

COURSE OUTLINE **Lifetime Fitness**

Course Description

PE 254. Lifetime Fitness. 2 hours credit. This course will enable the student to promote wellness through regular participation in physical fitness activities. The student will focus on behavioral lifestyle changes and proper nutrition that can lead to a healthier life.

Course Relevance

The principles learned in this course will allow the student to apply the concepts of wellness and health to personal lifestyle in the continual journey of life to balance the different dimensions of human needs – spiritual, social, emotional, intellectual, physical, occupational, and environmental. The principles are relevant as the student will take responsibility to assess levels of wellness and be willing to grow, change and improve personal health by incorporating a fitness lifestyle.

Required Materials

Anspaugh, D., Hamrick, M. and Rosato, F. *Concepts and applications of wellness*. Boston, MA: McGraw-Hill Higher Education.

* - For complete textbook information, refer to <http://www.butlercc.bkstr.com>

Learning Outcomes

The intention is for the student to be able to:

1. Incorporate physical cardiovascular exercise and proper nutrition into a fitness and wellness lifestyle

Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

Personal Development Skills

1. Personal management
 - Through a written essay, the student will demonstrate effective personal choices with regard to self-concept, health, time, change and other self-management health issues

Analytical Thinking Skills

2. Critical thinking
 - Through a written essay, the student will identify proper wellness lifestyles according to scientific research and established models to generate and communicate an appropriate response

Communication Skills

3. Reception and interpretation of messages
 - Through a written essay from class discussions, the student will accurately interpret, evaluate and respond to a healthier lifestyle by written communication

Major Summative Assessment Task(s)

These learning outcomes and Learning PACT skills will be demonstrated by

1. Completing a written departmental essay which demonstrates the student's analysis (A outcome) of health-related behavior and attitudes (C outcome) and the application of lifestyle changes(P outcome) that would improve health and maintain well-being.

Course Content

- I. Themes – Key recurring concepts that run throughout the course:
 - A. Fitness lifestyles
 - B. Nutrition
 - C. Stress management
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Explain the benefits of accepting a wellness and fitness lifestyle
 - B. List risk factors that can be changed in the prevention of heart disease
 - C. Describe the negative aspects of obesity
 - D. Explain the negative physiological responses to stress
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Define the concept of wellness in relationship to fitness
 - B. Explain successful strategies to dieting and exercise for weight management
 - C. Describe relaxation techniques to cope with stress
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Incorporating regular physical cardiovascular exercise into a fitness lifestyle
 - B. Describe the basics of planning a nutritional strategy for wellness
 - C. Explain how to select a stress-reducing technique

Learning Units

- I. Wellness and physical fitness
 - A. Wellness in relationship to fitness
 - B. Benefits of a wellness/fitness lifestyle
 - C. Incorporating a fitness lifestyle
- II. Cardiovascular disease and lifestyle
 - A. Cardiovascular disease
 - B. Risk factors
 - C. Cardiorespiratory fitness and prevention of heart disease
- III. Stretching and flexibility
 - A. Flexibility
 - B. Stretching techniques
 - C. Types of stretches
 - D. Methods of assessing flexibility
- IV. Principles of conditioning
 - A. Aerobic and anaerobic activities

- B. Benefits of aerobic training
 - C. Resistance training
 - D. Muscular strength and endurance exercises
 - E. Target heart rates
- V. Improving body composition to achieve a healthy weight
- A. America's obsession with body weight
 - B. Overweight and overfat
 - C. Negative health aspects of obesity
 - D. Weight management strategies by diet and exercise
 - E. Cancer and osteoporosis
- VI. Forming a plan for good nutrition
- A. Essential nutrients
 - B. American eating patterns
 - C. Fad dieting
 - D. Proper nutritional planning
- VII. Coping with stress
- A. Stress, eustress and distress
 - B. Warning signs of stress
 - C. Physiological responses to stress
 - D. Coping with stress
 - E. Relaxation techniques

Learning Activities

Learning activities will be assigned to assist the student in achieving the intended course outcomes through lecture, instructor-led class discussion, textbook reading assignments, audio-visual aids, video/DVD assignments and other activities at the discretion of the instructor.

Grade Determination

The student will be graded on learning activities and assessment tasks. Grade determinants may include the following: examinations, written assignments, quizzes, activity participation, workout and nutrition journals, and other methods of evaluation employed at the discretion of the instructor.