

Wellness/Fitness Assessment PE 1150-001

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Office Hours: 9:30 – 11:30 MTWRF

Room: Graves Pierce Complex 106

Text: Principles and Labs for Fitness and Wellness 8th edition, Hoeger and Hoeger

Course Description and Purpose:

Human wellness is a state of health that allows an individual to participate fully in life. Having the energy and enthusiasm to undertake activities of all types after a full day's work is the desire of every individual. Wellness is personal and, once achieved, the individual is rewarded by an enhanced lifestyle. The holistic approach of this wellness class will teach students techniques for acquiring wellness as well as, techniques for maintaining an improved quality of life. Students will understand what makes activity purposeful and why certain activities are selected in place of others. The student will also understand how the body functions and how to make responsible choices based upon a wide range of factors: understanding one's feelings and personal values, the ability to cope with stress and problems in general will be discussed.

Learner Objectives:

1. Develop a cognitive understanding of the concept of total wellness and how this holistic approach can benefit a quality of life and well-being.
2. Examine wellness in the context of each of the 7 major wellness components.
3. Develop an understanding of the major systems of the body.
4. Define physical fitness and examine the effects of activity on: the cardiovascular system, strength, muscular endurance, flexibility, and body composition.
5. Participate in self-evaluation and wellness testing for each of the 7 major wellness components.

Methods/Techniques

Lecture, video, cognitive and affective lab experiences.

Grading Requirements

1. **Labs- (100 Total Points)** Laboratories will accompany each chapter and most will have lab worksheets that must be submitted. Labs should be turned in on the specified due dates. Labs turned in late will not receive full credit.
2. **Final Exam-** One test (**100 points**) will be given based on material covered in the text and lectures.
3. **Participation (100 points).** The labs are assessments and will involve active physical participation in the fitness areas.

Grading Scale

90-100 %	A	270-300 pts. -
80-89 %	B	240-269 pts.-
70-79 %	C	210-239 pts.-
60-69 %	D	280-209 pts.
0-59 %	F	250-279 pts.

Academic Honesty

The KES Department Policy on academic honesty will be followed. The policy is on the attached sheet and will be signed by each student to ensure that you have read the document.

Tentative Course Outline

Week 1	The Physical Activity and Health Connection
Week 2	The Physical Activity and Health Connection
Week 3	Foundations of Physical Activity
Week 4	Understanding and Enhancing Health Behaviors
Week 5	The Heart and Physical Activity: Cardio Health
Week 6	The Heart and Physical Activity: Cardio Health
Week 7	Physical Inactivity and Cardiovascular Disease
Week 8	Physical Inactivity and Cardiovascular Disease
Week 9	Physical Activity and Preventing Cancer
Week 10	Physical Activity and Preventing Diabetes
Week 11	Optimal Nutrition for an Active Lifestyle

Week 12	Optimal Nutrition for an Active Lifestyle
Week 13	Metabolic Health
Week 14	Metabolic Health
Week 15	Achieving a Healthy Body Weight