Course Objectives:
Concepts of Fitness and Wellness: A Comprehensive Lifestyle Approach is designed to provide the cognitive and behavioral skills students need to adopt a healthy lifestyle-based on personal needs- that will promote lifetime health, fitness, and wellness. Rather than tell the student what to do, the course will provide the student with information to become a good problem solver/decision maker and to make informed choices about his or her lifestyle.

Required Textbook:
Interactive CD-ROM: HealthQuest

Course Requirements:
1. **Class attendance and lab work is required**: Students need to develop an alternate plan with the instructor in the event of illness prior to absences or immediately following class session missed
2. **Preparation for each class is an expectation**: Alternative or additional assignments may be required at the discretion of the instructor
3. **Active participation is an expectation** during class and laboratory sessions
4. **Plagiarism is unacceptable**: Group projects may be assigned where the group is responsible for all the activities and results

Method of Evaluation:
1. 35% class participation/attendance
2. 25% papers
3. 15% lab activities
4. 15% oral report/project
5. 10% quizzes
**Schedule**

Jan 15: Topic- Concept 2&24: Introductions  
*Homework:* Read Concept 2 & 24  
Complete Lab 24A

Activity: Meteor Situation

Jan 29: Topic: Concept 2: Self Planning Skills  
Activity: Groups assignments explain Stage of Change Model

Feb 5: Concept 14 Nutrition  
*Homework:* 14A/ Handout- Energy Expenditure  
Power Point: Nutrition

Feb 12: Concept 18,19,20 Avoiding Concept Activity Movie 28 Days  
*Group Presentation:* Alcohol/Smoking  
Movie 28 Days

Feb 19: Concept 13 Body Composition  
Group Presentations

Feb 26: Concept  
Papers Due  
*Coach Meagher will be taking over*

March 11: Fitness Begins: Concept 1/: *An Introduction to Fitness/&How to develop a Fitness Plan*  
March 18: Concept 3, 4, &5 Preparing for Physical Activity/ The Health Benefits of Physical Activity/ How Much Benefits of Physical Activity  
March 25: Concept 7&9 *Lifestyle Physical Activity/ Active Aerobic, Sports, and Recreational Activities*  
April 1: Concept 8&10 *Flexibility/Cardiovascular Fitness*  
April 8: Concept 11: *Muscular Fitness*  
April 15: Concept 26: Putting it all together  
April 29: **Fitness Paper Due/Class Evaluations**