

COURSE DESCRIPTION

This course is open to all students with an interest in learning appropriate fitness and nutrition practices over the lifespan. May be of special interest to athletes, and students studying nutrition or physical fitness. Basic nutrition and fitness concepts will be taught. Weight control, nutrition for the athlete, low fat and healthy cooking, and stress management will be emphasized. Includes lecture, Fitness Center activities, group work, dietary analysis and food labs. Students will develop an individualized fitness and nutrition plan.

COURSE OBJECTIVES

Students successfully completing this course will be able to:

1. Explain the value of exercise necessary for a healthy lifestyle
2. Practice exercises that are beneficial to their personal lifestyle and needs.
3. Explain the value of good nutrition to a healthy lifestyle.
4. Apply the knowledge of nutrition to their own personal needs.
5. Analyze the effects of nutritional concepts.
6. Have knowledge and skills in assessing and changing stress patterns in their life.
7. Apply lifestyle choices for a healthier more productive life from youth to old age.

COLLEGE WITHDRAWAL POLICY

If you must withdraw from this class, for any reason, it is **your responsibility** to do this officially by completing paperwork at the registrar's office. This must be done before the drop deadline of (*Sept. 27 or Nov. 17*) for complete withdrawal. If you fail to do this, you will still receive a grade in this class, **regardless of whether you attend or not.**

CLASS POLICIES

IMPORTANT!!!!!! Please Read

Attendance

Attendance is a very important part of this class. Many of the assignments and activities are done in class. Unless special arrangements have been made and it is an emergency situation, these cannot be made up. Come to Class!!

Disruptive behavior in class may lead to an administrative withdrawal. Disruptive behavior is defined as any behavior that interferes with the teacher's ability to teach or the learning of other students.

You will be notified of your withdrawal in this way:

1. A verbal request to comply with behavioral expectations of the class.
2. One written "warning" letting you know that you have not made the required behavioral adjustment.
3. Administrative withdrawal.

Academic Integrity

Failure to comply with academic integrity, honesty, and behavior standards may result in course failure or administrative withdrawal from the class. Don't cheat!

ASSIGNMENTS

Class assignments will be given on a daily basis and will be a major part of the students grade. Most assignments will be completed in class. Some assignments will require participation by students and some of these assignments, such as the cooking, will not be able to be made up.

A short 5- 10 min class presentation will be required. This presentation will be of the students choice, based on a topic from outside source, such as newspaper, magazine, etc., on a topic related to exercise or nutrition. A sign-up sheet will be provided in class.

GRADING

Grades will be based on the following:

3 tests	100 points each	300 points
12 assignments (about)	25 points each	300points
cooking activities – 2	100 points each	200 points
special activities	points vary	
goals	100 points each	200 points
Total (approx.)		1200 points

The final grade will be calculated upon the following percentages:

A 95-100%	B+ 88-90%	C+ 78-80%	D+ 68-70%	F Below 60 %
A- 91-94%	B 84-87%	C 74-77%	D 64-67%	
	B- 81-83%	C- 71-73%	D- 60-63%	

(State how you will let students know their grades)

TESTS

There will be 3 tests given during the semester. They will not be able to be made up if you miss them unless there is an emergency. Please talk to me, if you can for see that a test will be missed. Once a test is returned, to the students, no make-ups will be allowed. Tests will be given in class.

EXTRA CREDIT

There are no extra credit activities for this class.

LIFE SPAN FITNESS FALL 2006

TUESDAY

THURSDAY

TUESDAY	THURSDAY
AUG 22, CLASS INTRO	AUG 24, exercise
AUG 29, EXERCISE	AUG 31, FITNESS CENTER
SEPT 5, EXERCISE	SEPT 7, FITNESS CENTER
SEPT 12, EXERCISE	SEPT 14, FITNESS CENTER
SEPT 19, EXERCISE	SEPT 21, EXERCISE
SEPT 26, EXERCISE	SEPT 28, EXERCISE
OCT 3, EXERCISE	OCT 5, EXERCISE
OCT 10, EXERCISE	OCT 12, NO SCHOOL
OCT 17, EXERCISE	OCT 19, EXERCISE
OCT 24, TEST ON EXERCISE	OCT 26, INTERVIEWS

OCT 31, NUTRITION	NOV 2, NUTRITION
NOV 7, NUTRITION	NOV 9, COOKING
NOV 14, CAREER DAY	NOV 16, COOKING
NOV 21, STRESS	NOV 23, THANKSGIVING
NOV 28, NUTRITION TEST	NOV 30, LIFESTYLE CHOICES
DEC 5, LIFESTYLE CHOICES	DEC 7, LIFESTYLE TEST
FINAL DEC 14, 9 AM	

*******DATES MAY CHANGE – ADVANCE NOTICE WILL ALWAYS BE GIVEN, BUT YOU WILL NEED TO BE IN CLASS*******
EXERCISE CHAPTERS – 2, 3, 4, 5, 7, 11
NUTRITION CHAPTERS – 6, 8, 9,
STRESS CHAPTERS – 10