OVERVIEW – This is a hybrid course that uses the internet for quizzes and lab assignments. This course has been designed to develop positive health practices in the area of physical activity, nutrition and relaxation. Emphasis is placed upon understanding and developing patterns of living conducive to maintaining good health and fitness, and the reinforcement of habitual physical activity. An interdisciplinary approach is taken so that adequate understanding is obtained in exercise physiology, principles of conditioning, nutrition and the solutions related to stress and relaxation.

The course is a combination of classroom, laboratory, and activity experiences. Students participate three days per week in activity/laboratory and one day a week in classroom/discussion. **Monday, Wednesday and Friday** will focus on cardiovascular activities, strength, and flexibility. **Tuesdays** are spent in the classroom where the focus is on the academic aspects of fitness. Students will also complete weekly quizzes and surveys associated with reading assignments online through Canvas.

Reasonable accommodation will be provided for all persons with disabilities to ensure equal participation within the course.

**TEXT**


**COURSE OBJECTIVES**
1. Students will demonstrate knowledge of the components of fitness.
2. Students fitness levels will be assessed at the beginning and the end of the course.
3. Students will participate in the lab component of the course (M-W-F) to develop their personal fitness levels.

**COURSE OUTLINE**

**Workout Component M/W/F - Labs**
All lab activities are structured to accommodate all fitness levels. The individual student determines the pace of each activity. The course will begin with individual physical assessments, which will include; body composition, 1.5mile run/walk for cardiovascular endurance, sit and reach for assessing flexibility, sixty seconds push-ups and sit ups for evaluating muscle endurance, and your personal stress assessment.

Following the assessment the students will begin the first of three conditioning phases; long slow distance running or walking, to develop students’ cardiovascular base. The next five weeks the students will begin interval training to develop strength and speed. The last five weeks of the semester students will take part in the third and final conditioning phase, cross-training. Students will follow their own personal x-training program. The outline for the assignment will be provided in a handout at a later date.

Students will be required to maintain a detailed exercise logbook during the laboratory component of the class.
**Classroom Component, Tuesdays**
Students will be introduced to the principles of exercise, nutrition, weight management, flexibility and resistance training. Discussions will also take place on heart disease, smoking, cholesterol and stress management. The format for the classroom component will include lecture/discussion by your instructor and there may be a guest speaker, and some use of videotape. The classroom component is seen as another source of information separate from the outside reading assignments. The lectures will vary in topic and may appear eclectic, as they will come from other resources and books not required for the course. So, there is not a linear flow to the lectures, however, the lectures will hold to the basic theme of Dynamic Fitness. Class time will always be made available for questions and/or discussion regarding the information from outside readings.

**Online Component**
Students will be required to complete both weekly quizzes and labs from the text online through Canvas.

**ATTENDANCE**
Attendance will be taken during both the lab and classroom component of the course. Any student who misses more than three lab classes or two lectures will have their grade lowered one letter grade. Also, 3 tardies or early departures will result in one absence.

**EVALUATION**
The information for the exams will come from multiple sources; your text, the exercise log, the class notes and any guest speaker or video. All the sources are independent yet overlap and compliment the common goal of the course. The class notes will come from videos, guest speakers and lectures on other books not required for the course.

- Written Exams (3) 300 pts
- Quizzes, online 165 pts
- Labs, online 110 pts
- Exercise Log Book (Attendance/Participation/Fitness Level) 160 pts
- IEP Assignment 80 pts

**SAFETY/COMMON SENSE**
**STOP!** Exercising if you experience any of the following symptoms:
- Severe Breathlessness
- Extreme Chest Pain
- Nausea/Dizziness
- Lightheadedness

**ACTION!** Get the attention of your instructor immediately!!
DO NOT isolate yourself by seeking privacy.

**Final Examination: Thursday, December 11, 2014 @ 9:30 - 11:20 A.M.**
No early exams!!!*

**Students with ADA-documented physical, sensory, emotional or medical impairments may be eligible for reasonable accommodations. Veterans may also be eligible for services. All accommodations are coordinated through the Disability Resource Center (DRC) in Room 101 of the University Inn, (435)797-2444 voice, (435)797-0740 TTY, or toll free at 1-800-259-2966. Please contact the DRC as early in the semester as possible. Alternate format materials (Braille, large print or digital) are available with advance notice.**
Weekly Schedule
PEP/PE 3000 Fall 2014

