

Prepared by the Department of Health Sciences

Date of Departmental Approval: November 7, 2016

Date Approved by Curriculum and Programs: December 7, 2016

Effective: Fall 2017

1. **Course Number:** FIT122
Course Title: Diet & Exercise
2. **Description:** This course introduces students to the benefits of aerobic exercise and a well-balanced diet. Students are encouraged to continue an exercise regimen outside of class and incorporate principles of nutrition into their diets. Discussion about and participation in exercise are included. The student evaluates current personal fitness levels and identifies areas of needed improvement. Additionally, lifestyle habits such as food intake verses energy expenditure will be discussed to assist in setting diet and exercise goals.
3. **Student Learning Outcomes:** Upon successful completion of this course, students are able to do the following:
 - Assess personal fitness level
 - Create a 7-day dietary food intake and physical activity log
 - Design a basic fitness program that incorporates all components of exercise
 - Identify foods from each area of the food pyramid to create a well-balanced diet
 - Set SMART goals for improving his/her physical fitness
4. **Credits:** 1 credit
5. **Satisfies General Education Requirement:** No
6. **Prerequisites:** None
7. **Semester(s) Offered:** Fall, Spring
8. **General Guidelines for Evaluation:** Attendance, class discussion/ participation, reflection paper
9. **General Topical Outline:**
 - Week one: Components of Exercise and ACSM Guidelines
 - Week two: Fitness Assessment
 - Week three: "My Plate" and macronutrients
 - Week four: Heart rate and cardiovascular exercise
 - Week five: Muscle strength and muscle endurance
 - Week six: Basic program design
 - Week seven: Fact or Fiction – a look at myths related to diet and exercise