JEFFERSON COLLEGE
COURSE SYLLABUS

HPE138
LIFETIME FITNESS AND WELLNESS
2 Credit Hours

Prepared by:
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Carolyn Elphingstone, Social Science Division Chair
**HPE138 Lifetime Fitness and Wellness**

I. COURSE DESCRIPTION

A. Prerequisite: None

B. 2 semester hours credit

C. Lifetime Fitness and Wellness is a lab and lecture-based course that will encourage students to make positive decisions about a healthy lifestyle that will enhance their own individual wellness now and in the future. Students will develop their own personal exercise regimen that is in line with their own philosophy of fitness and wellness. Course topics discussed will include consequences of an unhealthy lifestyle that is prevalent in a sedentary society and how to develop healthy habits. (F, S)

II. EXPECTED LEARNING OUTCOMES/ASSESSMENT MEASURES

<table>
<thead>
<tr>
<th>Expected Learning Outcomes</th>
<th>Assessment Measures</th>
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<tr>
<td>Students will identify proper safety habits and techniques in the fitness center.</td>
<td>Discussion</td>
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<td>On-line safety quiz</td>
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<td>Checklist (exercise)</td>
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<td>Exams and Quizzes</td>
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<td>Students will identify the six dimensions of wellness.</td>
<td>Wellness Introductory Lab</td>
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<td>6-Dimension Wellness Lab</td>
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<td>Discussion</td>
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<td>Exams and Quizzes</td>
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<td>Students will assess and evaluate their own health status.</td>
<td>Lab Activities</td>
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<td>Fitness Center activities</td>
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<td>Pre-/Post-Questionnaire</td>
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<td>Students will determine cardiovascular fitness threshold and intensity.</td>
<td>Identify Target Heart Rate Lab</td>
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<td>Target Heart Rate Application Lab</td>
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<td>Discussion</td>
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<td>Student will identify specific muscles of the body and which exercises can be performed to develop those muscles.</td>
<td>Anatomical Identification Lab</td>
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<td>Muscular Strength/Endurance Lab</td>
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<td>Exercise in Fitness Center</td>
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<td>Discussion</td>
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<td>Exams and Quizzes</td>
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<td>Students will recognize and analyze their own personal specific eating habits including daily caloric needs.</td>
<td>Nutritional chart Lab</td>
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<td>Daily Caloric Intake Lab</td>
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<td>Daily Caloric Expenditure Lab</td>
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<td>Exercise in Fitness Center</td>
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<td>Discussion</td>
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Students will identify, explain, and demonstrate the potential values of regular and vigorous muscular activity.

Various lab activities
Exercise in Fitness Center
Discussion
Exams and Quizzes

Students will develop their own personal exercise regimen that is in line with their own philosophy of fitness and wellness and they will determine the likelihood of adhering to a program.

Self-Motivation Assessment Inventory
Lab
Various Lab Activities
Exercise in Fitness Center
Discussion
Exercise Regimen Project
Journal

III. OUTLINE OF TOPICS

A. Introduction to Course
   1. Health and wellness
   2. Six dimensions of wellness

B. Physical Fitness
   1. Five components
   2. Introduction to nutrition
   3. Physical training principles

C. Cardiovascular Fitness
   1. Identify various heart rates
   2. Hypertension
   3. Rating of perceived exertion
   4. Aerobic versus anaerobic exercise
   5. Metabolism and metabolic after effect

D. Muscular Strength and Endurance Development
   1. Muscular strength developmental characteristics
   2. Muscular endurance developmental characteristics
   3. Anatomical muscular identification
   4. Anti-gravity muscles
   5. Muscle hypertrophy and atrophy
   6. Eccentric and concentric contractions
   7. Isotonic and isometric exercises

E. Flexibility
   1. What determines flexibility
   2. Static versus ballistic stretching
   3. Stretch reflex
F. Body Composition
   1. Overweight vs. obesity
   2. Difference between essential and storage fat
   3. Body fat

G. Nutrition
   1. Six classes of nutrients
   2. Calories
   3. Poor eating habits
   4. Proper eating habits

H. Exercise Adherence
   1. Habits of adherence to exercise
   2. Self-motivational survey
   3. Developing exercise routine

IV. METHODS OF INSTRUCTION
   A. Discussion
   B. Lab Activities
   C. Group Collaborative Activities
   D. Fitness Center Activities

V. REQUIRED TEXTBOOK

   Total Fitness and Wellness 5th Edition. Powers, Scott and Dodd, Stephen

VI. REQUIRED MATERIALS (Student)

   Textbook
   Exercise clothing apparel

VII. SUPPLEMENTAL REFERENCES

   None

VIII. METHOD OF EVALUATION (Student)

   A. Checklist (exercise)
   B. Discussion
   C. Exams and Quizzes
D. Exercise Regimen Project
E. Lab Activities
F. On-Line Safety Quiz
G. Participation in Fitness Center
H. Pre/Post Questionnaire
I. Journal
J. Exercise Project

IX. ADA STATEMENT

Any student requiring special accommodations should inform the instructor and the Coordinator of Disability Support Services (Library; phone 636-797-3000, ext. 169)

X. ACADEMIC HONESTY STATEMENT

All students are responsible for complying with campus policies as stated in the Student Handbook and on the College website. 
http://www.jeffco.edu/jeffco/index.php?option=com_weblinks&catid=26&Itemid=84