The intent of this course is to expose students to a broad range of information related to understanding personal fitness and health. This course will offer students a well rounded examination of lifestyle components elemental to lifelong healthy living. Students will explore a variety of personal choice options for developing and maintaining lifetime wellness from physiological, psychological and sociological perspectives. This course encourages students to participate in a wide variety of physical activities. It provides a comprehensive understanding of elements for successful participation in a variety of physical activities. UC credit limitations:ATHL G235, ATHL G236, ATHL G263 and all PE activity courses combined – maximum credit, 4 units.
COURSE LEVEL STUDENT LEARNING OUTCOME(S) Supported by this course:

1. assess how making clear, well-informed, well-thought-out choices regarding sociological issues such as sexuality, the environment, and politics can affect his or her life.
2. evaluate how elements of nutrition, exercise, stress, sexuality, aging, and death combine as components essential to healthy living.
3. explain how participating in a variety of physical activity classes can help him or her develop a healthy lifestyle.
4. assess how personal choices can affect long term physical, emotional, and psychological well being.
5. explain the basic elements of exercise physiology, psychology of sport, and sociology of sport.

COURSE OBJECTIVES:

1. learn the basic elements of exercise physiology, psychology of sport, and sociology of sport.
2. understand how personal choices can affect long term physical, emotional and psychological well being.
3. learn how participating in a variety of physical activity classes can help them develop a healthy lifestyle.
4. gain an understanding of how elements of nutrition, exercise, stress, sexuality, aging and death integrate as components essential to healthy living.
5. understand how making clear, well-informed, well-thought out choices regarding sociological issues such as sexuality, the environment, and politics can affect their lives.

COURSE CONTENT:

LECTURE CONTENT:

Introduction to wellness, fitness and lifestyle management

A. Wellness the new health goal
B. Reaching wellness through lifestyle management

Basic principles of physical fitness

A. Physical activity and exercise for health and fitness
B. Health-related components of physical fitness
C. Principles of physical training: adaptation to stress
D. Designing your own exercise program

Cardiorespiratory endurance

A. Basic physiology of cardiorespiratory endurance
B. Benefits of cardiorespiratory endurance exercise
C. Assessing cardiorespiratory endurance
D. Developing a cardiorespiratory endurance program
E. Exercise injuries

Muscular strength and endurance

A. Benefits of muscular strength and endurance
B. Assessing muscular strength and endurance
C. Fundamentals of weight training
D. Creating a successful weight training program

Flexibility and low back health

A. Benefits of flexibility and stretching exercises
B. What determines flexibility?
C. Assessing flexibility
D. Creating a successful program to develop flexibility
E. Preventing and managing low back pain

Body composition
A. What is body composition and why is it important?
B. Assessing body composition
C. Setting body composition goals
D. Making changes in body composition

Putting together a complete fitness program
A. Developing a personal fitness plan
B. Putting the plan into action
C. Maintaining a program: fit for life
D. Exercise guidelines for people with special health concerns
E. Exercise guidelines for life stages

Nutrition
A. Nutritional requirements: components of a healthy diet
B. Nutritional guidelines: planning a diet
C. Nutritional planning: making informed choices about food
D. A personal plan: applying nutritional principles

Weight management
A. Health implications of overweight and obesity
B. Factors contributing to excess body fat
C. Adopting a healthy lifestyle for successful weight management
D. Approaches to overcoming a weight problem
E. Body image f) Eating disorders
F. Creating an individual weight management plan

Stress
A. What is stress
B. Stress and wellness
C. Common sources of stress
D. Managing stress
E. Getting help

Cardiovascular health
A. Risk factors for cardiovascular disease
B. Cardiovascular disease
C. Protecting against cardiovascular disease

METHODS OF INSTRUCTION:
A. Lecture:
B. Independent Study:

INSTRUCTIONAL TECHNIQUES:
COURSE ASSIGNMENTS:
Reading Assignments

Out-of-class Assignments
Students will assess themselves
1) Physical fitness: strength, flexibility, cardiovascular fitness
2) Health assessment: healthy lifestyle tests
3) Assessment and psychological and sociological components appropriate to the class.

Writing Assignments

1) Behavior modification contract for Lifestyle component change—contract with weekly journal logging process. Behavior modification contract will consist of a written contract stating lifestyle behavior (habit) to be modified along with a personal journal logging weekly progress, observations and strategies to affect behavior change. A second part will include a component of physical activity (the advisory PE activity course).
2) Tests on course material. Written tests will consist of T/F, multiple choice and short essay questions.
3) Book review on book from reading list. Book review will consist of a 4 page, type written review and critique of a book selected either from the book list or approved by the instructor.

METHODS OF STUDENT EVALUATION:
Midterm Exam
Final Exam
Written Assignments
Objective Examinations
Report

Demonstration of Critical Thinking:

The student fulfills the objectives of this course are fulfilled by the student when he/she demonstrates the following: 1) A behavior modification contract where the student identifies the lifestyle behavior to be modified along with a personal journal logging weekly progress, observations and strategies to affect behavior change 2) A book review is also required with a critique of an approved fitness and wellness book. 3) There will be two written tests to determine the student's ability to understand the integration of the course objectives and the knowledge coming from exercise physiology, psychology and sociology included in the course. 4) By students completing the assessment instruments listed below.

Required Writing, Problem Solving, Skills Demonstration:

1) Behavior modification contract for Lifestyle component change—contract with weekly journal logging process. Behavior modification contract will consist of a written contract stating lifestyle behavior (habit) to be modified along with a personal journal logging weekly progress, observations and strategies to affect behavior change. A second part will include a component of physical activity (the advisory PE activity course). 2) Tests on course material. Written tests will consist of T/F, multiple choice and short essay questions. 3) Book review on book from reading list. Book review will consist of a 4 page, type written review and critique of a book selected either from the book list or approved by the instructor.

TEXTS, READINGS, AND RESOURCES:

TextBooks:

LIBRARY:

Adequate library resources include:

Comments:

Attachments:

[Attached Files]