NORTHERN VIRGINIA COMMUNITY COLLEGE-ALEXANDRIA

LIFETIME FITNESS AND WELLNESS

PED 116, 2 Credit Course Syllabus Fall 2009

- Instructor: Ms. Virginia (Ginger) Primus
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COURSE DESCRIPTION: The study of fitness and wellness, how they relate to a healthy lifestyle. The content will define fitness and wellness; evaluate the student's level of fitness and wellness; apply the concepts to daily living. In addition the students will design and implement a personal fitness/wellness program.

GENERAL COURSE PURPOSE: The student will understand and apply the principles involved in promoting and maintaining total wellness and physical fitness.

COURSE OBJECTIVES: Upon completion of this course the student will be able to:

- demonstrate an understanding of the physiological benefits of movement, physical activity, and wellness
- define principles involved in increasing and maintaining physical fitness
- evaluate and apply fitness and wellness concepts to individual lifestyle
- participate in movement and wellness activities

MAJOR TOPICS TO BE INCLUDED

- **Wellness:** dimensions, choices, and behavior change
- **Fitness:** principles, benefits, and evaluations
- **Fitness Components:** flexibility, muscular strength and endurance, cardiorespiratory endurance, body composition
- **Cardiovascular Disease:** risk factors, prevention, lipoproteins, cholesterol, blood pressure
- **Nutrition:** food and diet analysis, basic nutrients, body's use of fuel, nutritional labeling, anti-cancer vitamins
- **Weight Management:** weight gain and loss, strategies for change, eating disorders, body composition, metabolism
- **Stress Management:** the body's physiological reactions, relaxation techniques, Type A&B behavior, coping mechanisms
- **Injury Prevention:** exercise injury, body mechanics, treatment


REQUIREMENTS:

A. EXAMS (100 Points)

A mid-term will be given week 7 covering chapters 1-7 in the textbook. A final will be given covering chapters 8-11. Each is worth 50 points. The exams will be multiple choice with short answer extra credit. Bring a scantron to the mid-term and #2 a pencil to both.
B. PARTICIPATION (50 Points)

The student is expected to participate in activity as well as classroom discussions and reports. Attendance is taken during the class; you must be present for both the classroom and the laboratory activity to receive full credit. Points will be deducted for arriving late or leaving early. Each class is worth 4 points, 2 for lecture and 2 for lab.

C. ORAL PRESENTATION (10 Points)

1. Choose one topic from the list provided and prepare a 5-8 minute presentation for the class. Include all the information from your text. You may include more.
2. Have an outline of your topic to give to instructor; Please do not read your report or power point. Must be present on date of topic or you will lose points.
3. Student must use some visual (blackboard, poster, overhead, picture or power point) Email your power point to yourself. Arrive 5 minutes before class to upload your report if using Power Point

D. FITNESS COMPONENT (10 Points)

1. Perform and complete "Pre-Course Assessment" during class, listing your ratings.(1st page of text)
2. Based on Fitness Assessment, choose 2-3 fitness goals and record in Lab 3.2
3. Based on goal(s), choose 5 exercises for each goal and chart your progress on the charts in Labs 4.3, 5.4 & 6.3
4. Perform these exercises in class and once or twice a week outside of class for six weeks.
5. Include warm-ups, cool downs, and cardiovascular endurance exercises in your workout.
6. Choose five stations on the weight equipment and record on Lab 5.4, charting the 1bs, reps. and sets for each. Perform these in class for 6 weeks. Post-test bench press and leg press.
7. Turn in your "Pre/Post Course Assessment", including both pre-and post-test results and ratings, all charts in labs, and analyze your improvement or progress. (Be Specific – 1 paragraph attached to the Assessment sheet.)

E. NUTRITION COMPONENT (10 Points)

1. Log onto www.mypyramid.gov. Go to My Pyramid Plan and enter personal information. Then click on whether you want current weight or a healthier weight. Click on mypyramidtracker, complete Lab. 8.2, p. 262. List all you eat and drink, print all the sheets, complete with smiley faces, and write a summary of your results and any changes you need to make
2. Alternate assignment – Fill out food diary and analyze diet in Behavior Change Log Book and Wellness Journal
3. Extra Credit -Complete an extra day of mypyramid Tracker with a summary(5 points)

F. "OBJECTIVES" STATEMENTS (10 points)

1. Read the chapters and write one sentence or statement for each objective located on the first page of each chapter. This will help you review for the exams. (Do not write more than one page per chapter). These may be hand written or typed.
2. Assignment due for Chapters 1-7 before the mid-term exam, Chapters 8-11 due before the final exam.

