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 17:  Topic: Intro to class  
          Group Project assignment  
          Homework:  Read Concept 2 &24  
          Complete Lab 24A

Jan 24:  Topic Concept 2 Self Management and Self Planning Skills  
          Activity:  Meteor Situation  
          Grid of Life  
          Goal Setting/ SMART

Jan 31:  Topic Concept 14 Nutrition  
          Activity Super Size Me Clip  
          Homework 14A/ Handout- Energy Expenditure

Feb 7:   Concept 14, 16 & 17  
          Activity: Continue Nutrition  
          Start Movie 28 Days/Handout

Feb 14:  Concept 16& 17  
          Activity 28 days

Feb 21  Topic:  Concept 18,19, 20  
          Activity Alcohol Experiment  
          28 Days

Feb 28:  **Wellness Papers Due**/Class Evaluations

March 6:  Spring Break

March 13 Fitness Begins:  Concept 1/ An Introduction to Fitness/&How to develop a  
          Fitness Plan
March 20:  Concept 3, 4, &5 Preparing for Physical Activity/ The Health Benefits of  
          Physical Activity/ How Much Benefits of Physical Activity
March 27:  Concept 7&9 Lifestyle Physical Activity/ Active Aerobic, Sports, and  
          Recreational Activities
April 3:  Concept 8&10 Flexibility/Cardiovascular Fitness  
April 10: Concept 11: Muscular Fitness
April 17: Concept 26: Putting it all together
April 24:  **Fitness Paper Due**/Class Evaluations