**Week 1 10 points**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>August 25</td>
<td>Lab Day – No Class attend lecture tomorrow</td>
</tr>
<tr>
<td>August 26</td>
<td>Introduction/Orientation Lecturer: Benefits of Fitness and Wellness</td>
</tr>
<tr>
<td></td>
<td>Assignment: Read Chapter 1: Introduction to Wellness, Fitness and Lifestyle Management.</td>
</tr>
<tr>
<td>August 27</td>
<td>Physical Assessment</td>
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<tr>
<td></td>
<td>1.5 mile run</td>
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<tr>
<td></td>
<td>Sit and Reach Test</td>
</tr>
<tr>
<td>August 29</td>
<td>Physical Assessment</td>
</tr>
<tr>
<td></td>
<td>60-second Push-Ups</td>
</tr>
<tr>
<td></td>
<td>60-second Sit Ups</td>
</tr>
<tr>
<td></td>
<td>Skin Fold Test</td>
</tr>
<tr>
<td></td>
<td>Aerobic Workout</td>
</tr>
<tr>
<td>Due:</td>
<td>Pre Fitness Assessment with Lab Instructor, 15 points.</td>
</tr>
<tr>
<td></td>
<td>PAR-Q Results - you have 60 minutes to complete assignment after opening, 10 points.</td>
</tr>
<tr>
<td></td>
<td>Begin collecting data for Lab 2.3 Using a Pedometer, due next week.</td>
</tr>
<tr>
<td></td>
<td>Read the lab in your text and answer the questions then open your online labs to enter your answer.</td>
</tr>
</tbody>
</table>

**Week 2 35 points**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 1</td>
<td>Holiday - Labor Day</td>
</tr>
<tr>
<td>September 2</td>
<td>Lecturer: Chapter 1: Introduction to Wellness, Fitness and Lifestyle Management</td>
</tr>
<tr>
<td></td>
<td>Assignment: Read Chapter 2: Principles of Physical Fitness</td>
</tr>
<tr>
<td>September 3</td>
<td>Mini-Lecture on Heart Rates and Training Zone</td>
</tr>
<tr>
<td></td>
<td>Aerobic Workout, Log Book Check</td>
</tr>
<tr>
<td>September 5</td>
<td>Mini-Lecture on Flexibility</td>
</tr>
<tr>
<td></td>
<td>Aerobic Workout</td>
</tr>
<tr>
<td>Due:</td>
<td>Lab 2.3 Using a Pedometer; you have 60 minutes to complete assignment after opening, 10 points.</td>
</tr>
<tr>
<td>Quiz:</td>
<td>Take quiz on Chapter 1. (15 points)</td>
</tr>
<tr>
<td>Log Entry for 3 workouts: (10 points)</td>
<td></td>
</tr>
</tbody>
</table>

**Week 3 35 points**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>September 8</td>
<td>Mini-Lecture on Running Mechanics, Aerobic Workout</td>
</tr>
<tr>
<td>September 9</td>
<td>Lecture: Chapter 2: Principles of Physical Fitness</td>
</tr>
<tr>
<td></td>
<td>Assignment: Read Chapter 3: Cardiorespiratory Endurance</td>
</tr>
<tr>
<td>September 10</td>
<td>Aerobic Workout, Log Book Check</td>
</tr>
<tr>
<td>September 12</td>
<td>Aerobic Workout</td>
</tr>
<tr>
<td>Due:</td>
<td>Lab 2.2 Overcoming Barriers to Being Active (10 points)</td>
</tr>
<tr>
<td>Quiz:</td>
<td>Take quiz on Chapter 2 (15 points)</td>
</tr>
<tr>
<td>Log Entry for 3 workouts: (10 points)</td>
<td></td>
</tr>
</tbody>
</table>

**Week 4 35 points**

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>September 15</td>
<td>Aerobic Workout</td>
</tr>
<tr>
<td>September 16</td>
<td>Lecture: Chapter 3: Cardiorespiratory Endurance</td>
</tr>
<tr>
<td>September 17</td>
<td>Aerobic Workout, Log Book Check</td>
</tr>
<tr>
<td>September 19</td>
<td>Aerobic Workout</td>
</tr>
<tr>
<td>Due:</td>
<td>1. Instructions for Lab A3.6 Target Heart Rate Zone</td>
</tr>
<tr>
<td></td>
<td>2. Target Heart Rate Zone Using the Heart Rate Reserve Method (10 points)</td>
</tr>
<tr>
<td>Quiz:</td>
<td>Take quiz on Chapter 3 (15 points)</td>
</tr>
</tbody>
</table>
Log Entry for 3 workouts (10 points)

**Week 5  35 points**

- September 22  Aerobic Workout
- September 23  Lecture: Chapter 4: Muscular Strength and Endurance
  
  **Assignment:** Prepare for Exam on Chapters 1 - 4, and lab component including mini lecture and log book contents.
- September 24  Aerobic Workout
- September 26  Aerobic Workout

**Due:** Instructions for Lab A4.3 Predicting 1-RM From Weight Training Workouts
  
  Predicting 1-RM (Repetition Maximums) from Weight Training Workouts, one time only. (10 points)

**Quiz:** Take quiz on Chapter 4 (15 points)

Log Entry for 3 workouts (10 points)

**Week 6  110 points**

- September 29  Interval Workout
- September 30  **Exam** on Chapters 1 –4, lab component including mini lecture and log book contents, 100 points. **Bring a green scantron and #2 pencil to class.**
  