G. PRESIDENT'S CHALLENGE (10 Points)
1. Log on to the presidentschallenge.gov website. Click on adults. Click that you want to join a group. Register by using your full name.

2. Scroll down and enter your group ID number and your group name. Our group name is Monday in Motion and our ID # is 85152. These will be posted on our class Blackboard site. Join whichever level you want to do. Record your activity twice a week. Print your final entries and bring to the instructor last class. Be sure your name appears on this.

EXTRA CREDIT (15 points maximum)

A: ARTICLE SUMMARY (10 points)

1. Review a current article written on health, nutrition, holistic medicine, injuries, stress, women’s issues, etc., or choose one of the websites listed at the end of each chapter in your textbook. Read the article and underline or highlight important information. Summarize in your own words in one paragraph and tell why the information was interesting to you or informative in a second paragraph. The article may be from a magazine, newspaper, book, journal, or on-line.

2. Turn in a copy of the article with important points highlighted and a one page typed summary including how this information is of importance to you. No papers will be accepted after the final exam.

3. Assignment due by last class, but may be presented orally any class throughout the semester with instructor’s permission.

B: ONE MILE WALK TEST - Lab 4.2, p. 101 in text or 1.5-mile RUN/WALK test- p.102. Compute your VO2Max and find your rating on the chart. (3 pts. each)

C: CHOLESTEROL TEST (5 pts) - Have fasting blood cholesterol test. Submit doctor’s lab report including total cholesterol, HDL, LDL, Triglycerides and ratio of total cholesterol to HDL. Write a paragraph comparing your results to normal levels.

D. MyPyramidTracker additional day of analysis and summary (5 pts.)

E. View Supersize Me or Bigger, Stronger, Faster. Videos are online, on reserve at the NOVA library or from video store. Tell what you learn and your reaction to the film.

*Each component should be neat, readable, and stapled or clipped together. On first page include your name, 116, class day and time and Ms. Primus, Instructor, and title of component.

PHYSICAL AND MEDICAL PROBLEMS:

This course can be strenuous at times. If you have any physical or medical problems, please notify the instructor and complete a medical form. This class involves movement. You are responsible for your own body and should not be participating if a problem could be aggravated.

LATE REGISTRATION:

If you signed up for this class late and missed any scheduled class time you are responsible for all the materials, lecture, and handouts. The instructor will not be giving out additional information or materials, so check with a classmate for this information. There are no excused absences.
STUDENT RESPONSIBILITIES:

- Students who arrive late must enter quietly and find the closest chair. The door will be closed 10 minutes after the start of class. Please do not talk to others or disrupt the class during lecture.
- Please turn off cell phones. No use of text messaging or earphones during class.
- Be respectful of others.
- Emergency exit procedures are posted by the door—know your exit route and meet instructor away from building. Take all your belongings with you.
- In the event of a bird or swine flu epidemic, do not come to school, but email your instructor or check the nvcc.edu website for directions. Your class section is entered on Blackboard—look for instructions or announcements. Please wash your hands and sanitize before and after using equipment during the flu season (which is pretty much always!)
- Please clean your shoes before going on the exercise mats.
- Students missing the first three weeks of classes without contacting the instructor will be administratively withdrawn. After that, if a student misses 3 consecutive classes, the student will be withdrawn if it is before the 60% date. After the last date for withdrawal, student will receive an “F”.
- Please use the touchless hand sanitizer upon entering the exercise room (Tyler 203) and wash your hands with soap and water for 30 seconds following class. Use spray bottles and paper towels on the weight training equipment before and after use. Use sanitizer wipes on the mat and balls before use. Avoid touching your face (eyes, nose, or mouth) during class. If you have a cut or open sore, please use a bandage to cover it during class. If you feel sick, please do not come to school.

GRADING SCALE- (keep track of your points each week on Blackboard.)

- 180 - 200 = A
- 160 - 179 = B
- 140 - 159 = C
- 120 - 139 = D
- 0 - 119 = F

NOTE: Due to the nature of the terminology of this course, it is strongly recommended that students be proficient in reading and understanding the English language. Tutors are available through Counseling, if needed.

Special Needs and Accommodations:

Please address with the instructor any special problems or needs at the beginning of the semester. If you are seeking accommodations based on a disability, you should provide a disability data sheet, which can be obtained from the counselor for special needs, who is located in Room 262 of the Bisdorf Building; telephone number (703) 845-6301.