

6/13/2023 DATE

 REQUIRED COURSE
 ELECTIVE COURSE

 SSE _____ DIVISION _____
 NEW COURSE
 REVISION

Lake Land College

Course Information Form

COURSE NUMBER:		PED-285		TITLE: (30 Characters Max)				Fitness for Life				
SEM CR HRS:	3	Lecture:		2	Lab:		2	SOE/ Internship:		0	ECH:	4
Course Level:	<input type="checkbox"/> Gen Ed / IAI <input checked="" type="checkbox"/> Baccalaureate /Non-IAI		<input type="checkbox"/> Career/Technical <input type="checkbox"/> Dev Ed/ Not in Degree Audit		Clinical Practicum:		0	SOE/ Internship:		0	SOE ECH:	0
COURSE PCS #	11 31.0501			IAI Code				Contact Hours (Minutes Per Week)				
Repeatable (Y/N):	N	Pass/Fail (Y/N):	N	Variable Credit (Y/N):	Min:	Max:	16 Wks	200	8 wks	400		
Prerequisites:												
Catalog Description: (40 Word Limit) An individual approach to assist students to develop a lifetime of wellness through fitness. The course includes a thorough physical fitness/risk factor assessment battery. Students will be required 2 hours of physical workout a week.												

List the Major Course Segments (Units)	Contact Lecture Hours	Contact Lab Hours	Clinical Practicum	Non-Clinical Internship/ SOE
Importance and Role of Exercise and Physical Well-Being	4			
Cultural Perspectives of Fitness	3			
Preparation and Screening Individual for Wellness Program	4			
Components of Fitness Program	3			
Basic Anatomy and Physical Background	4			
Calorie Expenditure and Requirements, Medications, Types of Exercise	4			
Misunderstandings and Myths related to Exercise	4			
Physical Activities with Relationship to Injuries	2			
Individual Self Motivational Techniques	2			
Class will include 30 hours of supervised individual fitness workouts in the Aerobic Fitness Center		30		
TOTAL	30	30	0	0

EVALUATION

QUIZZES <input checked="" type="checkbox"/>	EXAMS <input checked="" type="checkbox"/>	ORAL PRES <input type="checkbox"/>	PAPERS <input type="checkbox"/>
LAB WORK <input checked="" type="checkbox"/>	PROJECTS <input type="checkbox"/>	COMP FINAL <input checked="" type="checkbox"/>	OTHER <input type="checkbox"/>

COURSE MATERIALS

TITLE:	Lifetime Physical Fitness and Wellness
AUTHOR:	Sharon A. Hoeger, Wener Wk Hoeger
PUBLISHER:	Morton Publishing Co
VOLUME/EDITION/URL:	11th
COPYRIGHT DATE:	2011

MAJOR COURSE SEGMENT	HOURS	LEARNING OUTCOMES
		<i>The student will be able to:</i>
Role of Exercise/Well-Being	4	Describe balancing the physical, social, emotional and intellectual needs through exercise. Identify relationships of total fitness level and self-concept. Describe importance of physical fitness and well-being in combating the steady deterioration that accompanies the aging process. List the differences and adaptations in fitness levels according to race, age, and sex.
Cultural Perspectives	3	Explain the fitness as an integral aspect of culture. Explain games playing a tradition in English and German gymnastics Describe International athletic figures. Identify Multi-ethnic sport programs and their focus on exercise and fitness. Identify cross-cultural issues (i.e. female athletic involvement, exercise and aging). Explain President's Council of Fitness. Identify AAHPERD and national fitness norms. Describe 1970's and 1980's fitness crazes

Individual Wellness Screening in Human Performance Laboratory Assessment	4	Identify resting measures, EKG. Assessment pulmonary function, body fat, strength, flexibility, blood glucose, and cholesterol levels. Identify family history questionnaire. Explain risk factor determination for CAD. Identify exercise test to determine fitness level and cardiovascular response to progressive exercise intensities.
Physical Fitness Components And Assessment	1	Describe cardiovascular endurance. Explain muscular strength/endurance and flexibility. Explain body composition and fat consideration.
Benefits of Total Fitness/Well-Being	1	Explain how physical fitness reduces mortality and morbidity, stress, improves and strengthens the cardio-respiratory system, decreases risk of chronic diseases and illnesses. Identify how it slows down aging process and improves the quality of life. Describe how self-image and morale has improved aids in fighting depression muscular tone, strength, endurance, and flexibility. Describe how it motivates toward positive lifestyle changes and helps maintain ideal body weight and proper posture.
Dangers in Exercise	1	Describe addictive and compulsive exercise behaviors. Explain environmental concerns (temperature, humidity, and altitude and special medical considerations. Describe ergogenic aids and neuromuscular and skeletal injuries. Explain questionable exercise regimens and equipment.
Basic Anatomy and Physiology	4	Name the major muscle groups. Describe the principles of fitness development, maintenance, and modes of activity. Explain the exercise prescription (intensity-frequency-duration).
Calorie Expenditure and Requirements in Exercise	1	Explain calorie costs of sports/work tasks. Describe nutritional concerns for the chronic exerciser.
Medications and Exercise	1	Explain anti-hypertensive agents, anti-anginal agents, anti-arrhythmic agents, and miscellaneous drugs.
Cardiovascular Activities	2	Describe concepts of circuit training, lifetime independent physical activities (i.e., swimming, jogging, biking, tennis) and muscular strength and endurance plans.
Misunderstanding and Myths Related to exercise	4	Explain athlete's heart, muscle strength, nutritional concerns, steroids and food and fluid supplements.
Physical Activity and Injury	2	Describe prevention and rehabilitation of physical activity and injury.
Self-motivational Techniques	2	Describe goal setting, record keeping and adherence techniques.

COURSE OUTCOMES*	At the successful completion of this course, students will be able to:
	<ul style="list-style-type: none"> • Each student will have basic understanding of how exercise effects the physiology of the body systems.
	<ul style="list-style-type: none"> • Students will have a comprehensive fitness program that they implemented into their exercise plan.

* Course Outcomes will be used in the Assessment Software for Outcomes Assessment. Limit to 3 - 5.