-line)
	27	Lecture 8 – (on-line)
March	3	Lecture 9 – Principles of Nutrition (Chapter 6)
	5	Lecture 10 – Dietary Guidelines (Chapter 6)
	17	Nutrition Myth or Fact (on-line)
	19	Lecture 11 – Weight Control (Chapter 7)
	24	Lecture 12 – Cardiovascular Disease (Chapter 8)
	26	Lecture 13 – (online and review)
	31	EXAM #2 (Chapters 5 - 8)
April	2	Cholesterol/Blood Pressure Screening, on-line CVD Assessment
	7	Cholesterol/Blood Pressure Screening, on-line CVD Assessment
	9	Guest Lecture – SHSU Alcohol Abuse Initiative
	14	Guest Lecture – SHSU Counseling Center
	16	Lecture 14 – Cancer, Diabetes, Osteoporosis (Chapter 9)
	21	Cancer and Diabetes Assessments – (on-line)
	23	Lecture 15 – Stress and Stress Management (Chapter 10) OR Guest Lecture – Sexually Transmitted Diseases (Chapter 11)
	28	Guest Lecture – Sexually Transmitted Diseases (Chapter 11) OR Lecture 17 – Stress and Stress Management (Chapter 10)
	30	Stress Assessments – (on-line)
May	5	Lecture 16 – Lifetime Wellness and Aging (Chapter 12)
	7	Catch up and Final Exam Review Day
-FINAL-		Administered at time for Final Exam (Chapters 9 - 12 and additional material on alcohol, STDs, and sexual assault)

Course Schedule and Exam Dates (Tuesday & Thursday)		
January	17	Course Introduction
	22	Lecture 1- Fitness and Wellness (Chapter 1)
	24	Lecture 2- Cardiovascular Endurance (Chapter 2) / How to determine your aerobic capacity
	29	Personal Health Profile/Behavior Change Plan (on-line)
	31	Lecture 3 – (on-line)
February	5	Lecture 4- Body Composition (Chapter 3) / How to determine your body composition
	7	Lecture 5- Flexibility (Chapter 4) / How to determine your flexibility
	12	(on-line) catch up day
	14	Lecture 6 – (on-line / study day)
	19	EXAM #1 (Chapters 1-4)
	21	Lecture 7 - Muscular Strength and Endurance (Chapter 5) / How to determine your muscular strength and endurance
	26	Proper Strength Training Mechanics (on-line)
	28	Lecture 8 – (on-line)
March	4	Lecture 9 – Principles of Nutrition (Chapter 6)
	6	Lecture 10 – Dietary Guidelines (Chapter 6)
	18	Nutrition Myth or Fact (on-line)
	20	Lecture 11 – Weight Control (Chapter 7)
	25	Lecture 12 – Cardiovascular Disease (Chapter 8)
	27	Lecture 13 – (on-line / study day)
April	1	EXAM #2 (Chapters 5 - 8)
	3	Cholesterol/Blood Pressure Screening, on-line CVD Assessment
	8	Cholesterol/Blood Pressure Screening, on-line CVD Assessment
	10	Guest Lecture – SHSU Alcohol Abuse Initiative
	15	Guest Lecture – SHSU Counseling Center
	17	Lecture 14 – Cancer, Diabetes, Osteoporosis (Chapter 9)
	22	Cancer and Diabetes Assessments – (on-line)
	24	Lecture 15 – Stress and Stress Management (Chapter 10) OR Guest Lecture - Sexually Transmitted Diseases (Chapter 11)
	29	Guest Lecture – Sexually Transmitted Diseases (Chapter 11) OR Lecture 15 – Stress and Stress Management (Chapter 10)
May	1	Stress Assessments – (on-line)
	6	Lecture 16 – Lifetime Wellness and Aging (Chapter 12)
	8	Catch up and Final Exam Review Day
-FINAL-		Administered at time for Final Exam (Chapters 9 - 12 and additional material on alcohol, STDs, and sexual assault)