

Prepared by the Department of: Natural Science and Life Fitness

Date of Departmental Approval: 2/5/07

Date approved by Curriculum and Programs: October 29, 2007

Effective: Fall 2007

1. Course Number: FIT117
Course Title: Personal Fitness

2. Description: Students assess their current level of health-related fitness and develop a physiologically sound program of physical activity to meet their needs and interests. The course emphasizes the concept of physical fitness as a lifetime commitment and stress the acquisition of specific knowledge, skills and motivation as necessary to meet this commitment.

3. Student Learning Outcomes (Instructional Objectives: Intellectual Skills):

Upon successful completion of this course, students are able to do the following:

- Identify and discuss the differences between wellness and physical fitness, health and fitness standards and the components of health and skill related fitness.
- Demonstrate an understanding of the process of health behavior modification and goal setting.
- Explain the concept of physical fitness as an integral component of a healthy lifestyle, a personal choice and a lifetime commitment.
- Describe the functions of macro- and micro-nutrients in the human body, conduct a comprehensive nutrient analysis and implement dietary changes to meet Dietary Reference Intakes.
- Define and assess body composition, determine recommended body weight based upon desirable body fat values and implement a physiologically sound weight modification program.
- Define and assess cardiorespiratory endurance and demonstrate knowledge of the exercise principles that govern its maintenance/development.
- Define and assess muscular flexibility and demonstrate knowledge of the exercise principles that govern its development/maintenance.
- Define and assess muscular strength/endurance and demonstrate knowledge of the exercise principles that govern its development/maintenance.
- Discuss the relationship of exercise and relaxation techniques to stress management.
- Identify cardiovascular and cancer risk factors and discuss risk management.
- Design, implement, monitor and evaluate a personal exercise program based upon individual needs and interests.

4. Credits: Three credits

5. Satisfies General Education Requirement: No

6. Prerequisite: None

7. Semester(s) Offered: Fall, Spring

8. Suggested General Guidelines for Evaluation: 40% - Tests/Quizzes; 30% - Individual Fitness Program (develop, implement, monitor, test and evaluate); 10% - Critique (evaluative essay); 20% - Daily Assignments (preparation/presentation/demonstration/participation)

9. General Topical Outline (Optional):

- Physical Fitness and Wellness
 - Current Health Problems
 - Wellness Approach
 - Physical Fitness: Health and Skill Related Aspects
 - Health and Fitness Standards
 - Time dependent versus Acquired Aging
 - Fitness Myths and Misconceptions
- Behavior Modification
 - Barriers to Change, Motivation, Theory, Process, Techniques and Goal Setting

- Homeostasis and Principles of Training
- Components of a Workout
- Exercise Clearance and Cautions
- Fitness Assessment (General and Individual)
 - Protocols, Testing, Interpretation, Personal Profiles and Goal(s) Determination
- Design, Implementation and Evaluation of Individual Fitness Programs
- Cardio-respiratory Endurance
 - Basic Physiology, Aerobic/Anaerobic Exercise, Benefits of Aerobic Training, Assessment, Principles and Guidelines for Program Development
- Muscular Strength and Endurance
 - Benefits, Assessment, Principles and Guidelines for Program Development
- Muscular Flexibility
 - Benefits, Assessment, Principles and Guidelines for Program Development
- Nutrition
 - Macro/Micronutrients, Balanced Diet, Energy Substrates for Physical Activity, Supplementation
- Body Composition
 - Essential and Storage Fat, Assessment, Recommended Body Weight/Fat Determination, Weight Management
- Comprehensive Exercise Programming
- Stress Management
 - Physiological Response, Role of Physical Exercise, Stress Reduction and Relaxation Programs
- Cancer and Cardiovascular Disease
 - Risk Identification and Management
- Skill Related Fitness
 - Areas Defined, Assessment
- Current Issues in Health and Fitness
- Exercise for a Lifetime