

- I. HPS 1000 FITNESS FOR LIVING  
KENNESAW STATE UNIVERSITY  
DEPARTMENT OF HPS  
FALL 2005
- II. INSTRUCTOR: Susan Whitlock  
CC 3048 770/423-6622 suwhitlo@Kennesaw.edu  
Office Hours: By appointment
- III. CLASS MEETING: 03 – MW 11:00 AM -12:15 PM CC 2007  
Learning Communities 17, 18, & 25  
05 – MW 2:00 PM – 3:15 PM CC 2007  
Learning Community 51
- IV. TEXT(S):  
Hoeger, W.W.K. and Hoeger, Sharon A. (2004) *Principles and Labs for Fitness and Wellness* (8<sup>th</sup> ed).  
Belmont, CA: Wadsworth/Thomson Learning.
- V. CATALOG COURSE DESCRIPTION:  
Emphasis on the importance of physical activity, nutrition, stress and weight management, and health-related fitness components. Topics will be developed with practical applications to one's life-style including opportunities to assess selected fitness, nutritional and activity patterns, and to develop and participate in a personalized physical activity program.
- VI. PURPOSE/RATIONALE:  
Through study of the relationship between physical activity and the development of total well-being, you will develop knowledge of the importance of physical activity of the tools to implement an exercise program and other positive health interventions into your daily lifestyle. Assessment of your fitness level will provide you with the basis for incorporating exercise and other lifestyle modifications as a part of your life for the ultimate purpose of enhancing the quality of life and maximizing your personal potential. One key aspect of this course is the regular participation of each student in some form of individualized physical activity that improves cardiorespiratory fitness and is known to benefit health and lower risk for cardiovascular disease.
- Knowledge Base:* The consensus of knowledge of the association among exercise, fitness, and health serves as the foundation for this course (Blair, et al., 1989; Bouchard et al., 1990; Koop, 1996; Paffenberger et al., 1978). A basic understanding of this relationship along with health/fitness assessments and exercise/lifestyle programming provides students with the information to identify and implement healthy lifestyle behaviors.
- Use of Technology:* To facilitate the evaluation of dietary habits, you have the opportunity to utilize appropriate computerized software on the KSU Network System or over the internet for analyzing your diet. In class, you will be exposed to the latest technological procedures for assessing the health related components of physical fitness.
- Diversity:* A variety of materials and instructional strategies will be employed to meet the needs of the different learning styles of diverse learners in class. Candidates will gain knowledge as well as an understanding of differentiated strategies and curricula for providing effective instruction and assessment within multicultural classrooms. One element of course work is raising candidate awareness of critical multicultural issues. A second element is to cause candidates to explore how multiple attributes of multicultural populations influence decisions in employing specific methods and materials for every student. Among these attributes are **ethnicity, race, socioeconomic status, gender, giftedness, disability,**

**language, religion, family structure, sexual orientation, and geographic region.** An emphasis on cognitive style differences provides a background for the consideration of cultural context.

Kennesaw State University provides program accessibility and accommodations for persons defined as disabled under Section 504 of the Rehabilitation Act of 1973 or the Americans with Disabilities Act of 1990. A number of services are available to support students with disabilities within their academic program. In order to make arrangements for special services, students must visit the Office of Disabled Student Support Services (770-423- 6443) and develop an individual assistance plan. In some cases, certification of disability is required.

Please be aware that there are other support/mentor groups on the campus of Kennesaw State University that address each of the multicultural variables outlined above. For more information contact the Student Life Center at 770-423-6280.

