

PE101 | Personal Fitness & Wellness

Course Text

This course does not require a text.

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.

Learning Outcomes

After completing this course, students will be able to:

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

Course Prerequisites

There are no prerequisites for Personal Fitness and Wellness.

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.

Assessment Types

StraighterLine courses may include any combination of the assessment types described below. Review the descriptions to learn about each type, then review the Course Evaluation Criteria to understand how your learning will be measured in this course.

Benchmarks

Benchmarks test your mastery of course concepts. You have 3 attempts, and your highest score counts.

Note: Cumulative Benchmarks (final exams) only allow 1 attempt.

Capstones

Capstones are project-based assessments that help you apply concepts to real-world scenarios. You have 2 attempts, and your highest score counts.

Checkpoints

Checkpoints are quick knowledge checks on important course concepts. All are open-book, and most have 1-3 attempts.

AI Use-Case Policies

StraighterLine Capstone assessments operate under one of three AI Use-Case Policies. These designations are selected intentionally to support learners in developing digital literacy, ethical reasoning, and authentic communication skills. Each model requires students to engage meaningfully with the course outcomes while adhering to academic standards.

Independent Work Requirement: Capstones with this designation must be completed independently without using AI tools. The goal is for learners to showcase their own understanding and skills without AI assistance. Students are expected to generate and submit original work developed solely through their own reasoning and effort.

AI-Assisted Planning Option: Capstones with this designation may allow AI tools to support brainstorming and assessment planning. If allowed, students will be asked to document any AI assistance by noting how it informed their work. Documentation must be included within the assignment or in a designated reflection field. Examples include describing how an AI tool helped organize an outline, generate ideas, or surface sources for further exploration.

AI-Integration Requirement: Capstones with this designation require AI tools as part of the learning process. Students will be asked to reflect upon their AI interactions and AI contributions to the assessment. Reflections must include which tools were used, how they were used, and what insights students gained from the process. This promotes transparency, ethical use, and metacognitive skill-building.

Course Evaluation Criteria

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:

Assessment	Points
Checkpoint 1: Healthcare in the USA	70
Checkpoint 2: Health of the Nation 2020	70
Checkpoint 3: Personal Health and Fitness	70
Capstone 1: Lab 1: Personal Health and Fitness Assessment	10
Checkpoint 4: Health Benefits of Physical Activity	70
Checkpoint 5: Cardiovascular Fitness	70
Checkpoint 6: Muscle Fitness	70
Checkpoint 7: Exercise, Nutrition, and Health for Weight Control	70
Capstone 2: Lab 2: Daily Caloric Expenditure	10
Checkpoint 8: Flexibility and Back Health	70
Checkpoint 9: Managing Stress in Your Daily Life	70
Checkpoint 10: Designing an Exercise Program for Your Personal Health and Wellness	70
Capstone 3: Lab 3: Exercise Program for Your Personal Health and Wellness	10
Capstone 4: Lab 4: 5k Timed Athletic Event	10
Benchmark 1: Checkpoints 1-10	260
Total	1000

Course Roadmap

This roadmap provides an overview of the checkpoints and lessons covered in this course.

Checkpoint 1: Healthcare in the USA

- Reading: Expense of US Healthcare
- Health Care in the USA
- Textbook Reading Assignment: Concept 1

Checkpoint 2: Health of the Nation 2020

- Health of the Nation 2020
- Textbook Reading Assignment: Concept 2

Checkpoint 3: Personal Health and Fitness

- Personal Health and Fitness Assessment
- Textbook Reading Assignment: Concept 3

Checkpoint 4: Health Benefits of Physical Activity

- Health Benefits of Physical Activity
- Textbook Reading Assignment: Concept 4
- Textbook Reading Assignment: Concept 5
- Textbook Reading Assignment: Concept 12

Checkpoint 5: Cardiovascular Fitness

- Cardiovascular Fitness
- Textbook Reading Assignment: Concept 6
- Textbook Reading Assignment: Concept 7
- Textbook Reading Assignment: Concept 8

Checkpoint 6: Muscle Fitness

- Muscle Fitness
- Textbook Reading Assignment: Concept 9

Checkpoint 7: Exercise, Nutrition, and Health for Weight Control

- Exercise, Nutrition, and Health for Weight Control
- Textbook Reading Assignment: Concept 13
- Textbook Reading Assignment: Concept 14
- Textbook Reading Assignment: Concept 15

Checkpoint 8: Flexibility and Back Health

- Flexibility and Back Health
- Textbook Reading Assignment: Concept 10
- Textbook Reading Assignment: Concept 11

Checkpoint 9: Managing Stress in Your Daily Life

- Managing Stress in Your Daily Life
- Textbook Reading Assignment: Concept 16
- Textbook Reading Assignment: Concept 17

Checkpoint 10: Designing an Exercise Program for Your Personal Health and Wellness

- Designing an Exercise Program for Your Personal Health and Wellness
- Textbook Reading Assignment: Concept 18
- Substance Abuse
- Textbook Reading Assignment: Concept 19

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