



PE 1096

Division: Social and Behavioral Science

Department: Physical Education

Course: PE 1096

Title: Fitness and Wellness

Catalog Description:

Fitness and Wellness is a course that will help increase student awareness of the need for a lifetime fitness and wellness program. Students will develop programs and participate in activities to help them implement a lifetime commitment to fitness and wellness.

General Education Requirements: Physical Education

Semesters Offered: Fall, Spring, Summer

Credit/Time Requirement: Credit: 1; Lecture: 3; Lab: 0

Clock/Hour Requirements: 0

Offered for Non-Credit: No

Prerequisites: none

Corequisites: none

Justification:

This course fills the physical education general education requirement at Snow College

Student Learning Outcomes:

Students will believe that becoming fit and leading a healthy lifestyle will improve the quality of their lives.
Students will know how to be fit and lead healthy lives.

Students will know how to make healthful choices.

Students will have the opportunity to change or improve their health and fitness.

Students will understand they can make changes to improve their fitness and wellness.

Content:

The following topics will be covered in this course: 1. Physical fitness 2. Behavior Modification 3. Nutrition 4. Body Composition 5. Weight Management 6. Cardiorespiratory endurance 7. Muscular Strength 8. Flexibility 9. Stress Management.

General Education Outcomes:

10) Apply personal-fitness and wellness-management principles to lifestyle choices.

Students will write a program of activity based on their physical assessments.

Students will demonstrate familiarity and comfort with fitness equipment as evidenced by their use of the Fitness Center.

Students describe in writing the exercises used for each muscle group and the appropriate stretching exercises to accompany each.

Key Performance Indicators:

Students will be given a pre- and a post- assessment for Cardiovascular fitness, strength, flexibility, body composition and nutrition.(20-30%) They will have quizzes and a final exam on material covered in class and in the text.(30-40%) They will develop a personal program for each of these areas. (20-30%)Attendance and work out logs. 20-30%)Percentages are approximate.

Representative Text and/or Supplies:

Hoeger and Hoeger.*Principles and Labs for Physical Fitness. Thompson Wadsworth, current edition.*

Optimum Class Size: 25

Maximum Class Size: 25

Signatures:

I hereby submit this course syllabus:

Elliot Anderson, ,

I hereby find this course consistent with the goals and resources of the Physical Education Department:

Bob Trythall, MS, Associate Professor, Chair

I hereby find this course consistent with the goals and resources of the Social and Behavioral Science Division:

Sue Dalley, M.S., Associate Professor, Dean

I have discussed the need for library resources related to this class with the person submitting the syllabus:

Lynn Anderson, MLIS, Technical Services Librarian (Main Campus)

Michelle Olsen, MLS, Campus Librarian (Richfield Campus)