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. If a student misses a class his/her grade will be dropped one full letter grade if the student misses a second class the student will Fail the class.
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 reports/projects
5. 10% quizzes

Schedule:
Week 1 (Jan. 21st): Course overview, Healthy Lifestyle Questionnaire, Concepts 1 & 2 and Labs
Week 2: Concepts 3, 4, & 5, Labs
Week 3: Concepts 6 & 7, Labs
Week 4: Concepts 8 & 9, Labs
Week 5: Concepts 10 & 11, Labs; preliminary grades given on request
Week 6: Concepts 12 & 13, Labs
Week 7 (Oct. 21st): Oral reports finished and personal fitness plan due; mid-term grades
Week 8: Wellness Assessment, decision-making
Week 9: Concept 15, Labs
Week 10: Concepts 16 & 17, Labs; nutrition video can be shown
Week 11: Concepts 18 & 19, Labs
Week 12: Concepts 20, 21, & 22, Labs; video 28 Days can be shown
Week 13: Concept 23, Labs; Oral reports finished
Week 14 (Dec. 9th): Concepts 24 & 26, Labs; personal wellness statement due

*Notes to teaching faculty (to include in syllabus):
  1. Video library is being developed for course