

**Course:** PE 110D1 & ND1 Lifetime Fitness  
**Credit:** 1 credit hour  
**Semester:** Spring 2023  
**Time:** Monday, 9:30-10:50 am March 13- May 5  
**Asst. Prof:** Jeanette Regier  
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*This course is offered in two formats: in-person and online. Students registered for in-person attend the classes in person, online students attend the classes via the online classroom. For both in-person and online students, assignments and interaction outside of the class period are done in the learning management system.*

## 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. REQUIREMENTS**

**A. Digital Story**

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

E. 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

**IV. METHODS**

**A. Lectures, Textbook Reading, Additional Required Reading or Research, etc. Assignments are due at the class period assigned. Late work will not be accepted.**

**B. Grading**

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.

C. Grading Scale

Grade	Value
A	100-93
A-	92-90
B+	89-87
B	86-83
B-	82-80
C+	79-77
C	76-73
C-	72-70
D+	69-67
D	66-63
D-	62-60
F	59-0

V. MATERIALS

A. Bible

See “**Bible Requirement**” statement below.

B. Fitness and Wellness (11<sup>th</sup> Edition) – By Werner Hoeger and Sharon Hoeger  
-ISBN-13: 978-1285733159 Retail Price \$78.06

**Bible Requirement**

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.

**Disabilities Statement**

Students with disabilities have the responsibility of informing the Accommodations Support Coordinator ([aso@calvary.edu](mailto:aso@calvary.edu)) of any disabling condition that may require support.

**Academic Dishonesty**

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.

**The Clark Academic Center**

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.

**Writing Style**

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, 2019 update.

**Attendance**

Student will be allowed one free absence. On the 2<sup>nd</sup> absence their grade will be lowered one letter grade. On the 3<sup>rd</sup> absence their grade will be lowered two letter grades. On the 4<sup>th</sup> absence their grade will be lowered three letter grades.