#### VII. COURSE GOALS/OBJECTIVES:

The student should be able to demonstrate knowledge, assess personal status, develop personalized fitness programs, perform various fitness activities, and understand total well being in the area of health related fitness by mastering the following competencies:

1. differentiate among types of physical activity that benefit the cardiorespiratory system, flexibility of skeletal muscles and joints, endurance and strength of skeletal muscles
2. apply exercise recommendations of medical organizations and Surgeon General's Office in developing a realistic physical activity plan that improves cardiorespiratory fitness and one or more of the following: muscular strength, endurance and flexibility
3. participate regularly in some form of physical activity that improves cardiorespiratory fitness and is known to benefit health and lower risk for coronary heart disease
4. identify personal levels of performance on health-related fitness assessments
5. recognize stressors in one's life and practice techniques to help manage their influences
6. analyze foods for their nutritional values and select foods based upon one's nutritional needs
7. identify nutritional, exercise, psychological and pathological factors influencing body composition and the principles of achieving/maintaining weight control
8. identify primary/secondary risks of coronary heart disease and ways to lower one's modifiable risks
9. know the benefits of flexibility, muscular strength and endurance in the performance of daily physical activities, increasing age, and management/reduction of lower back pain
10. distinguish between lifestyle habits that lead to optimum health and those that contribute to disease and a diminished quality of life
11. demonstrate progress toward achieving a healthy lifestyle by critically evaluating one's behavior, identifying pattern(s) of risk and assuming responsibility for change

#### ASSESSMENT OF GOALS/OBJECTIVES

Your instructor will assess your achievement of each objective in the following ways:

Course Goals/Objectives	Instructional Activity	Assessment
1	lecture, discussion	exams, final written report
2,3,4,5	lab experiences, lecture, discussion	exams, lab reports
6	lecture, discussion	exam, written nutrition report

Course Goals/Objectives	Instructional Activity	Assessment
7, 8, 9, 10	lab experience, lecture	exam
11	lab experience, activity days	activity participation, final written report

VIII. COURSE REQUIREMENTS/ASSIGNMENTS:

1. Attendance at lectures and labs is monitored. A participation grade is assigned based on successful involvement in class activities.
2. Attendance at labs and prompt completion of lab forms is required.
3. Assignments turned in late automatically lose ten (10) percentage points per day.
4. There are 2 additional major written assignments during the semester:
  - a. Nutrition/Wt. Management Report
  - b. Personal Fitness Report
5. The textbook and in-class lectures/labs are the basis for 3 exams. There are **no** make-up tests. A final optional comprehensive exam is given on the scheduled exam day. Daily quizzes may be given.

**DUE DATES WILL BE STRICTLY ADHERED TO**

IX. EVALUATION AND GRADING:

Tests/Written Work	75%	300 pts.
Labs, Participation, Fitness Work, Pedometer Program	25%	100 pts.
EVALUATION SCALE:	A = 90-100	≥ 360 pts.
	B = 80-89	320 – 359 pts.
	C = 70-79	280 – 319 pts.
	D = 60-69	240 – 279 pts.
	F = Below 60	≤ 239 pts.

X. ACADEMIC INTEGRITY:

Every KSU student is responsible for upholding the provisions of the Student Code of Conduct, as published in the Undergraduate and Graduate Catalogs. Section II of the Student Code of Conduct addresses the University's policy on academic honesty, including provisions regarding plagiarism and cheating, unauthorized access to University materials, misrepresentation/falsification of University records or academic work, malicious removal, retention, or destruction of library materials, malicious/intentional misuse of computer facilities and/or services, and misuse of student identification cards. Incidents of alleged academic misconduct will be handled through the established procedures of the University Judiciary Program, which includes either an "informal" resolution by a faculty member, resulting in a grade adjustment, or a formal hearing procedure, which may subject a student to the Code of Conduct's minimum one semester suspension requirement.

XI. ATTENDANCE POLICY:

Students are expected to be in all class sessions and on time. Class participation and attendance are imperative for students to achieve the basic objectives of the course. If a student misses 6 or more classes, that student shall receive no points for attendance. If a student misses 10 classes, that student will be assigned a grade of F in the course. Any extreme circumstances or situations will be handled individually.

