

Course: PE 110 CUA Lifetime Fitness
Credit: 1 credit hour
Semester: Spring 2020
Time: Thursday, 1:00 – 2:30pm
Instructor: Jeanette Regier
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This is a blended class, meaning that both campus and online students take this class together. Campus students attend the classes in person, online students attend the classes via the online classroom. All interaction and assignments for campus and online students are done in the online classroom.

I. DESCRIPTION

An introduction to lifetime fitness and wellness that will teach and motivate students to pursue realistic goals in nutrition, weight management, and exercise.

II. OBJECTIVES

A. General competencies to be achieved. You will:

1. Describe the importance of physical fitness and activity to wellness.
(Program Learning Outcome: 1 and 2)
(Assignment: 1,2,3,4,5,6,7)
2. Discuss recommendations for being physically active.
(Program Learning Outcome: 2 and 3)
(Assignment:1,4,5,6,7)
3. Identify benefits of being physically fit and active.
(Program Learning Outcome: 2)
(Assignment: 1,4,5,6,7)
4. Examine the importance of the warm-up and cool down.
(Program Learning Outcome: 2)
(Assignment:1,2,4,5,6,7)
5. Describe the proper strategies for weight management exercising effectively according to biblical principles.
(Program Learning Outcome:1,2,3,4)
(Assignment: 1,2,3,4,5,6,7)
6. Develop an active interest in lifetime fitness activities as a way of ministry and personal growth according to a biblical worldview.
(Program Learning Outcome: 1,2,3,4)
(Assignment:1,2,3,4,7)

B. Specific competencies to be achieved. You will:

1. Define physical fitness and exercise.
(Program Learning Outcome: 2)
(Assignment: 5,6,7)
2. Explore diseases linked to inactivity.
(Program Learning Outcome: 2)
(Assignment: 1,4,5,6,7)
3. Identify and describe the components of health-related fitness.
(Program Learning Outcome: 1 and 2)
(Assignment: 1,4,5,6,7)
4. Discuss the four major strategies for changing behavior according to a biblical worldview.
(Program Learning Outcome: 2 and 4)
(Assignment: 6,7)
5. Learn how to measure heart rate and compute their estimated target heart rate range.
(Program Learning Outcome: 2)
(Assignment: 7)
6. Identify eating disorders and how to handle them according to a biblical worldview.
(Program Learning Outcome: 2,3,4)
(Assignment: 6,7)
7. Describe three major methods to develop flexibility.
(Program Learning Outcome: 2)
(Assignment: 4,5,7)
8. Analyze obesity and its link to an unhealthy lifestyle and ways to promote physical activity and eating right.
(Program Learning Outcome: 1,2,3,4)
(Assignment: 1,2,3,4)
9. Discuss strategies how exercise and biblical principles can relieve stress in student life.
(Program Learning Outcome: 1,2,3,4)
(Assignment: 2,5,6,7)

III. MATERIALS

- A. BIBLE** - The Bible is a required textbook in every course at Calvary University. To facilitate academic level study, students are required to use for assignments and research an English translation or version of the Bible based on formal equivalence (*meaning that the translation is generally word-for-word from the original languages*), including any of the following: New American Standard (NASB, English Standard Version (ESV), New King James (NKJV), or King James (KJV). Other translations and versions based on dynamic equivalence (*paraphrases, and thought-for-thought translations like NLT and NIV*) may be used as supplemental sources. Please ask the professor if you have questions about a particular translation or version.

B. Textbooks

Fitness and Wellness (11th Edition) – By Werner Hoeger and Sharon Hoeger.
ISBN-13: 9780495388401 Retail Price \$70.95

PLEASE NOTE: Due to this text book having different editions with a variety of different layouts. IT IS essential and mandatory to get the 11th Edition. You can find this particular book used for a significant cost reduction.

IV. REQUIREMENTS

A. Enter you specific course requirements.

A. Digital Story

1. Student will design a digital story using Windows Movie Maker or I Movie with the following choices:

A. The topics of the digital story will be over obesity.

Story will answer some or all the following questions:

a. Why is obesity out of control in The United States?

b. Who is responsible to fix the obesity problem in our nation?

c. What steps (practical ideas) can be taken to prevent or to stop obesity from getting worse?

d. How many people are overweight in our country?

e. What nutrients are usual problem areas in the normal diet?

f. Why are small nutrition changes so critical?

g. Why is exercise important?

h. What are the different benefits exercise can give?

i. What are some motivational ideas to make sure that exercise is accomplished.

B. Commercial for Physical Activity or Nutrition

a. Group must come up with a commercial that promotes physical activity or nutrition.

b. Group members must be seen within the commercial. Creativity must be shown throughout the video.

c. The Commercial can involve anything as long as it covers the facts and the benefits of physical activity or nutrition.

2. Students will do the storytelling assignment in groups. Tutorials about how to use the computer programs necessary will take place during class time. The students will be given a rubric with more details concerning the project. Final project will be due the last night of class.

B. Individual Exercise Program

1. Student will develop and execute an exercise program

2. Program will be personally developed for individual goals.

C. Individual Nutrition and weight management Program

1. Student will develop and execute a personal nutrition/ weight management program.
2. Student will keep track of how they are doing with their food choices for two days.

D. Lab Assignments and Discussion Questions

1. Each lab is worth 10 points.
2. The labs are found at the end of each chapter.
3. We will do most of the labs during class.
4. Discussion Questions will follow after each lecture.

F. Reading Assignments

1. Reading percentage will be recorded with the questions.
2. Student will answer ALL questions after each chapter in Assignments section of Canvas

B. Writing

1. All class papers must follow the Turabian style according to *A Manual for Writers of Research Papers, Theses, and Dissertations*, 8th edition and the Calvary Style Guide, 2015 update.
2. The Clark Academic Center (learning@calvary.edu), located in the library building, is dedicated to providing free academic assistance for all students. Student tutors aid with all facets of the writing process, tutor in various subject areas, prepare students for exams and facilitate tests. Please take advantage of this service.
3. Plagiarism is defined as copying any part of a book or paper without identifying the author. This also includes taking another person's ideas and presenting them as your own.

V. METHODS

A. Lectures, Textbook Reading, Additional Required Reading or Research, etc. Assignments are due at the class period assigned. Late work will be accepted up to one day.

B. You may skip one lecture during the cycle.

Week 1	Introduction, syllabi coverage, healthy living
Week 2	Fitness assessments
Week 3	Physiology Components
Week 4	Strength Training/ Exercises
Week 5	Nutrition
Week 6	Weight Training Management
Week 7	Stress Management and Mental Health
Week 8	Video Reviews

C. Grading

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| 1. Digital Story | 100 pts. |
| 2. Weight management | 100pts |

3. Nutrition program	100 pts.
4. Exercise Project	100 pts.
5. Reading	100pts
6. Discussions	100pts
7. Labs	100pts
Total	700 pts.

The Grading Scale can be found in the University Catalog.

- IX. Students with disabilities have the responsibility of informing the DSS Coordinator (dss@calvary.edu) of any disabling condition that may require support.**