  **Assignment:** Read Chapter 5: Flexibility and Low-Back Health
- October 1  Interval Workout, Log Book Check
- October 3  Interval Workout

**Due:** Log Entry for 3 workouts (10 points)

**Week 7  35 points**

- October 6  Interval Workout
- October 7  Lecture: Chapter 5: Flexibility and Low-Back Health
  
  **Assignment:** Read Chapter 7: Putting Together a Complete Fitness Program
- October 8  Interval Workout, Log Book Check
- October 10  Interval Workout

**Due:** Assessing Muscular Endurance for Low Back Health, Lab 5.3, (10 points)

**Quiz:** Take quiz on Chapter 5 (15 points)

Log Entry for 3 workouts (10 points)

**Week 8  25 points**

- October 13  Interval Workout
- October 14  Lecture: Lecture: Chapter 7: Putting Together a Complete Fitness Program
  
  **Assignment:** Read Chapter 6: Body Composition
- October 15  Interval Workout, Log Book Check
- October 16  Interval Workout, FRIDAY class on Thursday
- October 17  Fall Break

**Quiz:** Take quiz on Chapter 7 (15 points)

Log Entry for 3 workouts (10 points)

**Week 9  115 points**

- October 20  Interval Workout
- October 21  Lecture: Chapter 6: Body Composition
  
  **Assignment:** Prepare for Exam on Chapters 5 - 7

**Due:** Individual Exercise Program

- October 22  Interval Workout, Log Book Check with lab instructor
- October 24  Individual Exercise Program

**Due:** Assessing Body Mass Index and Body Composition, Lab 6.1, BMI only. (10 points)
Quiz: Take quiz on Chapter 6 (15 points)
Submit Individual Exercise Program (IEP) see instructions. (80 points)
Log Entry for 3 workouts (10 points)

Week 10  110 points
October 27  Individual Exercise Program
October 28  Exam: Chapter 5 – 7, . (100 points). Bring a green scantron and a #2 pencil
Assignment: Read Chapter 8: Nutrition
October 29  Individual Exercise Program, Log Book Check with lab instructor
October 31  Individual Exercise Program
Due:  Take Exam 2 on Chapters 5-7.
Log Entry for 3 workouts (10 points)

Week 11  35 points
November 3  Individual Exercise Program
November 4  Lecture: Chapter 8: Nutrition
Assignment: Read Chapter 9: Weight Management
November 5  Individual Exercise Program, Log Book Check with lab instructor
November 7  Individual Exercise Program
Due:  Instructions for Lab A8.4 Portion Size Worksheet Portion Size and Quiz Worksheet. (10 points)
Quiz: Take quiz on Chapter 8 (15 points)
Log Entry for 3 workouts (10 points)

Week 12  35 points
November 10  Individual Exercise Program
November 11  Lecture: Chapter 9: Weight Management
Assignment: Read Chapter 10: Stress
November 12  Individual Exercise Program, Log Book Check with lab instructor
November 14  Individual Exercise Program
Due:  Calculating Daily Energy Needs, Lab 9.1, (10 points)
Quiz: Take quiz on Chapter 9 (15 points)
Log Entry for 3 workouts (10 points)

Week 13  35 points
November 17  Individual Exercise Program
November 18  Lecture: Chapter 10: Stress
Assignment: Read Chapter 11: Cardiovascular Health
November 19  Individual Exercise Program, Log Book Check with lab instructor
November 21  Individual Exercise Program
Due:  Identifying Your Stress Level and Key Stressors, Lab 10.1, (10 points)
Quiz: Take quiz on Chapter 10 (15 points)
Log Entry for 3 workouts (10 points)

Week 14  35 points
November 24  Individual Exercise Program
November 25  Lecturer: Chapter 11: Cardiovascular Health
Assignment: be ready for post fitness testing next week.
November 26  Individual Exercise Program- Thanksgiving Holiday
November 28  Individual Exercise Program - Thanksgiving Holiday
Due:  Cardiovascular Health, Lab 11.1, (10 points)
Quiz: Take quiz on Chapter 11 (15 points)
Log Entry for 3 workouts (10 points)

Week 15  15 points
December 1  Physical Assessment
            60-second push-ups
            60-second sit-ups
            Skin Fold
            Individual Exercise Program
December 2  Lecturer: TBD
            Assignment: Read Appendix C Physical Activity and Health: A Report of the
            Surgeon General
December 3  Physical Assessment, Log Book Check with lab instructor
            1.5 mile run
            Sit and reach test
December 5  Hyostatic Weighting (optional)
Due:       Post Fitness Assessment with Lab Instructor, 15 points.
           Complete Course Evaluation

Week 16  100 points
December 11  Exam 3 chapters 8 - 11
             Thursday, December 11, 2014, 9:30- 11:20 A.M.