**APPROPRIATE DRESS:** Laboratory experiences require active participation of students; therefore, students **must be appropriately dressed**. To sit and watch an activity is not an acceptable form of participation. Baseball caps are inappropriate indoors. Student locker rooms are available on the ground floor of the Convocation Center. Locks may be placed on a locker during class time, but should be

removed at all other times. Students should arrive at class already dressed for participation. Normally class is dismissed early enough after activities for students to shower and dress for their next class, if necessary. Towels and soap are not provided.

## XII. COURSE SCHEDULE: (TENTATIVE)

MW	
8/22	Introduction, Ch. 1 What are the dimensions of Wellness? Wellness Lifestyle/Goals
8/24	Lecture Discussion Ch. 1,2 Behavior Modification, Blood Pressure, Heart Rate
8/29	Labs Ch. 1,2 due, Begin discussion, Cardiorespiratory Fitness, Ch. 6
8/31	Activity - Walk Jog Assessment, Lab 6A
9/5	No Class – Labor Day
9/7	Lecture/Discussion Ch. 6 Cardiorespiratory Fitness
9/12	Activity, Cardio, Lab 6A,C, & D due,
9/14	Finish unit 1, Ch. 1,2, & 6 – review for Test 1
9/19	Test I
9/21	Lecture/Discussion, Ch. 4, Body Composition
9/26	Activity - Lab 4B Body Composition Assessment
9/28	Lecture/Discussion Ch. 4, Body Composition, Ch. 3 Nutrition
10/3	Activity – Nutrition Scavenger Hunt
10/5	Special Day – Meet & Eat or other Activity
10/10	Lecture/Discussion – Nutritional Analysis
10/12	Activity, Labs 5A-D, Lecture Discussion Ch. 3 - Nutrition, Ch. 5 - Weight control
10/17	Lecture Discussion, Ch. 5 Weight Control, Nutrition Report Due
10/19	Activity
10/24	Review for Test II, Body Composition, Nutrition, Weight Control
10/26	Test II
10/31	Lecture/Discussion Strength/Endurance Ch. 7
11/2	Activity – Labs 7A, 7B, 8A, 8B, 8C
11/7	Lecture Discussion Ch. 7, Muscular Strength/Endurance, Ch. 8, Flexibility
11/9	Activity
11/14	Labs Ch. 7 & 8 due, Lecture/Discussion Ch. 9, Skill-Related Fitness & Fitness Programming
11/16	Activity, Ch 10, Stress Management
11/21	Lecture/Discussion, Ch. 10 Stress Management
11/28	Activity - Cardiovascular Post-Test
11/30	Final Lecture, Review Ch. 7-11, Written report II due
12/5	Test III
12/7	Review for Comprehensive Final
12/14	Final Exam

- **Check with someone if you miss class. Schedules are always subject to change.**
- **An additional Required Component of HPS 1000 will be a 6 Week Pedometer Program. Due dates and additional information will be given in class.**

**Learning Communities # 17, #18, #25, and #51 are part of these two HPS 1000 Classes. Several important Learning Community (CLASS) Dates are listed below:**

- August 28 3:00 p.m. First-Year Convocation – Convocation Center
- October 18 Fall Convocation- Convocation Center
- October 28 Tour du KSU – Bicycle Tour
- Dates of scheduled Meet/Eat Functions will be given in class

## XIII. REFERENCES/BIBLIOGRAPHY:

- Allsen, P., Harrison, J., and Vance, B. (1997). Fitness for life: an individualized approach. Madison, WI: Brown & Benchmark
- Bouchard, C., Shephard, R.J., Stephens, T., Sutton, J.R., and McPherson, B.D. (Eds.) (1990). Exercise fitness and health: A consensus of current knowledge. Champaign, IL: Human Kinetics.
- Fahey, Insel, & Roth (2002). Fit and Well (5<sup>th</sup> ed), Mountain View, CA: Mayfield.
- Prentice, William E. (2001) Get Fit, Stay Fit (2<sup>nd</sup> ed). new York, NY: McGraw Hill.
- Pruitt, B.E. and Stein, J.J. (1994). Healthstyles: Decisions for living well. Ft. Worth: Saunders College Publishing.