

Personal Fitness and Wellness

Course Text

- *Concepts of Physical Fitness*. Corbin et al. 17th Edition, 2013. McGraw Hill Publishers. ISBN: 9780078022579.
- Selected readings will be placed online and laboratory experiences require access to some basic exercise facilities, weight room, exercise machines, a gym or sports field/track, etc.

Course Description

This course explores numerous topics related to overall lifestyle, health, fitness and aging. Specific topics focus on understanding personal choice and the responsibility for health and wellness through lifestyle choices. Topics include personal risk assessment, understanding health care costs, weight control, flexibility and stress management. The course culminates with the development of a personal health and fitness plan. Throughout the course selected practical experiences, such as fitness assessments and caloric intake/expenditure estimates are provided to guide the learning process. Several fitness labs are required for course completion including the participation in a timed 5k run event (or similar) and completion of the Presidential Fitness Challenge.

Course Objectives

Upon completion of this course the student should be able to:

- Understand the health care costs in the USA.
- Understand the specific health and disease challenges within our society.
- Assess personal health risk through evaluation of fitness parameters and lifestyle choices.
- Understand the changing health and fitness challenges with aging.
- Understand the basic response to cardiovascular and strength based exercise programs.
- Understand the importance of flexibility and 'back' health.
- Understand the causes of daily stress and selected management techniques.
- Understand the basic role of diet and general nutrition in overall health.
- Understand how to design and basic exercise program oriented towards addressing my personal health and fitness goals.
- Demonstrate the ability to create and follow an exercise program suited to their ability and needs.

Course Prerequisites

There are no prerequisites to take the Personal Fitness & Wellness course.

Important Terms

In this course, different terms are used to designate tasks:

- **Proctoring:** all final exams require proctoring which can be completed conveniently from your home. A webcam is required.
- **Tutoring:** memberships include online tutoring for students to access with any content/subject related questions in the place of faculty. If your tutor is not able to answer your questions please contact a student advisor.

Academic Integrity Statement

Academic integrity is the pursuit of scholarly activity in an honest, truthful and responsible manner. Violations of academic integrity include, but are not limited to, plagiarism, cheating, fabrication and academic misconduct. Failure to comply with the Academic Integrity Policy can result in a failure and/or zero on the attempted assignment/examination, a removal from the course, disqualification to enroll in future courses, and/or revocation of an academic transcript.

Course Completion Policy

In order for a course to be considered complete, all required coursework must be attempted, submitted, and graded. Required coursework consists of graded assignments. Any Academic Integrity Policy violations may prevent a course from being considered complete.

Course Evaluation Criteria

This course comprises 11 tutorials and each tutorial is generally followed by an assessment of multiple choice questions. Following completion of the 11 tutorials there is a final assessment. The tutorial assignments are worth 70% and the final assessment is worth 30%.

Please note: there are required lab portions of this course that are graded. While these are required, any points earned count towards your grade as extra credit. You must complete these in a satisfactory manner in order to earn credit. The physical fitness labs may require you to have a credentialed 3rd party verify their completion and will be uploaded electronically for review. Labs include a fitness test and participation in a timed 5k run/walk event (or similar).

Your score provides a percentage score and letter grade for each course. A passing percentage is **70%** or higher.

There are a total of 1000 points in the course:

Topic	Assessment	Points Available
1	Topic 1 Quiz	70
2	Topic 2 Quiz	70

Topic	Assessment	Points Available
3	Topic 3 Quiz	70
	Lab 1: Fitness Test	
4	Topic 4 Quiz	70
5	Topic 5 Quiz	70
6	Topic 6 Quiz	70
7	Topic 7 Quiz	70
	Lab 2: Caloric Inventory	
8	Topic 8 Quiz	70
9	Topic 9 Quiz	70
10	Topic 10 Quiz	70
	Lab 3: Exercise Program	
	Final Exam	300
	Lab 4: 5k results	
Total		1000

Course Topics and Objectives

Topics	Topic	Objectives
1	Health care in the USA	<ul style="list-style-type: none"> This tutorial evaluates the methods and costs of health care delivery in the US. Specific focus is placed on the quality of care provided as a function of cost and in comparison to other nations.
2	Health of the Nation 2020	<ul style="list-style-type: none"> This tutorial reviews the major disease threats and incidence of lifestyle related diseases in the US, such as heart disease, obesity, and diabetes. Specific attention is paid to prevalence within ethnic groups in addition to other risk factors.
3	Personal Health and Fitness Assessment	<ul style="list-style-type: none"> This tutorial guides you in assessing your own personal risk for selected conditions based on lifestyle and fitness scores. Fitness assessments and health risk questionnaires are used in this evaluation tutorial.
4	Health Benefits of Physical Activity	<ul style="list-style-type: none"> This tutorial focuses on understanding the key terms associated with Cardiovascular Disease (CVD, it's physiology, the role of activity in preventing CVD, age related changes, and the overall benefits of physical activity as it relates to total health and well-being.
5	Cardiovascular Fitness	<ul style="list-style-type: none"> This tutorial focuses on understanding the changes that take place as a result of properly designed

Topics	Topic	Objectives
		aerobic exercise. Specific focus is placed on the cardiovascular changes that take place including heart rate, blood pressure, and other related variables.
6	Muscle Fitness	<ul style="list-style-type: none"> This tutorial focuses on the changes that take place within the musculoskeletal and hormonal system as a result of strength training. Specific focus is placed on muscle fiber changes, bone health, balance and preservation of function.
7	Exercise, Nutrition and Health for Weight Control	<ul style="list-style-type: none"> This tutorial focuses on understanding the role of exercise and nutrition in the maintenance of a healthy body composition. Specific focus is placed on energy expenditure during exercise and energy consumption through diet and the optimum design of a diet and exercise program to control body composition.
8	Flexibility and Back Health	<ul style="list-style-type: none"> This tutorial focuses on the role of flexibility and strength in the overall role of maintaining healthy posture and function. The mechanisms of strength and methods to improve flexibility are studied with a specific focus of maintaining back health and general function.
9	Managing Stress in your Daily Life	<ul style="list-style-type: none"> This tutorial focuses on identifying and addressing sources of stress in your daily life. The role of stress, both positive and negative, is discussed along with appropriate mechanisms on coping with stress.
10	Designing an Exercise Program for your Personal Health and Wellness	<ul style="list-style-type: none"> This tutorial focuses on guiding you through the principles of exercise program design. Specific attention is placed on choice of exercises, amount of time spent on exercise and progressions.
11	Substance Abuse	<ul style="list-style-type: none"> This lesson focuses on drugs, drug use, addiction and other issues that contribute to a loss of health and various health concerns.
Review		

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